For Reference

Not to be taken from this room

336968

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Penal Code of California, 1915, Section 623.

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Armstrong Designer Solarian® with the richness of Inlaid Color.

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As different from other no-wax floors as an oil painting is from a print.

No matter how fine a print is, it's still just a print. Only a reproduction of the original. But an oil painting is built up layer by layer, shade by shade, creating true depth and realism.

Armstrong's exclusive Inlaid-Color process gives Designer Solarian that same depth of color and realism of design. It is a buildup of thousands of varicolored granules that forms a thick inner layer of color—deep, rich color with that unique quality of "an original" that no printed floor design can hope to achieve. And it's also what gives Solarian its solid, hefty feel.

Visit your Armstrong retailer. And compare the unusual richness of Designer Solarian's deep-down Inlaid-Color construction to the other no-wax sheet floors. You can't miss the difference.

Because of its Mirabond® wear surface, Solarian keeps its sunny shine, without waxing or buffing, far longer than ordinary vinyl floors. And the cleaner you keep it, the brighter it shines. Just sponge-mop with detergent and rinse thoroughly. Black heel marks come up easier, too. If heavy-traffic areas eventually show some reduction in gloss, your retailer can supply a special Solarian Floor Finish which can be applied occasionally to help maintain the shine.

To find a nearby Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers, offering the full selection of Armstrong floors. Or, use the coupon to get free Solarian literature, maintenance instructions, and names of your nearest Armstrong retailers.

Armstrong floor fashion center

Pictured here are just five of the more than 50 different color and design choices available in this fine-quality floor. Designer Solarian. It's like an original work of art.

Certain floor designs copyrighted by Armstrong



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Armstrong

CREATORS OF THE INDOOR WORLD®

Armstrong
7801 Elm St.
Lancaster, Pa. 17604

Please send me your free brochures on Solarian color and design selections, flooring maintenance, and names of my nearest retailers.

Name_____

Street_____ Apt. #_____

City_____ State_____ Zip_____



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Cover it up! Dress it up! Light it up! Quiet it down! With an Armstrong suspended ceiling.

Whatever your ceiling problem—cracked or stained plaster, open joists, exposed pipes—an Armstrong suspended ceiling will cover it up beautifully. Adding a new room, or finishing off a basement? An Armstrong suspended ceiling offers you valuable extra features ...like easy repairability, replaceability, and accessibility to pipes, wires, and ducts above. And you can install energy-efficient recessed fluorescent lights.

With the newest Armstrong suspended ceilings, like Coventry shown above, the special color-matched grid is part of the ceiling pattern, not an interruption.

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See the new suspended ceilings now at your Armstrong retailer. He's listed under "Ceilings" in your Yellow Pages. Or write to us.

Armstrong
7801 Sun St., Lancaster, PA 17604
Please send me free brochures on your new suspended ceilings.

Name

Street Apt #

City State Zip

Armstrong

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Louisa Cowan, A.S.I.D. Creative Director, Armstrong Interior Design Staff

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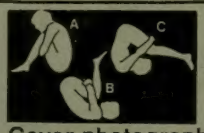
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KitchenAid® owners tend to brag a little.

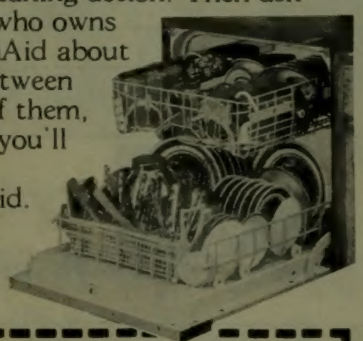


This ad appeared in the real estate section of the Cleveland Sun-Herald on June 3, 1976.

Another example of why we say no one does a better job of selling KitchenAid dishwashers than KitchenAid owners. That's because they know firsthand how good and efficient KitchenAid dishwashers are.

Maybe that's why KitchenAid is the one people who own dishwashers say is the best. And that's a good reason to check out KitchenAid when you're buying a new dishwasher.

Ask your KitchenAid dealer about the Load-As-You-Like KitchenAid Superba, with easy loading and all-around cleaning action. Then ask someone who owns a KitchenAid about theirs. Between the two of them, we think you'll choose a KitchenAid.



KitchenAid®
People say it's the best.

KitchenAid, Dept. 8DC-1
Hobart Corporation
Troy, Ohio 45374

Tell me more!

Name_____

Address_____

City_____

County_____

State_____ Zip_____

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LIVELY PUPPETS FOR LITTLE ONES
- *Why not stitch up our lovable goose and bunnies for the puppet-loving child at your house?*



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Low tar is important to me.
But so is taste.
I won't sacrifice taste for low numbers.
With Winston Lights, I don't sacrifice anything.
I get low tar, but I also get the
taste I like. Only Winston Lights give me both.
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La Choy® makes Chop Suey Vegetables "Swing American" in

Linda's Tuna Bake

2 tablespoons butter
¼ cup chopped green pepper
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon pepper
½ cup milk
1 egg, slightly beaten
¼ cup dairy sour cream
½ cup mayonnaise
1½ cups (one 16 oz. can) La Choy Chop Suey Vegetables, rinsed, drained
1 can (6½ to 7 ounces) tuna, drained, flaked
2 medium tomatoes, cut in wedges
2 tablespoons butter
½ cup crushed La Choy Chow Mein Noodles

Melt 2 tablespoons butter in saucepan; add green pepper and cook 2 minutes. Blend in flour, salt and pepper. Gradually add milk; cook, stirring until slightly thickened. Blend together egg, sour cream and mayonnaise; stir into sauce. Add vegetables and tuna. Turn into buttered 1-quart baking dish. Arrange tomato wedges on top. Bake at 375° for 25 minutes. Melt 2 tablespoons butter in skillet; add Chow Mein Noodles and heat until lightly browned. Sprinkle over top of Tuna Bake.



4 TO 5 SERVINGS.



Another "Swing American" Idea:

La Choy Frozen Egg Rolls are great as appetizers or snacks anytime

© La Choy Food Products

Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
JANUARY, 1978; VOL. 56, NO. 1

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Sometimes the trouble with eating is cooking.



You have to eat.

But you don't have to cook.

Instead, you can take your pick of more than different single and two-serving Stouffer's main hes. With all the work taken out.

For instance, our Spaghetti with Meat Sauce. hick, meaty, really great spaghetti sauce. And a nerous helping of spaghetti.

If you made it, it would mean hours of browning, chopping, simmering.

But since we make it, it takes you just 15 minutes. All you have to do is pop two cooking pouches—one with spaghetti, one with meat sauce—in boiling water. And enjoy.

Good food. And all the variety you could want. With Stouffer's, it's no trouble at all.

There's a lot to like about Stouffer's.



Stouffer's

GOOD NEWS

Disposable hand warmers



Here's a "handy" way to warm numbed fingers and toes. These disposable packets provide even, comfortable heat for several minutes—even in extremely cold temperatures. To start the heat-producing chemical reaction, all you do is slap the packet on a hard surface. And since the packet remains tightly sealed at all times, you can carry it in your pocket, purse, or glove compartment.

Hot Paws, about 90 cents. Wheeling Closure Corporation, Consumer Division, 58 Nineteenth Street, Wheeling, W. Va. 26003.

Self-stick message board



Keep important messages and notes—as well as the kids' artwork—in full view with this self-stick message board. The special washable adhesive surface is strong enough to hold all kinds of papers—just press notes on and peel them off. The cork-patterned board fastens with self-adhesive tape tabs, so you can attach it to a wall, door, or even the front of the refrigerator.

Fas 'N Note: 13x18-inch size, about $1.60; 18x23-inch size, about $2.60. Cornark Plastics Division, 3601 Hempstead Turnpike, Levittown, N.Y. 11756.

Medicine-taking aids



Photographs: William Hopkins

Taking your medicine is much less of a hassle with these two helpers. The spoon is marked in both cc's and teaspoons, so you're sure to get the right dosage of medicine. The special glass has channels to direct the water flow, making it easier to swallow aspirin and other pills. Both products are dishwasher safe and are made of a special plastic that won't react chemically with medicines.

Medicine Spoon, about 80 cents; Drink-A-Pill Glass, about $2. Apex Medical Supply, Inc., 9701 Penn Avenue South, Minneapolis, Minn. 55431.

Baby food system



This system makes it easy for you to prepare fresh, wholesome meals at home for your infant. The heart of the system is a baby food grinder that prepares food for children up to two years of age; three interchangeable grinding discs let you match food consistency with the child's needs. Other units in the system include a food warmer with serving tray and three plastic serving and storage cups, specially designed spoons, training tumbler, and bib.

The Nurtury Baby Food Grinder, about $40; The Nurtury Baby Food Warmer With Serving Tray, about $30; The Nurtury Baby Feeding Helpers, about $12. Teledyne Water Pik, 1730 East Prospect Street, Fort Collins, Colo. 80521.

continued

3 good reasons to buy a new Speed Queen dryer.



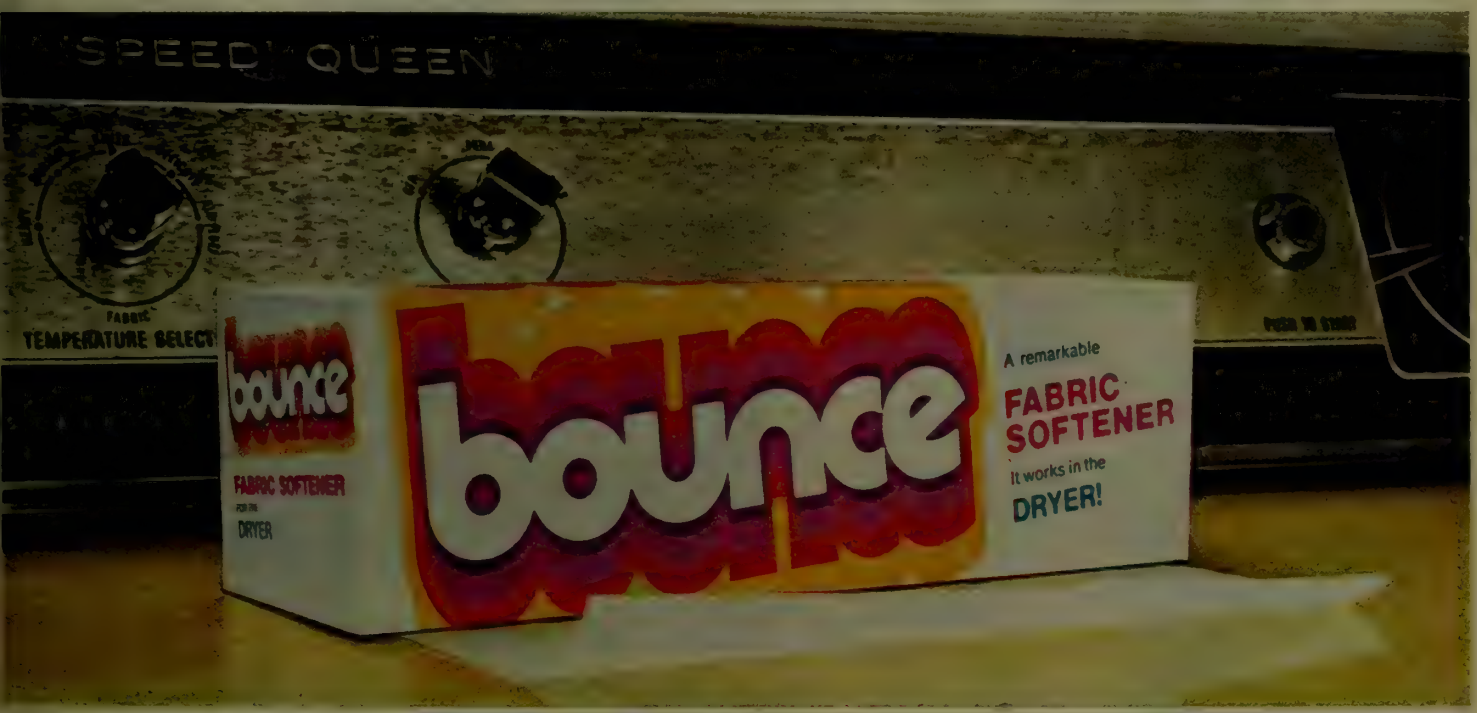
1. Lifetime stainless steel drum.

Rust-proof, chip-proof, corrosion-proof stainless steel drum has a limited warranty for the life of your dryer. One more example of Speed Queen's proven durability.



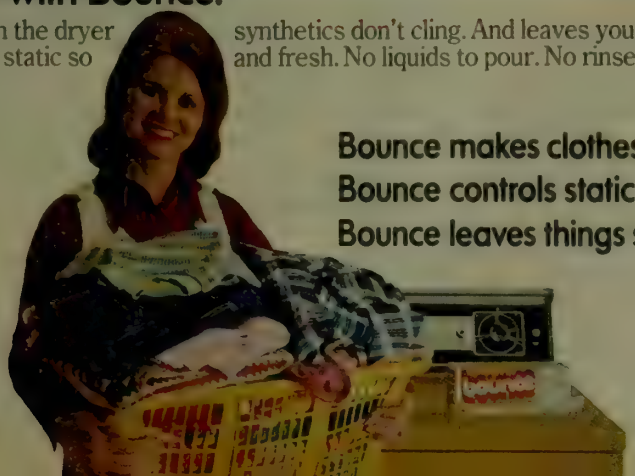
2. In-A-Door lint screen.

A giant capacity, pull-out type lint screen is located in loading door. It efficiently catches lint and is easily accessible for cleaning.



3. Speed Queen dryers come with Bounce.*

Bounce is the fabric softener that works in the dryer to make your cottons really soft. Controls static so synthetics don't cling. And leaves your clothes smelling clean and fresh. No liquids to pour. No rinse cycle to catch.



Bounce makes clothes really soft.
Bounce controls static so synthetics don't cling.
Bounce leaves things smelling clean and fresh.

*Bounce has agreed with dryer makers to supply Bounce samples and to feature their dryers in Bounce advertising.

©1976, The Procter & Gamble Company





Javanese Chicken Curry starts with San Francisco's Rice·A·Roni

In 2 Tbsp. butter or margarine lightly brown rice and vermicelli from 1 pkg. Chicken Flavor Rice-A-Roni. Stir in 2¾ cups hot water, 1 can (5 oz.) boned chicken, ½ cup raisins, contents of Chicken Flavor Packet, 1 tsp. curry powder. Cover and simmer 15 minutes. Garnish top with ½ cup each chopped peanuts and flaked coconut. Serve with chutney if desired. Serves 4.

GOOD NEWS

Heat-circulating prefab fireplace



This energy-conserving fireplace can serve as an auxiliary source of heat in your home because the unit combines an air-circulating system with a built-in high-volume fan for rapid room heating. Also available is an outside air intake kit that draws in additional air for greater wood-burning efficiency.

Other energy-saving features include: glass firebox doors to minimize heat loss, adjustable front damper to control air intake, and positive seal flue damper.

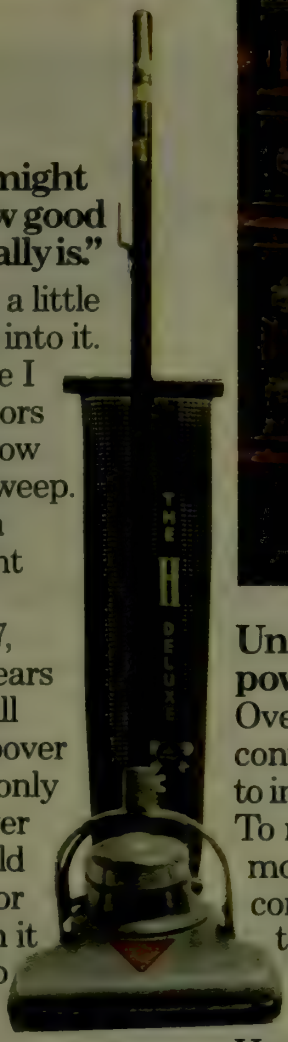
The Provider Fireplace: black, about $660; red or olive green, about $700. Energy Mizer Outside Air Intake Kit, about $44. Preway, Inc., Wisconsin Rapids, Wis. 54494.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

"Not many things you buy last 50 years. But my Hoover® has."

by Mrs. William A. Mulkey, Dallas, Texas





"I thought you might like to know how good your product really is."

"In 1926, I bought a little house and moved into it. Up until that time I had swept the floors with a broom. I now had four rugs to sweep. I decided to buy a cleaner and bought a Hoover.

It is now 1977, more than fifty years later, and I am still using the same Hoover sweeper. It is the only sweeper I have ever had. It is now so old I can't get parts for it anymore. When it stops I will have to buy a new one. You may be sure it will be a Hoover."

The "beats-as-it-sweeps-as-it-cleans" still goes on.

Even back in 1926, when Mrs. Mulkey bought her cleaner, Hoover® was famous for its "beats-as-it-sweeps" cleaning action.

Today, we still use the same proven principle of carpet cleaning. But our all-steel agitator has been redesigned and improved, time and again, to make it even more effective at getting out deep-down dirt and grit.

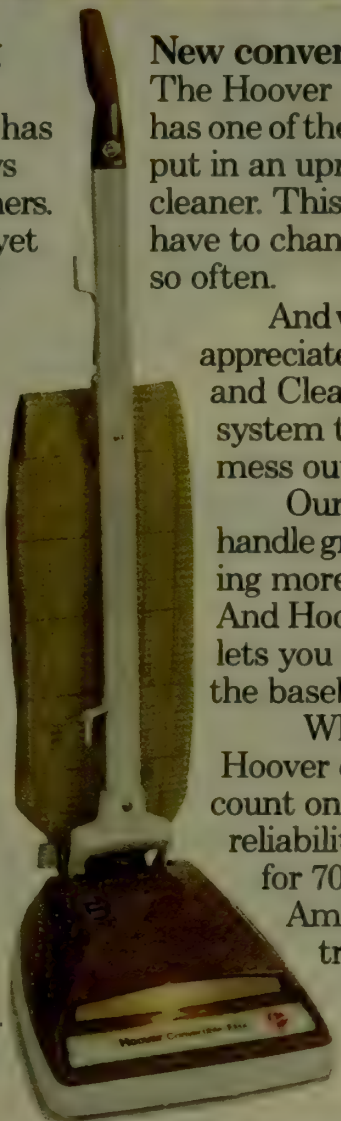


Unmatched cleaning power.

Over the years, Hoover has continuously found ways to improve vacuum cleaners. To make them lighter, yet more powerful. To add convenience features that make housework easier.

Our newest, the Hoover® Convertible™ pictured on the right, is one example. It's the most powerful convertible cleaner in Hoover history.

More effective at cleaning carpets. More efficient when used with tools for above-the-floor cleaning.



New convenience features.

The Hoover Convertible also has one of the biggest bags ever put in an upright vacuum cleaner. This means you don't have to change bags nearly so often.

And when you do, you'll appreciate the Hoover Quick and Clean dirt collection system that takes the mess out of bag changing.

Our new contour handle grip makes vacuuming more comfortable. And Hoover edge-cleaning lets you get right up to the baseboards.

When you buy a Hoover cleaner, you can count on its quality and reliability. That's why, for 70 years now, America's been trusting Hoover to take good care of its homes.

America trusts Hoover® to take good care of its homes.

How to save gas when the heat's on.

Of all the major energies, natural gas is the most efficient. That comes right from the U.S. Council on Environmental Quality.

If you use gas to heat your home, you can save even more energy by using it in the most efficient way. Just follow these conservation tips.



Turn the thermostat down.

This is the simplest and most effective step you can take. If every one of us with gas heat turns down the thermostat, the energy savings will really mount up.



Change the filter.

If you have a hot air system, check the filter and change it whenever it's clogged. This helps your gas heating system work at top efficiency. Also have the system checked each year, preferably ahead of the heating season.



Insulate the attic.

Adequate insulation in your attic floor will keep you from losing heat through the roof. It can give you gas savings of up to 30%, depending on where you live. If you haven't done this ahead of the heating season, do it now. (It will also keep your house cooler in summer.)



Make things weatherproof.

Use weatherstripping and caulking wherever it's needed. Use storm doors and storm windows on your home—they're gas-savers, too. All these gas-saving tips will help you use our country's most efficient fuel even more efficiently.

Conserve gas. AGA American Gas Association



Plate shown smaller than actual size 10¾" diameter

Tall Ships – A Salute To America

limited edition collector plate honoring the historic spectacle of the Tall Ships

- ★ An original plate design with 6" ceramic tile inset in a unique metallic alloy with the heirloom look of fine pewter.
- ★ Hand-decorated in full color from an original privately-commissioned painting by noted nautical artist, Robert Devereaux.
- ★ Each plate made exclusively for the Danbury Mint – not available in art galleries or stores.
- ★ Issued in a strictly limited edition – available by advance reservation only.
- ★ Priced at only $19.50
- ★ This edition closes forever on January 31, 1978.

On July 4, 1976, millions of Americans watched one of the grandest spectacles of this country's 200th birthday celebration . . . the passing of the Tall Ships. Now, for the first time, the Danbury Mint is proud to announce a very special plate issue . . . *The Tall Ships.* This unique metallic plate is a fitting tribute to America and the treasured maidens of the sea which sailed to New York harbor from all over the world to salute her!

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Ct. 06856

Must be postmarked by Jan. 31, 1978

Please accept my reservation for the Tall Ships Plate – A Salute to America. I understand that orders must be postmarked by Jan. 31, 1978.

Payment is enclosed for _____ (quantity) Tall Ships plate(s) at $19.50 each plus $1.50 postage and handling. Total $21.00.

Name _____

Address _____

City _____ State _____ Zip _____

Make check or money order payable to: Danbury Mint.
Allow 6 to 8 weeks after edition closing for shipment.
Connecticut residents please remit $22.47 to include state sales tax.

BHG

SPECIAL EFFECTS WITH PAINT

The beauty of paint lies in its versatility and adaptability. If you want to brighten a room or add some color, a simple paint job can do the trick. Or if you choose to be a bit more daring, there are all kinds of paint projects (and easy-to-use paint products) to try. Here are some special effects to consider whenever you're ready for a redo.

Stippling

This is a method of applying paint in small points or dashes to achieve a decorative effect. To stipple walls or metal furniture, first paint the surface a background color and allow the paint to dry. Then use a small natural sponge, a roller, or a piece of stiff crinkled paper to apply paint in a contrasting color. For large wall areas, there are stippling rollers available with a variety of design-producing sleeves. Tip: Too much paint will botch the stippled effect. For best results, get rid of any excess paint by dabbing your sponge or wadded-up paper on cardboard before stippling.

Stenciling

Hand-stenciled patterns on furniture, floors, or walls offer a beautiful custom look at very little cost. You can buy ready-made stencils at art stores, or you can be creative and make your own. If you decide to try the latter, use carbon paper to trace your design onto inexpensive stencil paper, available at art supply stores. Cut your stencils carefully with a single-edged razor blade.

To plan your pattern arrangement, measure the design and the area where it will be placed. Decide how many times the design will be repeated, then space accordingly. Sketch in all of the design patterns with a hard lead pencil, then fill them in with latex or oil-based enamel paint.

Enameling

Today's enamel paints are durable, washable, and easy to apply, and they're available in a rainbow of decorator colors. You can use enamel paints on walls as well as furniture for a smooth lacquer-like finish.

Before enameling wood furniture, whether unfinished or used, remove any hardware or pulls; cover those that can't be removed with masking tape. An old furniture piece should be thoroughly cleaned with an odorless paint thinner; if the finish is bad, it should be completely stripped before painting. Fill in cracks with plastic wood, then sand and apply an enamel undercoat. Even ready-to-paint unfinished furniture should be sanded before the undercoat is applied. Wrought-iron, aluminum, and metal furniture should also be thoroughly cleaned and sanded before being given an undercoat.

Apply the enamel with a loaded brush in long, smooth strokes. Cross-stroke, then go over the surface lengthwise again with your nearly dry brush. This method avoids drip marks from excess paint.

Painted-in-place "rugs"

Painted area rugs are as eye-catching as they are durable and easy to care for. Before starting, remove every trace of wax from the floor. Paint the rug background on the floor in one or more colors of high-gloss enamel. When the floor is thoroughly dry, paint your pattern—be it freehand or stenciled. A fine-bristle brush and enamel paint will give the best results. Allow the paint to dry for 24 hours. Then, to get a nap effect, use a natural, not synthetic, sponge to stipple the rug in a slightly darker shade of the background color. If you like, you can even paint a fringe around the edges of the rug. When the paint is thoroughly dry, protect your handiwork from soil and scuff marks with up to six coats of polyurethane varnish. Be sure to allow each coat to dry for at least one week before applying another. Tip: A light sanding between each coat will make the varnish adhere much better.

Supergraphics

Supergraphics—from bull's-eyes to arrows—are fun and effective on walls, ceilings, and floors. Special supergraphic kits are available, but with a bit of patience and a steady hand, it's easy enough to paint your own design.

If you've just painted your walls, let them dry for at least one week before beginning your supergraphic. Have on hand a ruler, a level, chalk, string, and pressure-sensitive tape. Designs, large ones especially, should be plotted on graph paper, and then transferred to the wall in sections.

Outline your design with a soft pencil, then press masking tape firmly in place along the lines you've drawn. Now, using a brush or roller, paint the masked-in areas. When the paint is completely dry, carefully peel off the tape.

To draw a circle or arc, tie a pencil to a length of string. Measure the diameter of the circle or arc, then mark the center. Tie the string's loose end to a nail and place the nailhead against the center mark. Holding the string taut, draw your circle or arc.

Textured walls

Try texture paint if you want to add visual and tactile interest to a room—by simulating stucco walls, for example. The paint is applied with a roller, then worked with a coarse comb, a paintbrush, a putty knife, or a sponge for a variety of unusual textural effects. In addition, texture paint offers a neat and easy way to camouflage uneven wall surfaces, hairline cracks, and small holes. The paint is available with a sand or smooth finish. Most paint stores carry both texture paint and a special sand additive that can be stirred into regular latex paint to give it texture.



GF
GENERAL FOODS

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FOOD PROCESSOR RECIPES AND ICE CREAM DESSERTS

Are you an expert at whipping up tasty concoctions with your food processor? Do you enjoy creating new desserts using store-bought ice cream or sherbets? Send us your recipes—you could win next August. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Food processor recipes

Any appetizer, main dish, soup, or dessert made with a food processor fits in this category. Tips: **eight-vegetable soup, creamy cucumber mold,** or **chocolate swirl pie.**

Ice cream desserts

You might use ice cream or sherbet to make a frozen parfait, cake roll, pie, or bombe. Hints: **apple ice cream cake roll, cherry-fudge ice cream pie,** or **banana-date bombe.**

THIS MONTH'S WINNERS

(See recipes on pages 109 and 110.)

Cooks-of-the-Month

Mrs. Harold L. Brewer, Temple, Tex.
Marie Moore, Taylor, Pa.

Runners-up

Mrs. D. M. Conwell, New Providence, N.J.
Mrs. J. D. Esakson, Kensington, Calif.
Charlotte Ophaug, Lake Linden, Mich.
Catherine Peirce, Tallahassee, Fla.

Honor Roll

Gail M. Adinolfi, Cortland, N.Y.
Mrs. Patrick A. Calabrese, Greenwich, Conn.
Lucy Davis, Fairacres, N. Mex.
Carol Gray, Oroville, Calif.
Mrs. Sophie Herman, Stoughton, Mass.
Nina M. Hoashi, Fanwood, N.J.
Margie Leitner, Brookline, Mass.
Anthony Mango, Parsippany, N.J.
Mrs. William Strieber, Crofton, Md.
Mrs. Elsie Twomey, Phoenix, Ariz.

CONTEST RULES

1. **Write your name, address, and recipe. Mark it "August Food Processor Recipes" or "August Ice Cream Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, January 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7801 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

"V-8" SPICY-HOT MAKES THE BLOODY MERRIER



Because only "V-8" Spicy-Hot gives you a spicy-hot kick and that famous blend of 8 great vegetable juices.

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To obtain your own set of 4 Bloody Merrier glasses send $3.95 (check or money order) and any V-8 Spicy-Hot label to: Glasses, Box 46, Ranks, PA 17572. Offer expires May 31, 1978. Please allow up to 6 weeks for handling. Offer good only in U.S.A. Subject to state and local regulations. Void if taxed, restricted or forbidden by law. Void in Wisconsin. Do not mail to offeror: Campbell Soup Company, Campbell Place, Camden, N.J. 08101.

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Low tar MERIT delivers flavor of higher tar cigarettes–'Enriched Flavor'™ breakthrough confirmed.

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT

Kings & 100's

HE COOKS

Inder's Chicken Curry







Photographs: Helms

Though he doesn't belong to any cooking club, hasn't attended any cooking school, and has never so much as opened a cook book, Inder Wadehra can vouch for the authenticity of his Indian dishes. He grew up in India.

Inder came to Canada in 1960 to attend graduate school in Montreal. By recalling how his mother had prepared foods at home, Inder was able to develop a collection of favorite Indian recipes. "The ingredients as well as the proportions evolved gradually, to suit my own tastes and those of my new Western friends," Inder explained.

He vividly remembers his first experience hosting a home-cooked Indian meal. "After eating a fiery hot curry, my dinner guests were beaded with perspiration." Since then, he's toned down seasonings to suit Western palates.

Now a U.S. citizen and resident of Kingston, New York, Inder is as keenly interested in Indian food as ever. And he proudly shares his food heritage with his wife, Margaret, and their three sons, Paul, Rajiv, and Raman.

INDER'S CHICKEN CURRY

1 2½- to 3-pound broiler-fryer chicken, cut up
¼ cup cooking oil
2 cups finely chopped onion
2 cloves garlic, minced
1 tablespoon paprika
1½ teaspoons grated fresh gingerroot
1½ teaspoons ground coriander
1 teaspoon salt
1 teaspoon ground turmeric
1 teaspoon ground cumin
½ teaspoon ground cardamom
¼ teaspoon ground cinnamon
¼ teaspoon pepper
⅛ teaspoon ground cloves
1 cup yogurt *or* buttermilk
½ of 6-ounce can (about ⅓ cup) tomato paste

Remove skin from chicken; discard skin. In 12-inch skillet brown chicken in hot oil; remove and set aside. In same skillet cook onion and garlic in hot oil till tender but not brown. Add spices. Gradually stir in yogurt and tomato paste. Return chicken to skillet. Cover and simmer 35 minutes or till chicken is tender, stirring occasionally. Skim excess fat. Makes 4 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

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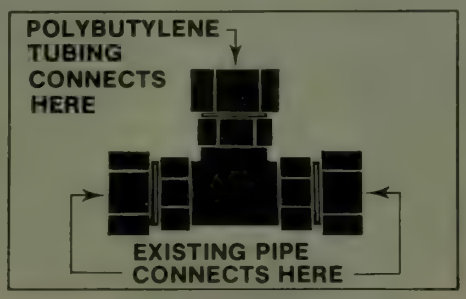
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ADD A LAUNDRY TUB THE EASY WAY

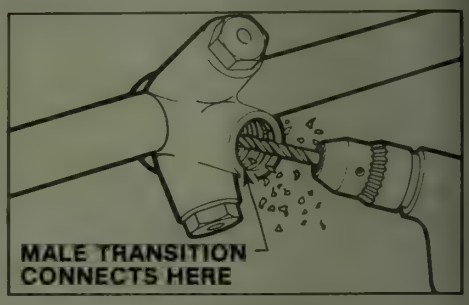
Would a laundry tub in the basement—either in the laundry room or nearby—simplify your life? You can install one yourself in an hour. The time-saver: one of the new water supply systems that uses plastic fittings and flexible polybutylene tubing. The only tools you'll need are a couple of wrenches, a sharp knife, and—if the pipe carrying water to your washer is copper—a tube cutter. After making sure local codes allow do-it-yourself projects like this one, follow these steps.

The first thing to do, of course, is to turn off the water feeding the washing machine lines. Then locate these two pipes where they approach your washer. If they're copper or CPVC, cut small sections from each and insert plastic T fittings. To do this, just push the pipe ends firmly into each end of the fitting, then tighten the nuts securely. (In the system shown here—by Connex-All—the nut should be tightened until only one thread shows. Whatever brand you use, be sure to follow the instructions supplied.)

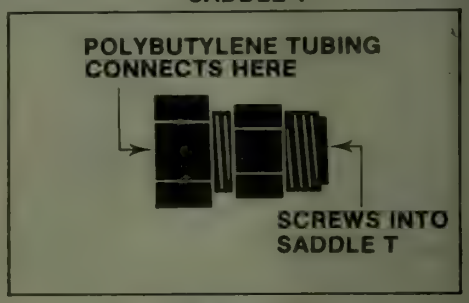


T FITTING

If you have to contend with galvanized pipe, you probably won't want to trace the line all the way back to the nearest coupling, T, or nipple to start plumbing. Instead, install a saddle T near your washer by clamping the T to the pipe and drilling a hole, as shown. (Be sure your drill is double insulated or properly grounded.) Then screw a



SADDLE T



MALE TRANSITION

continued

"I switched from clay litter to Litter Green®...

when litter box odors moved my bridge club outdoors

"I didn't think they were serious, but when I went back inside, I could smell a sour odor. I was really embarrassed. The clay litter I was using said it controlled odor. But it wasn't working. Then, my friend Sally told me about Litter Green. She said its ingredients stopped odors before they even started. So I bought it. And you know what? Litter Green really does work. Now I never worry. My home is always fresh. Anybody with a cat owes it to themselves to try Litter Green.

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Litter Green

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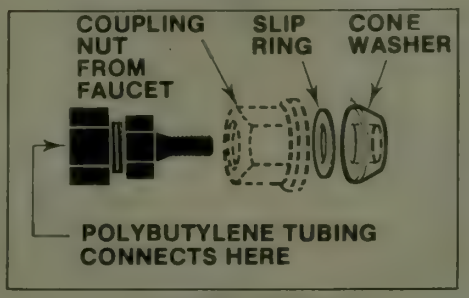
continued

Add a laundry tub

male adapter to the T.

Now you're ready to bring polybutylene tubing to the tub site. Connect one end of tubing to each T (saddle type or regular) and curl the tubing around corners, supporting it every two feet with hanger straps. If you have to shorten the tubing when you get to the tub faucet, just snip off the excess squarely with a sharp knife.

A special plastic faucet fitting makes easy work of hooking the tubing to the faucet. The fitting has a cone washer and slip ring which fit inside the coupling nut that accompanies most faucets.



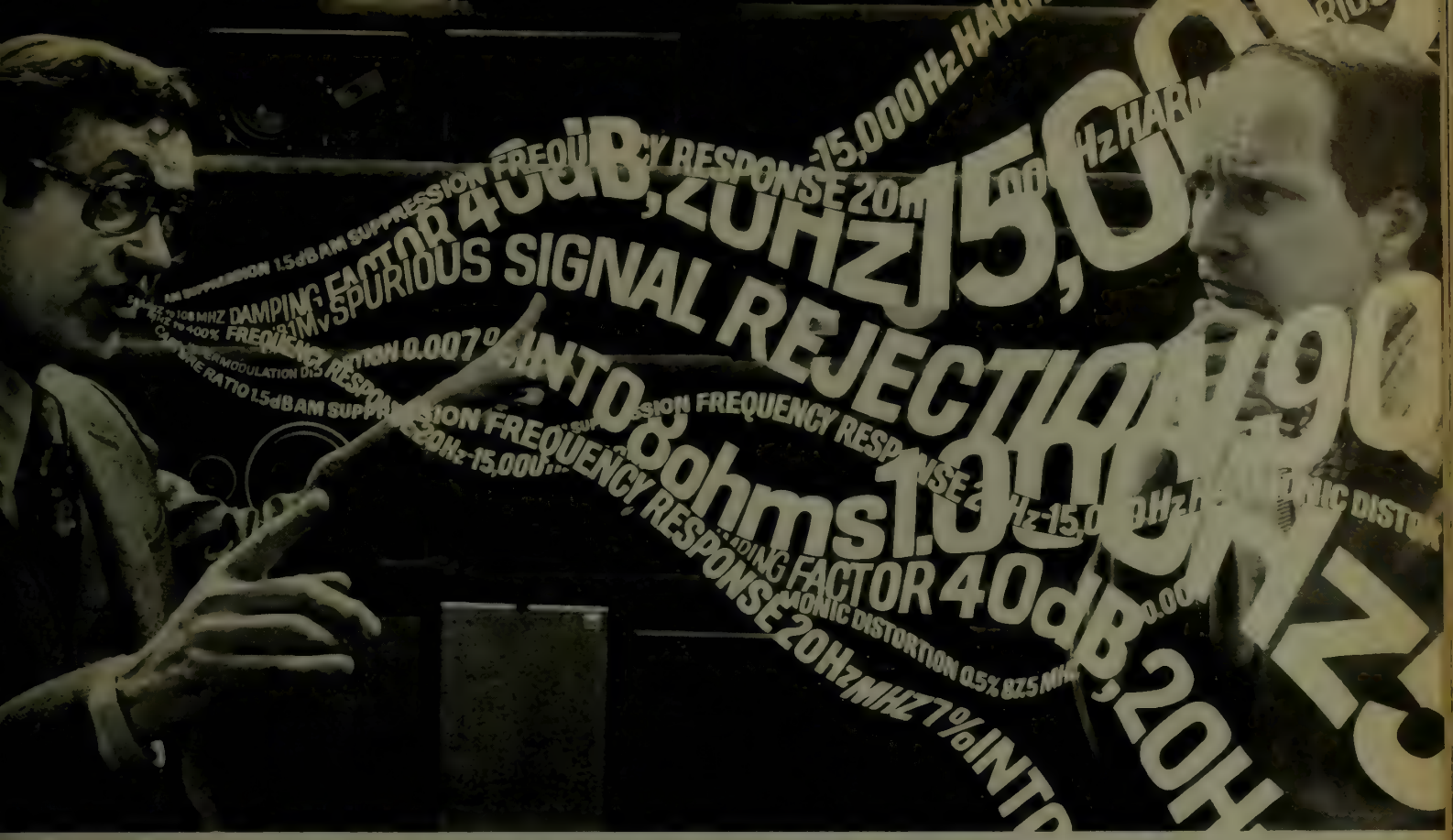
FAUCET FITTING

Your remaining job is to accommodate drain water. There are a number of ways you can do this, so while you're checking codes on the water-supply procedure, find out which methods and materials are acceptable for drain systems in your community.

The easiest way to handle drain water—if your tub is like the one pictured on page 62—is to run polyethylene tubing or PVC pipe (equipped with a trap) from the 1½-inch compression fitting on the tub outlet to the nearest floor drain.

Then turn on the water supply and enjoy the convenience of your newly plumbed laundry tub. ■





GET THE SOUND OF STEREO COMPONENTS WITHOUT ALL THE STATIC.

If you're shopping for a stereo, you know what we're talking about. Unfortunately, you probably don't know what they're talking about. But you put up with it because you want to buy a stereo system and you want great sound...and you think only components give it to you.

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Here's what you get: a 3-speed turntable that can be worked automatically or manually; a cueing system that sets the needle down automatically at whatever part of the record you want to start; separate bass and treble controls; a loudness compensation switch that boosts high and low end frequencies at low volume; and big Sensi-Bass speakers that give a good, clear reproduction of bass and treble sounds. And of course, there's our built-in cassette player/recorder* with its simple one-button recording system for easy operation.



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The really big difference between Sony's new compact stereo and components is what you have to go through to get it.

"IT'S A SONY."

*Model HME-418 available with 8-track cartridge player/recorder ©1977 Sony Corp. of America SONY is a trademark of Sony Corporation.



SHOPPING

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

ADD A LAUNDRY TUB THE EASY WAY

Page 20: Water supply system—Connex-All by Chicago Specialty Mfg. Co., 7500 Linder Ave., Skokie, Ill. 60076.

BUILD YOUR OWN WORKSHOP/HOBBY CENTER

Page 62: Laundry tub—Sears Roebuck & Co., Sears Tower, Chicago, Ill. 60684.
Page 63: Bench grinder and drillpress—Sears, Roebuck & Co. (address above). Scroll saw—Moto-Shop by Dremel Mfg. Co., Racine, Wisc. 53401.
Page 65: Electric skillet—General Electric Co., Bridgeport, Conn. 06602.

PAINTBRUSH DECORATING

Page 66 (top): Bedspread fabric—Printex, available through Design Research, Inc., 48 Brattle St., Cambridge, Mass. 02138. Paint in alcove—Vitralite enamel by Pratt and Lambert, 75 Tonawanda, Box 22, Buffalo, N.Y. 14240. (Middle): Paint on wall—Sherwin-Williams Co., 101 Prospect Ave., N.W., Cleveland, Ohio 44115. (Bottom left): Paint on floor—The Flecto Co., 209 Brush, Oakland, Calif. 94607.
Page 67: Wallpaper "Up a Tree"—Thybony, 812 Belmont Ave., Chicago, Ill. 60657. Crib—Child Craft Division, Smith Cabinet Mfg. Co., Inc., P. O. Box 444, 501 E. Market St., Salem, Mass. 47167. Floor paint (base coat and animals)—Deffecto Enamel marine-type, no-lead paint by Pratt and Lambert (address above).
Page 68 (top): Paint for "Peeping Tom" mural—Martin-Senour Co., Box 6939, Cleveland, Ohio 44101. (Bottom): Pillow shams—Fieldcrest Mills, Inc. 60 W. 40 St., N.Y., N.Y. 10018. Paint for rainbow—Martin-Senour (address above).
Page 69: Fabric on chair—Brunschwig & Fills, Inc., 979 Third Ave., N.Y., N.Y. 10022. Floor—Kentile Floors, 58 2nd Ave., Brooklyn, N.Y. 11215. Paint for fireplace—Martin-Senour (address above).
Page 70 (top): Paint—The Flecto Co. (address above). (Bottom): Fabric on armchairs—Bloomcraft, 295 5th Ave., N.Y., N.Y. 10016.
Page 71: Chair—Cado-Royal Systems, Inc., 57-08 39th Ave., Woodside, N.Y. 11377. Carpet—Lees Carpets, Valley Forge Corporate Center, King of Prussia, Pa. 19406.

LEARN SOMETHING NEW CRAFTS

Page 85: Stoneware and flatware—Design Research, Inc., 48 Brattle St., Cambridge, Mass. 01238. Chairs and glassware—The Upper Story, 1045 Massachusetts Ave., Cambridge, Mass. 01238. Tablecloth fabric—Tumbleweed, 36 Boyl, Cambridge, Mass. 01238. Napkins—Sigma Marketing Systems, Inc., 225 5th Ave., N.Y., N.Y. 10010.

COOK ALONG WITH COOKING SCHOOL PROS

Page 101: Tile—Country Floors, 300 E. 6th St., N.Y., N.Y. 10021.
Pages 102 & 103: Kitchen—Mutschler Kitchens of Minneapolis, 3940 W. 50th., Minneapolis, Minn. 55424.

PRIZE TESTED RECIPES

Page 109 (left): Serving spoon—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.
Page 110 (left): Table setting—Denby (address above). (Center left): Cork trivet—H.E. Lauffer Company, Inc., Belmont Dr., Somerset, N.J. 08873. Wine carafe—Riekes-Crisa Corp., 1818 Leavenworth, Omaha, Nebr. 68102. (Center right): Casserole—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. (Right): Baking dish—Anchor Hocking Corp., 5th & Pierce Sts., Lancaster, O. 43130. Serving spoon—Oneida Silversmiths, Kenwood Sta., Oneida, N.Y. 13421.


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How to order material from the magazine

PROJECT PLANS for the Workshop/Hobby Center featured on page 62 are available below. Package includes large professional blueprints, materials list, woodcutting diagrams, and instructions.

HOUSEHOLD INVENTORY BOOK keeps records easily and accurately. Itemize room by room, cost by cost for insurance purposes. Measures 9"x4½" spiral bound—fits perfectly into your safety deposit box. Order another for home convenience and enjoy knowing that you've begun the New Year right.

WHAT MY FAMILY SHOULD KNOW contains well organized pages to record vital information on insurance polices, real estate holdings, investments, social security, bank accounts—what you own and where to locate it. Measures 8"x4⅞" with 64 pages. Give your family peace of mind with a record only you can make.

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	No. 04001 Household Inventory Booklet $2.29, 2 for $3.99			
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94	No. 01031 Doily Instructions FREE (except for 50¢ postage and handling)			

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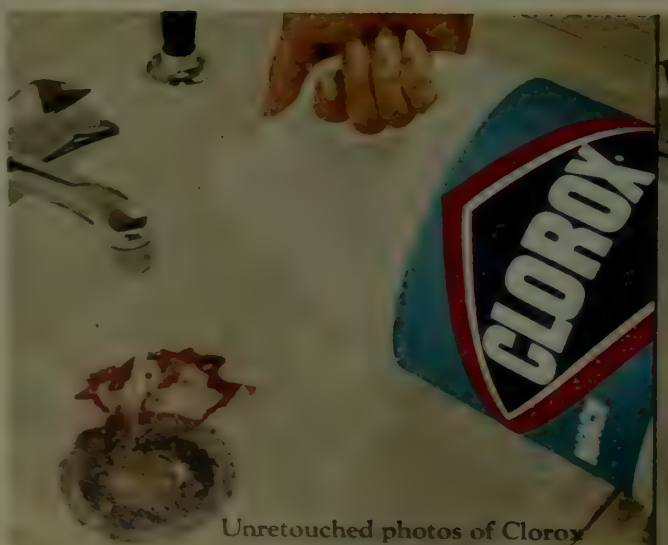
"It's almost magic the way Clorox® bleach takes out food stains from my sink. Even the stubborn, set in kinds. I just run in water, add Clorox, and the stains disappear. And with Clorox, there's no rubbing or gritty mess to rinse out. Since I discovered Clorox, I only use scouring cleanser for occasional rust or pot marks."

Mrs. Diana Harms San Carlos, CA

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See label for instructions.

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Unretouched photos of Clorox removing blueberry stain.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.







THE BETTER HOMES AND GARDENS FAMILY FITNESS PROGRAM

By Michael P. Scott

You look in the mirror and know you're out of shape. It's getting harder and harder to climb the stairs. Your clothes seem to be shrinking. A ten-minute bicycle ride leaves you huffing and puffing, and the last time you bent over to pick up something from the floor, you felt a twinge in your back. Even the kids seem to be out of shape.

The editors of *Better Homes and Gardens* believe that keeping fit through regular exercise is important for every member of the family. Not only can fitness prevent many illnesses, it enhances the quality of life as well.

Most people who don't exercise have a raft of excuses—"It's boring," "It doesn't work," "I don't have the time," or "It's too expensive." What they're really saying is, "I don't like to exercise *alone.*"

Dr. Arno Jensen, a physician who believes that regular exercise is excellent preventive medicine (that's his family on the cover), helped us design an exercise program for *all* the family to do together: *The Better Homes and Gardens Family Fitness Program.* You'll find it on page 43.

He agreed with us that busy families would welcome being together, even for a little while, every day. Most people need support and encouragement to get started and to keep exercising. And where better to get that kind of support than from other family members? It's hard to say "I don't want to exercise" when the rest of the family are urging you to join them.

Dr. Jensen also concurred with our belief that a little friendly competition helps, too. But the competition in this program comes not from the best time, or longest distance: What counts is individual improvement.

This family fitness program is different. It won't consume hours of your busy day; it doesn't require expensive equipment; and it makes no promises that can't be kept. Here's what you can expect:

- Every member of the family can do all the exercises. That doesn't mean you'll be able to do them all right away. But eventually, no matter what your shape, you'll find the exercises well within the realm of possibility. (Of course, if you have some medical reason for not doing an exercise, you're excused.)
- Follow the program faithfully for 30 days, and you'll look better, you'll feel better, and you'll feel better about yourself.

If you want more from an exercise program—to be in Olympic condition, for instance—this program is only a good first step. But if, like most families, all you want or need is to keep in shape, or get in shape, then this is just the exercise program you can live with.

We're confident of the program's effectiveness because four families—in a wide variety of physical conditions—tested it for 30 days and reported back to us. Here's what they told us:

Jim, Mary, Brendan, and Jimmy Burns

Before she started the program, Mary Burns said, "I am so unathletic I wouldn't catch a ball if it rolled in front of me." Her husband, Jim, liked to be active but had neither the time nor the inclination to jog. Brendan and Jimmy are both active teen-agers. They agreed with their father that Mary just wouldn't be able to do the exercises.

Aside from a few backpacking vacations with their sons, neither Jim nor Mary had ever exercised regularly. In fact, Mary says she tried several "women's magazine" exercise programs, but only stayed with them a couple of days.

During their month-long test, Jim and Mary found there were opportunities to exercise apart from the time they set aside for the exercise program. "One night we decided to walk to Harvard Square. We ended up walking *and* jogging."

A week-long business meeting away from home was no hindrance to exercising, according to Jim. "Several other joggers were at the meeting, and they liked the idea of a family exercise program. I think *Better Homes and Gardens* has got something distinctive—having families exercise together."

The Burns family's biggest problem with the program was finding time to exercise together. "The boys would come home from work, do their exercises, and then go off with their friends. Mary and I would end up doing the program later in the evening," Jim says. One way they accommodated their busy schedules was to skip a couple of days in the middle of the week, then exercise together on weekends.

Mary Burns (and most of the women who tested the program) found push-ups and chin-ups hardest to do. But the women could do the spine rock exercise easily, while the men usually found it difficult.

Jim says, "We'll keep up with the flexibility exercises—it's just crazy not to. But I think we'll adapt the strength exercises to suit our needs.

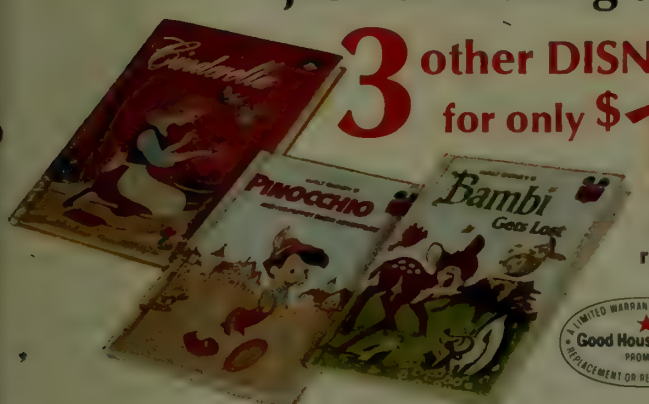
continued on page 34

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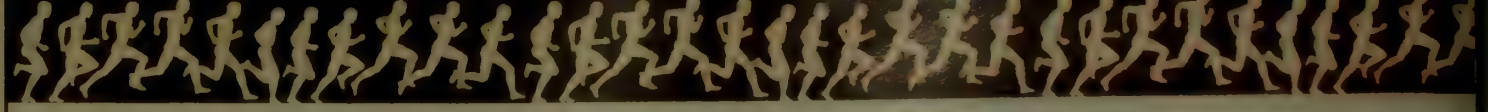
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FAMILY FITNESS PROGRAM









The Seabas. Mary Jo had tried exercising alone, but it wasn't fun. "We all benefited from this program. We really found out how much we'd let ourselves slip. Now I'm shopping differently at the grocery store, paying more attention to the right kind of food."









The Addises. Winston says, "Even during our vacation, we found we could do most of the exercises—including running in place—in a motel room as well as anyplace. We missed a few days, of course, but were able to maintain, if not improve, our status."

And we'll continue to jog. Mary has amazed me. I can't tell you what it's meant to her. Before, she actually sneered at jogging. She started out barely able to jog around the half-mile track at the school. Now she's jogging a mile and a half every night and making plans to continue jogging indoors this winter. All of us can feel the advantages of this program—we're more alert and relaxed. The only problem is we feel guilty if we don't do our exercises."

Winston, Georgi, Shaun, Lisa, and Cameron Addis

The Addis family agreed to test the exercise program partly because it would be good discipline. "We've talked about exercising now and then and even bought a doorknob-mounted exerciser as a shortcut to firming up," says Georgi. "Win and I are both a little flabby, but even though we're not too far out of shape, we still need some motivation."

The family chose jogging as their heart-lung exercise and found by the end of the first week that they all (except Cam) had some muscle stiffness that interfered with the running. "The stiffness disappeared by the second week," Win said. "We tried running 100 steps and walking 100 steps, and gradually decreased the percentage of walking steps."

Shaun and Lisa thought that 11-year-old Cam was unfair competition. Winston says, "He's so loose and in shape already that he has trouble getting his heart rate up or stretching his muscles."

By the end of the third week all of the Addises could maintain a near 70-percent heart rate for nine or ten minutes, but as Winston said, "Stretching it to 12 minutes is a struggle."

A couple of weeks of inclement weather forced the family to run in place indoors to meet the heart-lung requirement, but they prefer to jog outside.

The family's vacation came during the fourth week. "It was difficult to do all the exercises every day," Winston said, "but we found we could do most of them—including running in place—in a motel room. We were at least able to maintain our status if not actually improve it."

When the Addises missed a day or two of the exercises, muscle soreness returned, but it took less time to work it out than when they first started.

Georgi said during the course of the month several people asked her if she was losing weight. "As a matter of fact, I wasn't," she added, "but the program helped me firm up. Win and I weren't in good shape—we knew that when we started the program. The first day, everyone laughed at me. My legs felt like they were made of rubber—they gave out before my lungs. After that, I had an easier time reaching the heart-lung goal than the others."

Shaun and Lisa welcomed the opportunity to take part in the program, which reminded them of an aerobic class they enjoyed in school.

Georgi said, "Exercising together was helpful. There were days when I just wouldn't have done it if I'd been exercising alone."

What will they do when winter sets in? "We're planning to buy jump ropes for the heart-lung exercises," Georgi told us, "and then we can do the exercises in the basement rec room."

Jim, Mary Jo, Bruce, Kathy, and Jim Seaba

The Seaba family agreed to test the program because they knew they were out of shape. "We're all overweight except Kathy and Jim, Jr.," admitted Mary Jo. But, doing these

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exercises made them even more aware of their physical conditions.

For Mary Jo, the 15 pounds she lost during the program was a powerful incentive. "I'm actually shopping differently at the grocery store. Now I pay more attention to the right kind of food. You know, it's a lot easier for the whole family to sit around and eat apples than it is for one person to eat an apple while the rest of the family are eating homemade ice cream."

The Seabas live across the street from an elementary school. "It's six-tenths of a mile around the school yard—the kids measured it on their bicycle speedometers—and we jogged around that every night," said Mary Jo. Jim said, "Mary Jo had to keep reminding me to run, but I really could notice the improvement as we went along. Chin-ups are hard for me, so I did the negative chin-ups." So did the rest of the family except for Jim, Jr., who did regular chin-ups, and Kathy, who found it more fun to hang by her knees on the schoolyard chinning bar.

Jim played basketball ("full court, with a bunch of young guys") one night each week as a trade-off for missing one night of the exercise program.

Mary Jo, a nurse, started using the stairs instead of the elevator at work. "Now I cover all five floors of the hospital without getting short of breath. I wasn't able to do that before."

In his mother's estimation, 14-year-old Bruce benefited as much as any of the Seabas from the program. "Even when the rest of us couldn't find time to do the exercises together on a certain day, Bruce would faithfully do them by himself. He lost only a few pounds, but that's because he kept drinking pop and satisfying his 'sweet tooth.' Now he's even giving up pop and sweets. He loves to ride his bicycle, and I think he'll substitute that for jogging. I've tried to exercise by myself before, and it's no fun when the rest of the family laugh at you. We all benefited from this. We really found out how much we'd let ourselves slip."









The Preators. Jerry had exercised for years, but soon realized he'd concentrated on a few muscle groups to the neglect of others. Some exercises were harder for the Preators to do than others: Jerry had trouble touching his toes; Jean "whizzed" through it.

FAMILY FITNESS PROGRAM

Jerry, Jean, Dru, Kip, Michelle Preator

Jerry Preator has exercised for years, but his wife Jean was hard to convince. Jerry's program included three miles of daily jogging and a three-times-a-week strength regimen including 50 push-ups, 50 sit-ups, and 50 side bends. "When I was asked to participate in the program, I thought it would be very easy for me —too easy, in fact. But I was wrong. I found I had been concentrating on a few portions of my body and was totally neglecting other areas. Even with three miles of jogging, the squats and lunges made the muscles in my thighs ache for a couple of days."

The Preators found the program took a couple of hours to run through the first night, but the time decreased with practice.

Like other families, some of the Preators could easily do some exercises the others found difficult. Jean "whizzed" through the alternate toe touching while Jerry couldn't touch his toes. "That made me overconfident, I guess," Jean says. "I thought it was going to be a breeze, but I was very stiff the next day. I went more slowly after that."

Jerry still can't touch his toes, but according to Dr. Jensen, "Some people just aren't built right for that one. Don't strain to do any of the exercises. Work at them slowly, and only do as much as you can."

The Preators found that exercising together attracted the attention of the neighborhood. Jean: "Several evenings we had neighborhood children doing the exercises with us. We've met a lot of people jogging —I never realized how many people jogged, or that it could be fun and something of a social event."

Jerry says, "We agreed that jogging was the most fun, although the kids enjoyed the spine rock. That's because Jean and I couldn't do it. When Jean was finally able to touch her toes to the floor, she made sure all the kids were witnesses."

For Jean, push-ups were the most difficult. "I never really got so I could do them well. I finally was able to do about five against the piano bench instead of from the floor."

The entire family found that the neck roll was a great tension reliever. Jerry said his neck was "stiffer than I expected. I've done the neck roll during the day in the office—you can even do it while you're jogging."

According to Jean, the Preator kids learned another thing as a result of participating in the program —how to take their pulse. "We'd never taken their pulse. Kip saw how exercising made his pulse change when he decided to ride his bike instead of jog one day. He came back and Jerry took his pulse. It hadn't increased at all. We asked him where he'd been riding and found out that he'd been coasting. From then on, he jogged."

continued on page 43



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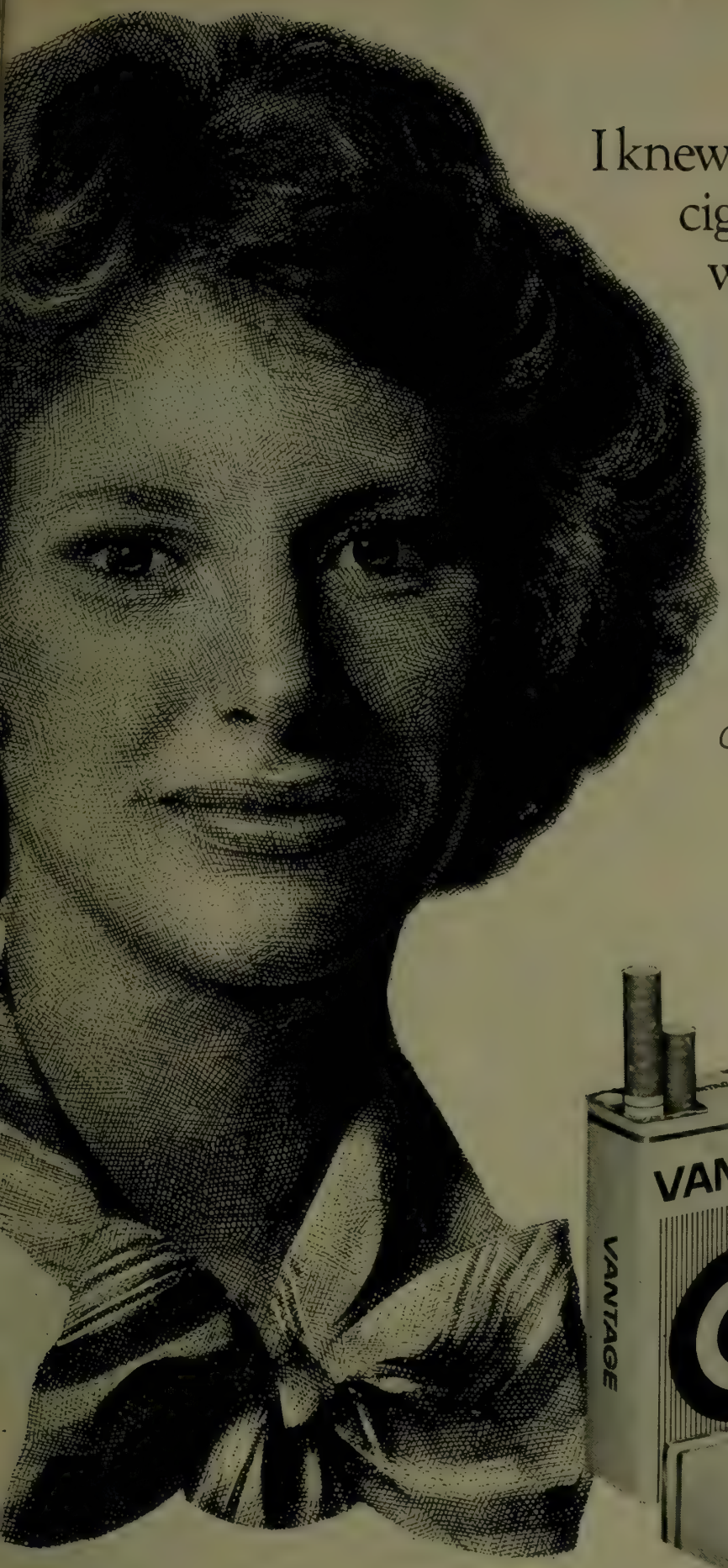
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WHAT THE PROGRAM DOES . . . AND WHY

The ***Better Homes and Gardens Family Fitness Program*** has three basic goals: improved cardiorespiratory (heart-lung) efficiency and endurance; improved strength and tone of major muscle groups; and improved joint and body flexibility. The program can also encourage children to develop lifelong exercise habits that will help them (and you, too, of course) to cope with all sorts of stress—from injury, illness, surgery, or mental tension.

START OFF RIGHT

Here are some bits of preconditioning advice:

- Get your family doctor's permission before you start exercising, especially if you have medical problems (a bad back or trick knee, for instance) that you think may conflict with exercise. Tear out this section (it's perforated with that in mind) and take it with you to the doctor. You'll probably find that there are very few medical problems that preclude exercise. If you're over 35, it's a good idea to have what's called a *stress electrocardiogram* to make sure your heart is in good shape and to help you design the exercise program for your specific needs.
- Try to select a regular time for the exercise program, and make it part of your daily routine. It's best to exercise three or four hours after a meal but you can exercise first, rest awhile, then eat. Before supper is a good time.
- Wear light clothing that doesn't restrict your movement. If you live in a cold area, of course, you'll need more than shorts and a T-shirt for the outdoor exercises. Do **not** wear plastic-lined suits that increase perspiration but block evaporation. If you plan to jog as part of your family program, make sure your shoes are designed for running. (Women should buy shoes designed for women, not men's shoes in small sizes.) The best jogging shoes have a relatively thick heel and taper toward the toe. Properly fitted shoes cushion the impact of your feet and help transfer weight from heel to toe.
- Don't try to do all of the exercises the first day of your program. Nothing discourages exercise like stiff muscles the day after. Start slowly with a few exercises and add others each day as your fitness improves.
- It's a good idea to keep track of your progress from the beginning. A chart will not only show your daily improvement but will help keep you motivated. A sample chart is provided on the back of this tear-out section.
- Don't quit at the first drop of perspiration, but you needn't push to the point of real discomfort.
- Don't get discouraged. You didn't get out of shape overnight, and getting in shape, likewise, will take time. Some of the exercises may seem difficult at first, but keep trying and you'll be able to master them.

EQUIPMENT

The following pieces of equipment are suggested:

1. A stationary bicycle (optional). This device is extremely helpful, particularly if you're exercising during the winter in a cold climate. The bicycle should have a speedometer, as well as a friction device so you can increase the pedaling resistance.

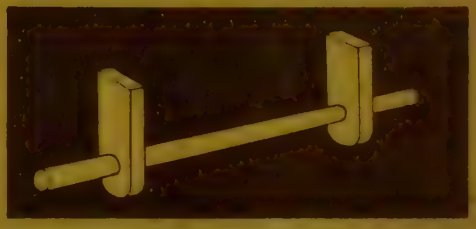
2. Broom handle

3. Jogging shoes

4. One three-foot 2x4 (for calf stretch exercises)

5. Some light weights (two- to five-pound increments). Buying expensive weights isn't necessary. You can start off with books; sand-filled socks; plastic bleach bottles filled with sand; bricks; juice cans; or even sacks of sugar or flour. Later, as your ability improves, you may want to buy a set of dumbbells or plates from a barbell set.

6. A chinning bar. The strongest and safest kind is made of a piece of pipe suspended between two 2x4s in the basement. Commercial doorway bars are not as strong or as safe.



7. Jump rope (optional)

8. Watch or clock with second hand

9. Exercise mat (optional)

YOUR SCHEDULE

Each of the exercises in the program is designed to meet one of the three goals we outlined earlier: heart-lung efficiency and endurance, muscle strength, and flexibility.

The program will work best if you do all of the flexibility exercises and the heart-lung exercises at least five days a week.

The strength exercises should be done **ONLY** every other day (Monday, Wednesday, Friday, for instance). This allows your muscles time to rest and prepare for the next strength session.

If you have a history of back problems, check with your physician before you do *any* of the exercises marked with an *.

continued

FLEXIBILITY EXERCISES

Begin the day's routine by hopping up and down or walking briskly to increase the heart rate, warm your body, and prepare it for the stretching.

Then continue the routine with a few minutes (probably no more than five or six) of stretching and flexibility exercises. It will take longer at first, but by the end of the month, you'll be able to zip through the warm-up.

Perform some flexibility exercises at the end of each daily workout to cool down and maintain flexibility.

Do each stretching exercise slowly and deliberately. Do **not** bounce or pull in an attempt to stretch muscles. At the first sign of tension, hold the position several seconds, then release and repeat.

1. SIDE-TO-SIDE BEND

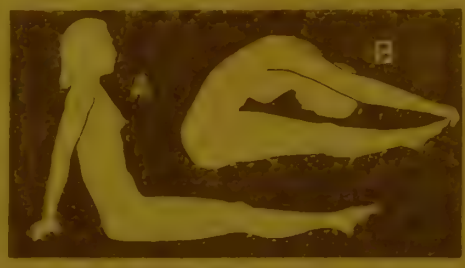
Start with arms over head, feet shoulder-width apart, body erect. Bend laterally to the right at the waist. Hold five to ten seconds, then bend to the left and hold five to ten seconds. Repeat five times. Excellent for firming the waistline.



2. FORWARD BEND—LEGS STRAIGHT

Sit erect with arms at side and feet straight in front, toes up. Reach and bend forward as far as you can. Your goal is to eventually bring chest to thighs with hands grasping toes. Hold five seconds and repeat three times. Repeat another three times with toes pointed forward (illustrated). Good for the back of the legs and your back.

FAMILY FITNESS PROGRAM



3. CALF STRETCH

Stand arm's length from the wall, with toes on a 2x4, heels on the floor. Make sure the board doesn't move, or have someone hold it. Lean forward, keeping heels on the floor. You should (and will) feel stretching in the back of the lower legs. Hold five to ten seconds and repeat three times.



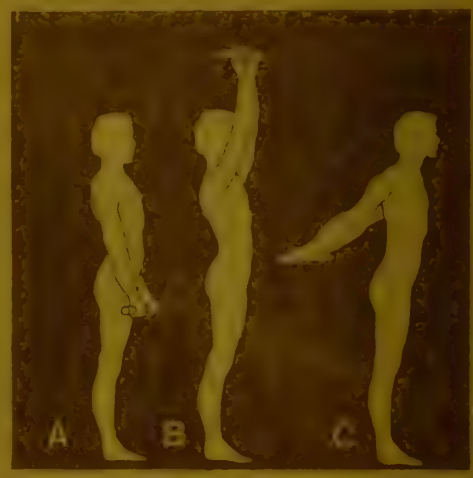
4. FORWARD BEND—LEGS SPLIT

Sit erect with legs apart. Bend at the waist and slide your hands as far forward as possible along your legs. Eventually you'll be able to grasp your ankles with your hands. Hold five seconds and repeat three times. Excellent for back of legs and back.



5. BROOMSTICK—SHOULDER FLEXIBILITY

Grasp a broomstick or longer pole with your palms down, arms spread to about two times shoulder width, and elbows locked. Keep elbows locked while bringing the pole straight back over the head and stretch all the way back. Hold five seconds. Repeat three to five times. This exercise is tough to do the first time, but it's great for shoulder flexibility.



6. NECK ROLL

Slowly roll your neck clockwise three times, then counterclockwise three times. Obviously, this improves your neck muscle flexibility, and it's easy to do at any time during the day.



7. SPINE ROCK*

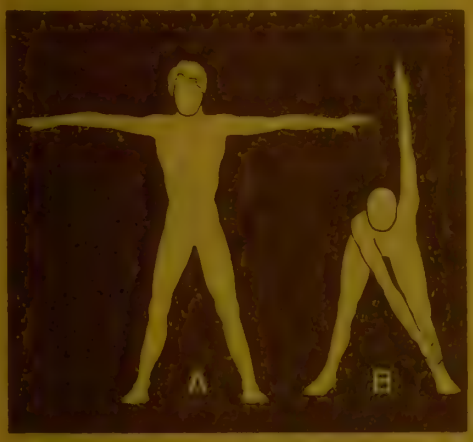
Sit on the floor, clasp your hands together under your knees, and bring knees up to touch your chin. Rock back and forth as shown five to ten times. This will help to limber the spine. You'll have to do this gradually if you have trouble getting all the way back with your feet touching the floor as shown. And don't worry if you can't master this exercise immediately.



Stop rocking and return to the sitting position any time your neck starts to hurt. This is an excellent exercise for your spine and the back of your neck.

8. ALTERNATE TOE TOUCH*

Stand erect with feet slightly wider than shoulder width. Touch left foot with right hand. Stand erect, then touch right foot with left hand. Work up to repeating the sequence ten times. Excellent for firming the waistline and stretching the hamstring muscle in your thigh.



9. THE PLOW*

Lie on the floor with arms at your sides, palms on the floor. Slowly raise legs straight overhead and as far back as possible, or until your toes touch the floor. Hold five to ten seconds.



Variations:

1. Head should be between slightly spread legs. Grasp legs with arms and cover ears with palms. Rock backwards and hold five to ten seconds.

2. Arms should be overhead and



FAMILY FITNESS PROGRAM

legs together. Raise legs up and over until toes and fingers touch. Hold five to ten seconds.

10. WAIST TWIST

Stand erect with hands on waist. Twist as far to the right as possible and hold a few seconds. Then twist to the left and hold a few seconds. Repeat this sequence five to ten times.



HEART-LUNG EXERCISES

Your goal is to keep your heart beating at 65-70 percent of your maximum heart rate (MHR) *for 12 to 15 minutes.* Reaching that goal may take several months. You will gradually work up to maintaining 65 to 70 percent for 12 to 15 minutes as heart-lung fitness and endurance improve. Then you will have to exercise harder to stay at 70 percent of MHR. The chart below indicates the MHR and 70-percent level for various age groups. To figure your MHR level, subtract your age from 220. Thus, if you're 35 years old, your maximum heart rate is 185 beats per minute. Your 70-percent rate is 129.5 beats per minute.

Age	MHR	70%
20-29	200-191	140-134
30-39	190-181	133-127
40-49	180-171	126-120
50-59	170-161	119-113
60-69	160-151	112-106

To check your heart rate, find your pulse on the palm side of your wrist, close to the thumb. Place your second and third fingertips over your pulse and count the pulse for ten seconds. Multiply by six to get your pulse rate for one minute. After approximately two minutes of cardiorespiratory exercise, stop momentarily to count your pulse. Remember your eventual goal is to achieve 12 to 15 minutes of exercise at the 65 to 70 percent of MHR level. Five minutes after you've *finished* the heart-lung exercises, check your pulse again. If your rate is above 120, you have exerted yourself too much and should slow down your pace the next time.

For your heart-lung exercises, pick one or a combination of the following exercises. (If you combine them, don't rest in between.) Your goal is 12 to 15 minutes of *continuous* exercise.

If you're tempted to skimp on the usually more difficult heart-lung exercises, remember the most important muscle in your body is your heart. The stretching and strength exercises are easier to do and often result in improved appearance. The benefits of cardiovascular exercises aren't so apparent on the surface, but the eventual result is a longer, better, and healthier life.

1. WALKING, WALKING AND JOGGING, OR JOGGING

Start slowly. Gradually increase exercising until you continue 12 to 15 minutes with your heart rate at 65 to 70 percent of maximum. If you're badly out of shape, start with walking. As your condition improves, you'll have to jog a little to reach your 70-percent level. Eventually (it may take several months), you'll have to jog continuously to reach 70 percent of your maximum heart rate.



continued

FAMILY FITNESS PROGRAM

2. STATIONARY RUN (RUNNING IN PLACE)

This exercise should be a standby for inclement weather only. Run in place on a carpet or jogging pad, and be sure to lift your knees high.



3. JUMP ROPE*

If coordination is a problem, or if it is not possible to jump rope indoors, simply hop up and down as if you were jumping rope. Work up to 12 to 15 minutes. This is excellent cardiorespiratory exercise.



4. STATIONARY BICYCLE

Pedal 12 to 15 minutes. Start with little resistance on the tire, gradually increasing the resistance as your fitness improves until you reach 65 to 70 percent of MHR for 12 to 15 minutes.



5. BICYCLING

Bike vigorously at least 15 minutes. (Remember, coasting doesn't count.)



6. STEP-UPS

You may step up and down on a stool or run up and down stairs in your home. Remember to start slowly and increase gradually.



You may combine several of the above heart-lung exercises as long as the total continuous exercise period is 12 to 15 minutes.

STRENGTH EXERCISES

A good time to do the strength exercises is after you've completed the heart-lung routine and before cooling down with a few more stretching exercises or walking. Allow at least 48 hours—but not more than 96 hours—between strength workouts. (A Monday, Wednesday, Friday schedule is probably most convenient.)

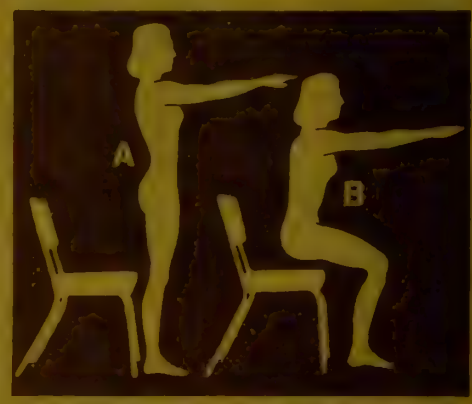
Whatever you do, **don't** immediately follow up your daily exercise routine with a hot shower. This brings blood to the surface of the skin and away from the heart.

With each of the following exercises, we've noted which of the major muscle groups the exercise is designed to strengthen.

1. SQUATS AND LUNGE (For front of thighs; do either or both exercises.)

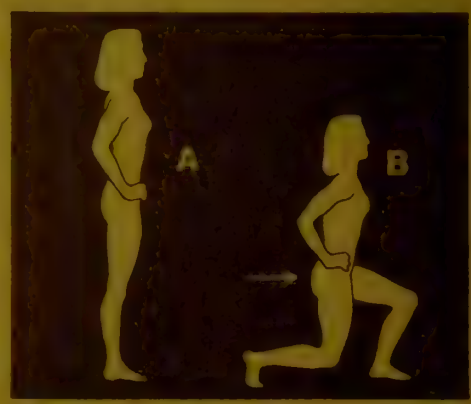
Squats

Begin standing with arms extended in front of you or with hands on hips. Squat slowly until thighs are parallel to the floor, or squat until buttocks almost touch chair as shown. Slowly rise again to standing position. Work up to 15 for men and ten for women.



Lunge

Start in a standing position with hands on hips. Lunge forward onto right leg, and back to starting position as shown. Then lunge forward onto the left leg. Repeat the exercise ten times for each leg.



2. ISOMETRIC THIGH EXERCISES

When you're performing these exercises or any isometric exercises, **do not hold your breath—breathe normally** (two to three times) during each of the ten-second repetitions.

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a. Inside of thighs

Lie on the floor with feet spread apart two or three feet. Have another family member stand between your legs, with your ankles touching his. Then try to bring your legs together. Keep the pressure on for ten seconds and repeat three times.



b. Outside of thighs

Lie on the floor with feet spread apart about two feet. Have your partner stand with his ankles outside yours. Then try to spread your legs apart. Keep the pressure on for ten seconds and repeat three times.



c. Back of the thighs

Lie on the floor on your stomach. Bend right knee about 90 degrees. Have your partner hold your ankle. You *try* to move your leg to your back. Hold ten seconds and repeat three times for each leg.



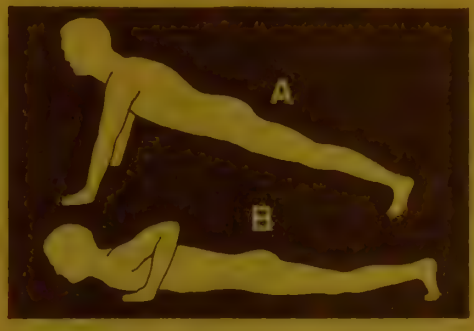
3. CALF EXERCISE

Stand with the balls of your feet on the edge of a step. Balance yourself with one hand on the stair rail. Raise and lower your body on your toes to get the fullest range of motion. Work up to five to ten repetitions. You can make this exercise harder by doing it on one leg at a time. This exercise may seem boring, but it's important!



4. PUSH-UPS (Arms and shoulders)

Keep your back straight. Women who are just starting to exercise may do push-ups from the knees. If the regular push-ups are difficult at first, they can also be done against a wall, desk, or chair if desired. Work up to ten for women and 15 for men.

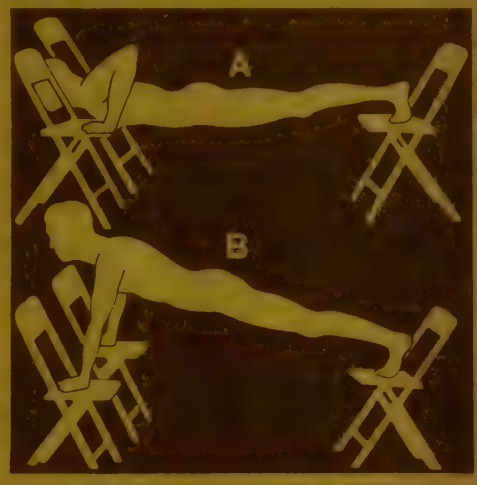




Optional shoulder and arm exercise (More difficult push-ups, particularly for men and older boys)

Deep push-ups are done between chairs instead of on the floor. Dip the chest as far as possible between the chairs as illustrated. Feet are supported by a third chair.

Make sure you're up to this one before you try it, and have family members hold the chairs so they don't slip.



5. CHIN-UPS (For upper arms)

Grasp the bar with palms up. Bend your arms until you pull your chin over the bar. Lower until your arms are straight and repeat. Girls and women should work up to five. Boys and men should work up to ten. **Variation:** Try chin-ups palms down, but these may be harder.



Optional negative chin-ups (If you find regular chin-ups difficult at first)

Stand on a chair and grasp the chinning bar, palms up. Put chin over bar with elbows bent. *Slowly* lower yourself until arms are extended. Re-

continued

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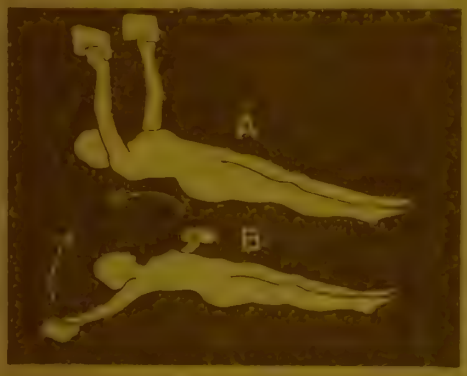
peat five to ten times. This will increase the strength of your arms so you will soon be able to do a regular chin-up.



6. CHEST MUSCLE EXERCISES

a. Fly

Lie on your back on a bench or the floor. Hold a weight (a light weight at first—such as a book, sand-filled socks, etc.) in each hand. Start with arms extended above with elbows slightly bent as shown. Slowly lower arms to the side and down as far as you can go. Bring arms back to starting position. Repeat and work up to ten.



b. Pull-over

Start the same as in the fly exercise except bring extended arms back slowly above head as shown. Bring arms back to starting position and repeat ten times.

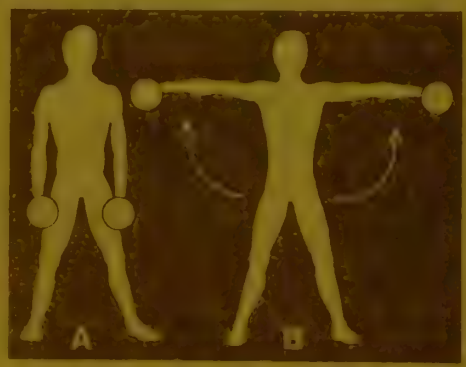


7. SHOULDER EXERCISES

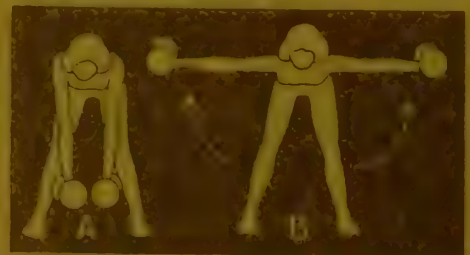
a. Stand with arms at sides. Hold a weight (a book for women; men, a five- to ten-pound weight) in each hand. Raise arms to shoulder level, *slowly.* Keep arms straight. Lower and repeat ten times.



b. Stand erect, with feet shoulder-width or a comfortable distance apart, arms at sides, holding weights. Raise weights laterally or sideways to shoulder level. Keep arms straight. Lower and repeat ten times.



c. Bend at the waist and hold weights as shown. Raise arms up to the sides until arms are straight out. Lower and repeat ten times.



8. NECK EXERCISES

a. Clasp hands behind your head. Take five to six seconds to pull head forward while resisting with neck. Do only once.



b. Put palms against your forehead. For five to six seconds push head back with your hands while resisting with neck muscles. Do only once.



c. Put right hand against the right side of head. Take ten seconds to push head to the left while resisting with neck muscles. Do only once. Repeat for the left side.



9. FOREARM AND HAND EXERCISE

Squeeze a towel or rubber ball ten times.



10. EXERCISES FOR THE ABDOMEN AND SPINE

There are two major muscle groups that support the spine—the flexors and the extensors. You will get the best results when you exercise both

FAMILY FITNESS PROGRAM

of these muscle groups. The first four exercises (sit-ups, negative sit-ups, leg raises, leg tucks) are designed to improve the flexor muscles and shape up your abdomen. The back lift and the Locust are exercises that are designed to improve the extensors of the spine.

Sit-ups are great exercise for the upper abdominal muscles, while leg raises are designed to improve the lower abdominal muscles. When you're doing the following exercises, breathe in when your body is completely extended and exhale when it's in the contracted position.

If you like, hold a book or weight behind your neck to make the exercises more difficult. You may wear heavy shoes to increase the difficulty of leg raises.

Pick three of the first four flexor muscle exercises that suit you and do them three times a week.

a. Sit-ups

Have someone hold your feet or put your feet under a heavy couch or chair *and be sure to bend your knees.* When doing sit-ups, tuck your chin into your chest and roll up and back at a moderate pace. Clasp your hands behind your neck, elbows straight out. (If that's too difficult at first, keep your arms at your sides.) You should work up to doing 15 sit-ups.



b. Negative Sit-ups*

Knees bent, sit erect on a cushion on the floor with your partner holding your ankles, and your hands clasped behind head or arms folded across your chest. *Slowly* lower your trunk to the floor, taking eight to ten seconds. Sit up again with help and repeat negative sit-up. It is important to lower trunk very slowly. Work up to ten negative sit-ups.

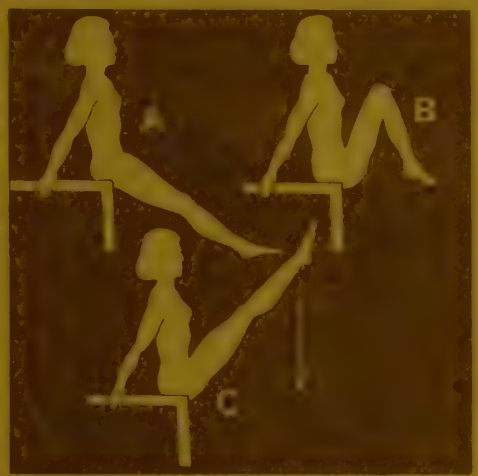
c. Leg Raise*

While lying on your back with hands under buttocks, palms down, slowly raise both legs together until they're perpendicular to the floor. Work up to 15. **Variation:** Raise one leg at a time, scissors fashion.



d. Sitting Leg Tuck

Sit on the end of a bench or chair (A). Hold on to the bench with hands behind you. Bring your thighs to your chest with knees bent (B), then extend knees and legs so legs are straight and lower slowly to the floor (C). Work up to 15 or 20.



Do either or both of the following extensor muscle exercises.

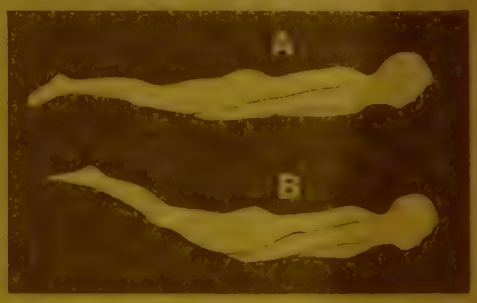
e. Back Lift*

Your partner holds your ankles. Lie on your stomach with hands clasped behind neck. Raise trunk and head as far as possible. Try to work up to raising your chin 18 to 24 inches from the floor. Hold five seconds and repeat three to five times.



f. The Locust*

Lie on your stomach with fists under groin and chin touching the floor. Push against the floor with fists; keep legs straight and elevate them as high as possible. Hold for five seconds and repeat five times.



HOW TO USE THE BETTER HOMES AND GARDENS FAMILY FITNESS CHART

Keeping track of your progress not only shows your improvement, it helps keep you motivated.

Make photocopies of the chart on the back page and tape them up (one for every member of the family).

You'll notice the flexibility section is designed to be filled out every day; the strength section has every other day blocked out—that's according to the schedule. Fill out the heart-lung section twice a week.

For the flexibility and strength sections, you may just want to put a check mark in the box every time you complete an exercise, or you may want to write in the number of repetitions you complete.

Keep the chart we've printed so you can make additional copies as the months (and you) progress.

Now's a good time to get started, and be sure to let us know how well your family does. ■



BH&G FAMILY FITNESS CHART

EXERCISE	GOAL	WEEK 1					WEEK 2					WEEK 3					WEEK 4				
1. Side-to-side bend	5																				
2. Forward bend																					
a. Toes up	3																				
b. Toes forward	3																				
3. Calf stretch	2																				
4. Forward bend, legs split	3																				
5. Broomstick-shoulder	3-5																				
6. Neck roll																					
a. Clockwise	3																				
b. Counterclockwise	3																				
7. Spine rock	5-10																				
8. Alternate toe touch	10																				
9. The Plow (or variations)	1																				
10. Waist twist	5-10																				

CARDIORESPIRATORY (HEART-LUNG) EXERCISES. We've left a blank for you to fill in the name of the heart-lung exercise you choose. Your eventual goal is to keep your heart at 65-70 percent of its maximum rate for 12-15 minutes. The chart will help you keep track of your improvement in the distance (D) you cover (or the number of repetitions if you choose jumping rope, jogging in place, or stepping up and down on a stool), the time (T) it takes you to do it, and your heart rate (HR). Remember, you won't be able to jog or jump rope for 12-15 minutes at first. Start slowly and exercise as long as you can at the 65-70 percent maximum heart rate. You probably won't see daily improvement, so the chart should be filled in at the beginning and end of each of the four weeks.

_____ (Exercise)	_____ (Your MHR)	_____ (Your 65-70% level)	WEEK 1						WEEK 2						WEEK 3						WEEK 4					
			D	T	HR	D	T	HR	D	T	HR	D	T	HR	D	T	HR	D	T	HR	D	T	HR	D	T	HR
1. Squats	10-15																									
Lunge	10 ea. leg																									
2. Thigh exercises																										
a. Inside of thighs	3																									
b. Outside of thighs	3																									
c. Back of thighs	3																									
3. Calf exercise	5-10																									
4. Push-ups	10-15																									
5. Chin-ups (or options)	5-10																									
6. Chest muscle exercises (2)																										
a. Fly	10																									
b. Pull-over	10																									
7. Shoulder exercises (3)																										
a.	10																									
b.	10																									
c.	10																									
8. Neck exercises (3)																										
a.	1																									
b.	1																									
c.	1																									
9. Forearm and hand	10																									
10. Abdomen and spine																										
a. Sit-ups	15																									
b. Negative sit-ups	10																									
c. Leg raises	15																									
d. Sitting leg tucks	15-20																									
e. Back lift	5-5																									
f. The Locust	5																									

You may already have won up to 20,000 silver dollars.

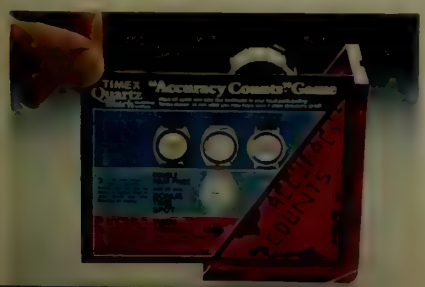


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Here's how you may win in the Timex Quartz "Accuracy Counts™" Game.

Wipe off the four watch faces, then take your certificate to your local participating Timex Quartz dealer.* If the word(s) hidden in the Timex Triangle matches any of the ones you've wiped off, you're an instant winner of that prize. The hidden word(s) can only be revealed when viewed through a Timex Quartz box at your Timex dealer.* If the Bonus Time Spot shows exactly 6:00 and you are a Grand- or Second-Prize instant winner, your prize will be doubled to $20,000 or $2,000.



1 GRAND PRIZE	10,000 Silver Dollars
10 SECOND PRIZES	1,000 Silver Dollars
5,000 THIRD PRIZES	10 Silver Dollars
BONUS-TIME PRIZE	You can double a Grand or Second Instant Prize to $20,000 or $2,000

Everyone has a chance to win.

Because all prizes will be awarded, you're still eligible to enter the drawing for unclaimed prizes, even if you're not an instant winner. Make sure you take your certificate to your Timex dealer today to see if you have already won.*

*Void in Missouri. Residents of Maryland, Ohio and Wisconsin, see rule #5 on the certificate.
All 5,011 prizes valued at $70,000—guaranteed to be awarded.



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8 Budget tips for 1978

No doubt your New Year's resolves include a vow to put the family's finances in shape. But how can you get a sensible budget going right now—especially with holiday bills coming due?

Experts all agree that a grit-your-teeth-and-bear-it approach won't work. If you try to watch pennies day in and day out, you'll only frustrate yourself and infuriate your family. Still, you should have some sort of realistic master plan. The trick is to get a fairly firm fix on your expected income and outgo (last year's check stubs and other records will help), and then hang a bit loose. You probably have lots more options during the year than you think.

The eight suggestions below will help you maneuver your savings and spending plan into a manageable cash flow, so that current bills are met and future needs won't break you.

1. Set realistic goals

Budgeting isn't just a matter of holding down expenses. Regular savings should be part of your plan, too, with three objectives—to provide for emergencies; to meet larger, periodic expenses coming up soon; and to build assets for longer range needs.

- For emergency funds, you probably need the equivalent of just two or three months' take-home pay in readily available cash, especially if you and your spouse work. When family income is unpredictable—depending, say, on sales commissions—shoot for a six-months' reserve.

Set up a passbook savings account—preferably paying interest from the day of deposit to the day of withdrawal—for your emergency kitty. Once you reach your dollar goal, put all additional savings into separate accounts. Also, replenishment of your emergency fund should be a prime savings goal whenever you have to dip into those reserves.

- Another savings system should handle larger expenses that come up periodically during the year, like insurance premiums, property taxes, and vacation costs. Add all those expenses up for the year and divide by 12 to determine how much you should be setting aside each month in a revolving fund for those bills. Also mark the dates each periodic expense will arise. For example, you might owe $400 for life insurance on March 1, owe $500 for your car and homeowners policies in August, plan on a $600 vacation this summer, and owe $900 in property taxes in December. This adds up to $2,400 for the year, or $200 each month.

If you don't have adequate funds built up to meet this year's periodic expenses as they come due, pay at least part of those expenses out of your regular cash flow or a small loan. Your prime aim should be to get into the habit of putting aside the $200 each month, and it may take a few months before the whole system falls into place.

Your funds for periodic expenses should go into a day-of-deposit-day-of-withdrawal savings account. The interest rate is lower than with savings certificate accounts, but you want to be able to shift money in and out of this periodic account during the year with-

continued

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Shake 'n Bake® COATING MIX Barbecue Style turns your oven into a barbecue grill.

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continued

8 budget tips for 1978

out forfeiting interest unnecessarily.

2. Pay yourself first

Every budget has three basic kinds of expenses: fixed, periodic, and flexible. Fixed expenses are those you must pay each month—the mortgage or rent, installment loans, and so forth. Periodic expenses are those mentioned above, such as insurance premiums and taxes. Flexible expenses mean day-to-day demands, like food, clothing, credit card bills, and transportation. (Some of these expenses are more flexible than others, of course. It's easier to cut back on entertainment than on basic clothing, for example.)

The pay-yourself-first philosophy identifies savings as a fixed expense—money you put aside regularly every month, just as you send out the mortgage check. Otherwise, you may be tempted to peg savings as a flexible expense—the category most likely to be cut when the squeeze is on. Remember, savings aren't just for the long haul; they're an integral part of your budgeting process as well, when you use them to prepare for periodic expenses or need them to pay for an emergency.

3. Use automatic devices

"Out of sight, out of mind" really applies here. When you can avoid direct access to cash, you're not as tempted to spend it.

Use automatic payroll deductions to put cash into your savings when possible, or to pay off loans. Take advantage of company savings and investment plans—especially when they involve matching funds from your employer. Look into ways to transfer funds automatically from checking to savings each month. Some banks also offer pre-authorized bill-paying plans (for mortgages, utilities, personal loans, and the like) to help bring order to your finances.

One caution: Be vigilant about personal record keeping with automatic cash transfers or bill paying. Though the bank notifies you each month of the transaction, you must remember to record it in your checkbook as well, so you always have an accurate idea of what your current cash situation is.

Another good budgeting practice is to continue automatic routines like making monthly loan payments, even after the requirement has ended. You're accustomed to paying out those dollars each month, after all. Once the debt is settled, why not pay your savings account the same amount you had been paying the lender?

Use the same technique with social security deductions when your salary goes above the ceiling set for social security taxes ($17,700 in wages in 1978, unless the law changes after we go to press). Once deductions for the taxes are no longer subtracted from your pay, take the same amount and put it into savings each time instead.

Try the automatic approach even with windfalls like a tax rebate or salary bonus. Simply resolve that such funds will go automatically into savings, either to beef up your account for periodic expenses or to make your long-term savings grow faster.

4. Spread out expenses

One key to a sound savings and spending plan is to maintain an even cash flow. That helps avoid panic situations, and when you feel you're on top of matters, it's easier to make sensible decisions.

Typically, lots of bills come due at the same time during the month. Since you're probably paid twice or more a month, it may be difficult to meet that incoming batch of bills all at once. Here's where planning counts:

Make a list of when regular bills come in and how long you have to pay them off within the monthly billing cycle without incurring a penalty. Then match those facts to your incoming pay schedule.

Say your mortgage, utilities, and several department store bills all come due at the first of the month, and your income is spread out in weekly checks. Then you'll have to learn to put aside some cash each week toward those heavy first-of-the-month debts. Also, you might put off the charge card bills a bit, since they're not due for two or three weeks.

No doubt you already put off paying some bills as a matter of course. The point is to develop a specific plan about what to pay when, follow the plan, and make your moves so you're not penalized for delays or broke when you must pay up.

One help for spreading out your cash flow could be to persuade some creditors to change billing dates. Large credit operations probably cannot help; they're too locked into the computer. Smaller operations may be able to comply. It's worth your while to ask.

Also consider dividing up insurance premium payments over the year. You'll pay a few dollars extra, but the ease on your cash flow may be worth it. Similarly, some major credit card bills can be paid off over several months. If you find you're just making the minimum payment each month for a long time, however, stop charging until you've paid off the entire bill.

Spreading out payment can help with the huge holiday bills that hit most families about this time of year. Those bills might even prevent your getting started on an orderly cash flow for the new year. If so, consider consolidating those debts with a short-term loan that you can pay off in even bites over the next few months. An overdraft checking account loan or a bank card cash advance might work well for this purpose.

5. Stick to last year's budget

This can be a good way to hold your spending down in 1978. Even though inflation will surely affect prices in 1978—and probably your income will rise as well—using last year's expenditures as a firm guideline could help cushion your savings and spending plan. In other words, plan on spending only what you did last year, even though your earnings may have gone up somewhat.

For spending guidelines, go over last year's records and use what you actually spent on food, clothing, and the like as budget goals for this year—excluding any unusual, one-time bills. Though you may not be able to hold the line completely (family needs do change, after all), last year's figures will at least give you something to shoot for.

Also fudge a bit about your income, even if you expect a raise. That way, you'll be operating with some hidden reserves that could be translated into savings. At the least, be conservative with your estimates of income for 1978.

continued

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Better Homes and Gardens® PRESENTS

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continued

8 budget tips for 1978

Count only take-home pay, and expect minimal amounts from additional income, such as savings and investments, bonuses, or fees.

6. Adjust tax withholding

Depending upon your income and family needs, too much tax money or too little may be withheld by the government from your paycheck. Theoretically, the amount withheld should equal your tax liability for the year after you have taken your deductions and allowed for personal and other exemptions. Rarely do the figures match exactly, however. Either your expenses exceed what the government charts estimate and your employer therefore withholds; or, your income will exceed your deductible expenses, and you'll owe Uncle Sam some more.

Look over your estimated income and expenses for this year (the real figures, not last year's). Study your past tax experience. Determine whether you're likely to get a refund or owe more taxes. Then decide which way you want to play it.

Generally, the government expects you to pay at least 80 percent of your final tax bill as your earnings build up through the year. Within certain limits, however, you can adjust your withholding allowances on your W-4 form to fit specific budget aims.

Each allowance is worth $750 in taxable income. If you want less money withheld each month, see if you can take an extra allowance or two. You must demonstrate that your actual expenses warrant the switch, of course.

If you want more money withheld, so you'll owe less at tax time or can expect a refund, reduce your allowances—even to zero. (You might even get your employer to withhold a few dollars more than the normal allowance each month.)

The actual dollars involved depend upon your tax bracket. If you're in the 32 percent bracket, each $750 allowance would mean an extra $240 a year, or $20 a month, coming to you instead of Uncle Sam—or vice versa—during the year rather than after you file your return for 1978.

continued

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continued

8 budget tips for 1978

It probably makes sense to have the extra cash in your hands over the year instead of Uncle Sam's. You may need the money for ongoing expenses. Or, you may want to save it, and why shouldn't you earn the interest rather than the government? Assuming saving is your goal, make sure you stick to it. If you cannot muster the self-discipline to put the extra cash into savings each month, perhaps extra withholding is better for you, as a forced-savings device.

What if you are self-employed or receive considerable income from earnings other than salary? Then you'll probably have to file an Estimated Tax Declaration and pay quarterly estimates of your tax bill for the year. Make those quarterly amounts part of your savings plan for periodic expenses.

7. Share cost savings with your kids

Try a cash incentive to get every family member involved with holding down expenses. The plan might work this way:

Look over last year's energy and phone bills and offer to share half (or more) of whatever amount the household saves on those bills this year, compared to last. Suppose your heating fuel cost $400 in 1977, electricity $350, phone $250. That's a total of $1,000. If together you can knock ten percent off for the year, you'll have $100 to share. The promise could make everyone in the household more cost- and savings-conscious.

8. Allow some "mad money"

Everyone in the family, including adults, should have some sort of allowance. That's money to spend without having to account to anyone else, and it's the principle that counts more than the amount. After all, everyone needs to feel free to splurge a bit. What's more, that sense of freedom can help counteract the feeling of repression that following a budget can sometimes cause.

Make the family allowances regular items in your budget. Though they are not strictly fixed expenses, don't think of them as the first flexible expenses to go by the boards either. ■

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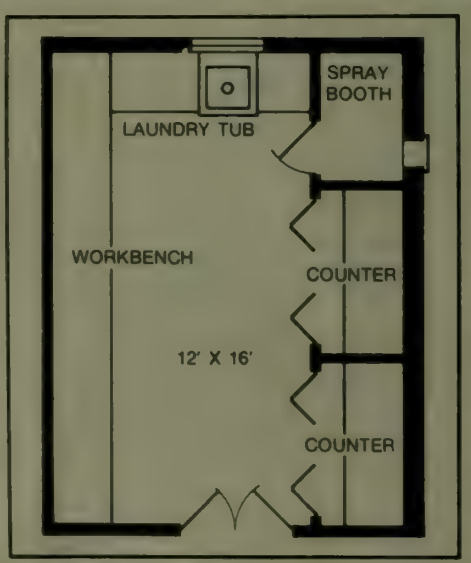


BUILD YOUR OWN WORKSHOP/ HOBBY CENTER

By David Haupert and David Ashe

In spite of the tricks our camera played on us, this 12-foot-wide workshop is only 16 feet long, so it should fit into most basements. And it may be just what you need if your family often has several activities going at the same time. Two or three projects can hide in the mini work centers at right, another job in the paint nook at the rear, while yet another activity or two are going on in the main area and on the L-shaped workbench.

Let's study the layout first, then take a closer look at each of these areas and see how they can work for your family.



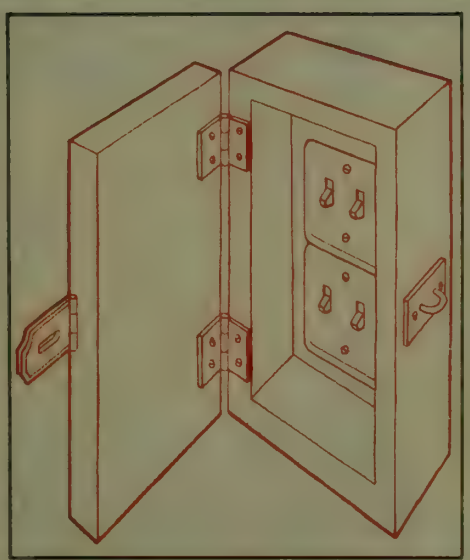
▲ Planning your workshop is half the fun of getting there. We toyed with several layouts before we came up with this one. It makes good sense to put all of the closable work centers along one wall. That way, if the whole family decides to work at the same time, confusion will be minimized. On the other side of the room, the workbench is uninterrupted, so it can handle big projects when necessary.

The spray booth should be located on an outside wall so fumes can be vented easily. And try to put the laundry tub as close to existing plumbing as possible—especially if you have to contract the plumbing work.

Photographs: William Hopkins. Designer: David Ashe

▲ This counter is 42 inches high—but you'll want to pick your own counter height. That way you can slip a roll-around table saw under the counter and keep the floor area clear. There's plenty of room in the cabinets for all of the usual shop goodies—from paint to nails to portable power tools. And the perforated hardboard on the wall keeps often-used tools within reach.

The washup area at the rear is tailored to the size of the laundry tub. (For tips on tying a new tub into your water supply, see page 20 .) A shop vacuum is stowed left of the tub, and there's a garbage can to the right (out of camera range).



◄ If your young ones aren't experienced enough to use portable power tools—but are inclined to play with them when you're not around—you may want to wire all power outlets through switches that can be locked inside a box. The simple unit at left is made from ¾-inch plywood and has butt hinges and a hasp that can be locked with a padlock.

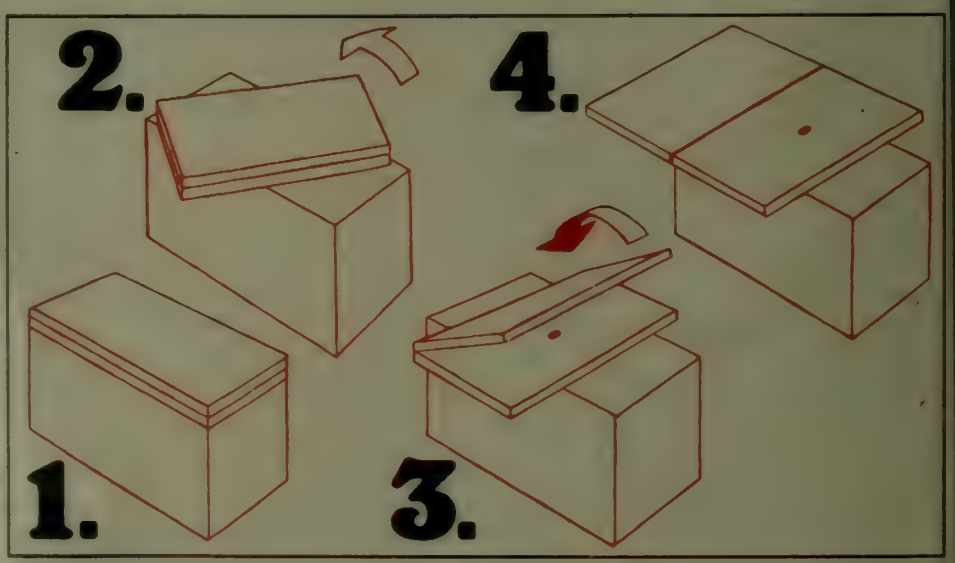
And don't forget to keep a fire extinguisher in the room.

continued

Better Homes and Gardens Project Plan No. 50355. For ordering information, see page 28.

▲ This work area can house nearly any kind of craft. We've turned our space into a stained-glass center, complete with a roll-out unit for jobs requiring a little extra elbowroom. The end of this 24x42-inch unit, hidden from the camera, has upright storage slots just like the ones on the front side—great for storing glass and patterns. And when you have to work on something as large as a window, flip up the counter top, swivel it around (as shown at right), and you have a 42x48-inch work surface.

The counter top in the mini-room at the rear is 36 inches high—a handy height for work, standing or sitting.



▲ Though compact, this six-foot-wide niche has space enough for two kids —provided they're not building giant kites or painting life-size posters. We've fitted out the left half for model-car building, the right half for batik crafts.

The particleboard counter top is 30 inches high and 24 inches deep. Shelving is made of 1x6s supported by four-foot shelf standards. Storage below for blocking materials is framed in ¾-inch plywood.

In between jobs—or when the near-by power saw is churning up lots of dust—just close the bifolds to hide the whole mess.



◀ The little 3x4-foot paint nook keeps overspray and airborne mists from drifting throughout the workshop. Our two-foot door is made from ¼-inch plywood and 2x2 cross braces. Two furnace filters—one mounted over a hole in the door, the other in the wall protecting an exhaust fan—help clear the air. The fan is a must; be sure you buy an explosion-proof model. (Check local codes for guide-lines before buying a unit.)

The little 18x18 paint table is 24 inches high and sports a lazy Susan on top. Clotheslines overhead are for drying batik projects during nonpainting hours. ■

Paintbrush DECORATING

By Shirley Van Zante, Pamela Wilson, Robert E. Dittmer

Are you aware of the exciting possibilities that paint offers for furniture, floors, walls, and just-for-fun effects? If not, take a look at the great ideas we've gathered here. And after you've looked, pick your project and grab your paint can. With it—and a brush—you can change any room from pallid to pow in next to no time.

▼ If you're a nervous novice at painting, you might start with a small project in an out-of-the-way place. We added decorative punch to this pint-size pantry by painting the floor with stripes of bright oil-based enamel, and by stippling the industrial shelves with a sponge. To create the stippled effect, we first gave the shelves a coat of shiny white enamel. Then, after the paint dried, we used a sponge to dab small amounts of green paint in a random pattern.

Buying information, page 26

Photograph: Mike Dieter

Design: George Hans

▶ Rather than turn your back on an architectural oddity, play it up for all it's worth. That's what was done to this tiny alcove. Painted bright orange with accents of yellow, the once-wasted space is now the focal point of the room. In addition to being decorative, the alcove is functional, too. Topped with a piece of fabric-covered foam rubber, the window storage seat provides a snug spot for reading or snoozing. Notice the flea-market floor lamp—it, too, was perked up with paint.

Photograph: Jim Hedrich, Hedrich-Blessing

Design: Francoise Moros

Source: Estelle Bond Guralnick







▲ No matter how small the room, it is still possible to produce a dramatic design effect. Here diagonal stripes in four colors were painted on one wall of a bedroom. The diagonal drama repeats itself on the custom Roman shade and the wall-to-wall carpet.

Photograph: Ross Chapple

Design: S. Levin-Silverman, Chambers Assoc.

Source: Eileen Deymier Leubecker

▶ Nurseries and children's rooms are especially amenable to the magic of paintbrush decorating. Here a fanciful floor treatment turned this nursery into a colorful land of enchantment. The whimsical creatures residing in the painted tree are enlarged adaptations of the wallpaper motif. They were drawn freehand, then painted in with bright shades of oil-based enamel. If freehand drawing isn't your forte, consider having a photographic blowup made of your favorite wallpaper pattern, then make cutouts and trace them on the floor.

Photograph: Jim Hedrich, Hedrich-Blessing

Design: Emerson Interiors

Source: Jessie Walker Associates



Perk up a room with a "PUT-ON"

▼ Perhaps your sweet dreams will lead you to that proverbial pot of gold if you place a painted rainbow at the head of your bed. This rainbow was painted on plywood, then hung on the wall. The plywood piece measures 80 inches wide and 48 inches high. Each color in the arc measures three inches wide. You can use either acrylic paint or high-gloss enamel for a project like this one.

Photograph: Bill Maris
Design: R. Halpren-Ruder/Barbara S. Malone
Source: Bonnie Crone

▶ Unless they're incurable stick-in-the-muds, guests are guaranteed to crack a smile when they spot a whimsical paint put-on like this one. Painted on a blank powder-room wall, this imaginary window with its impish "Peeping Toms" (and Tinas) is sense-of-humor decorating at its best. For a simpler *trompe l'oeil* effect, you might paint on an outdoor scene and a half-raised window.

Photograph: Bill Maris
Design: R. Halpren-Ruder/Barbara S. Malone
Source: Bonnie Crone





▶ This novel fireplace mural was done for a homeowner who doesn't like the usual "three-logs-in-the-fireplace, decorated look." Instead, she wanted something that would be fun and unique. The "fire" in this fireplace never goes out, and the scene over the mantel is literally a mirror image of the owner's house. (The replica of the house is made from a piece of mirror affixed to the wall with mirror brackets.) To personalize the mural even more, the names of the homeowners' children were painted on the toys scattered in the yard. Although you don't have to be a Rembrandt to paint a mural like this one, we'll admit that more than a modicum of talent is needed.

Buying information, page 26

Photograph: Bill Maris
Design: R. Halpren-Ruder/Barbara S. Malone
Source: Bonnie Crone



Give your furniture PAINTED PIZZAZZ



▼ Built-ins and unfinished furniture pieces make perfect candidates for decorative paint treatments. Here paint also solves a problem. This room was almost dominated by a large storage center housing a piano, a TV, and stereo equipment. To meld the center with the rest of the room, the cabinet doors were painted to mimic the pattern and colors of the two open-arm chairs.

Photograph: Ross Chapple

Design: J. Metherell, Designers Consortium, Ltd.

Source: Eileen Deymier Leubecker

▶ Not all heirlooms are fine antiques. Many are simply old—and often ugly—pieces of furniture. This combination curio cabinet/secretary was just such a loser before we gave it a colorful tongue-in-cheek paint treatment. The yellow, green, orange, and deep pink high-gloss enamel gives the cabinet both character and verve. Note: To ensure even color we painted the entire piece white before applying the colors.

Photograph: Mike Dieter

Design: George Hans



▶ With paint it's possible to create your own custom look. The idea is to find a design motif you really like, then copy it with confidence. The decorative impact of this bedspread (made from ski parka material and yard goods) was amplified by continuing the design up and across an unfinished Parsons table that serves as a "headboard" for two twin beds. Unless you're an accomplished artist, it's best to work from a fairly simple design, using a stencil made from tracing paper and cardboard.

To give this room extra pizzazz, bold borders were painted along the woodwork. Quilted fabric was used for the window treatment and the radiator cover.

Buying information, page 26

Photograph: Harry Hartman

Design: Eleanor Dunlap

Source: Estelle Bond Guralnick

Low-tar Parliament

Choose more than just a number.



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WINTER CARNIVALS:

How to have a hot time in cold weather





Photographs: George Bush

By George Bush

Bundle up and enjoy winter! That's what people in shivery climes learned to do long ago. Indeed, the hardy natives honored the season with a celebration—winter carnival.

There are rousing parades, with snow crunching under the marchers' feet, and brass bands blaring through the vapor of the musicians' breath. And sporting competitions: ski races, ski jumping, hockey tournaments and broom ball games, and even wilder contests, like sliding down ski slopes in canoes.

Visitors can participate in many events: saucer and inner-tube slides for kids, family cross-country ski races, ice fishing championships. There are fireworks and snow sculptures.

Saint Paul, Minnesota, claims our oldest winter fete. Québec's, in Canada, is younger but certainly the liveliest, thanks to that beautiful city's Gallic temperament and French *carnaval* tradition. So here's more about the Saint Paul and Québec celebrations, followed by a list, with dates and major events, of other choice hibernal fetes in different parts of the country.

continued



A high-flyer, trampolined by the Athletic Club, seems to soar over the state capitol at the Saint Paul Carnival. Last year, the Sequoia Junior College Band came from California for the parade and shivered in the unfamiliar cold.

WINTER CARNIVALS:

Saint Paul Winter Carnival

This Midwestern ten-day, fun-for-the-whole-family winter shindig takes place each year from the end of January into February (January 27 to February 5 this year). If you're planning a weekend Carnival visit, choose the second weekend of the event to enjoy the most activities. The festival climaxes that Saturday night when a big torchlight parade is followed by fireworks and the traditional rough-and-tumble dethroning of King Boreas, the legendary King of Winter, in downtown Saint Paul's Mears Park.

This park, renamed "Carnival Park" for the duration, is the center of activities: ice slides and a train ride for the kids, ice and snow sculptures, and pageantry programs (all free, as are most spectator events at this carnival).

However, the really exciting stuff is scattered all over the Saint Paul area. To get where you want to when you're supposed to, you must have a car and a good map (with routes preplotted), and keep careful track of the program.

At White Bear Lake, a fair drive north of the city, you can watch hot-air balloons being inflated and taking off on races. This is a must, something you're not likely to see anywhere else. A dozen or more huge air bags in bright colors lie limp on the thick ice, then slowly fill out as the propane burners catch, and finally strain on their lines. A cheer and off they go, their pilots tiny in the dangling baskets. Also at White Bear, you can see—or join for $1.25—the oldest and biggest ice fishing contest, with more than 10,000 participants and catches running up to 20 pounds. When you get cold, there's a shack that serves steaming booya, a spicy stew. Even if it weren't so tasty, it would seem delicious under the circumstances (below-zero temperatures with wind-chill factor).







A part of the ten-day Saint Paul Carnival, hot-air balloons bulge for takeoff from iced-over White Bear Lake; clowns enliven the parade show in the Civic Center Auditorium, and speed skaters storm across Lake Como.

In Highland Park, west toward the Twin Cities airport, your youngsters can enter Mini-Boggan races—all they need is a sheet of plastic to ride on. In Como Park, in another corner of town, there's national champion speed skating for adults as well as kids, and you can see a marvelous parade of sleighs and cutters. Here, too, the mutt races are staged: all kinds of dogs, mostly of haphazard ancestry, pulling children on sleds. It's a melee—a laughfest for spectators and hard work for the racers' fathers whose major function is to separate dogs that get into fights.

The real dogsled race is held in yet another part of the city, and elsewhere there are broom ball games, hockey tournaments, cross-country ski events, a downhill ski race, a sports car competition on ice, softball on ice, golf on snow, even water-skiing on the frigid Mississippi. Indoors, you can warm up at a polka festival, a moustache contest, and a mix of pageantry.

For the program (subject to change if the weather gets bad) and lodging information, write to Eugene R. Strommen, Saint Paul Winter Carnival Association, Metro Square, 7th and Robert Streets, Saint Paul, Minnesota 55101.

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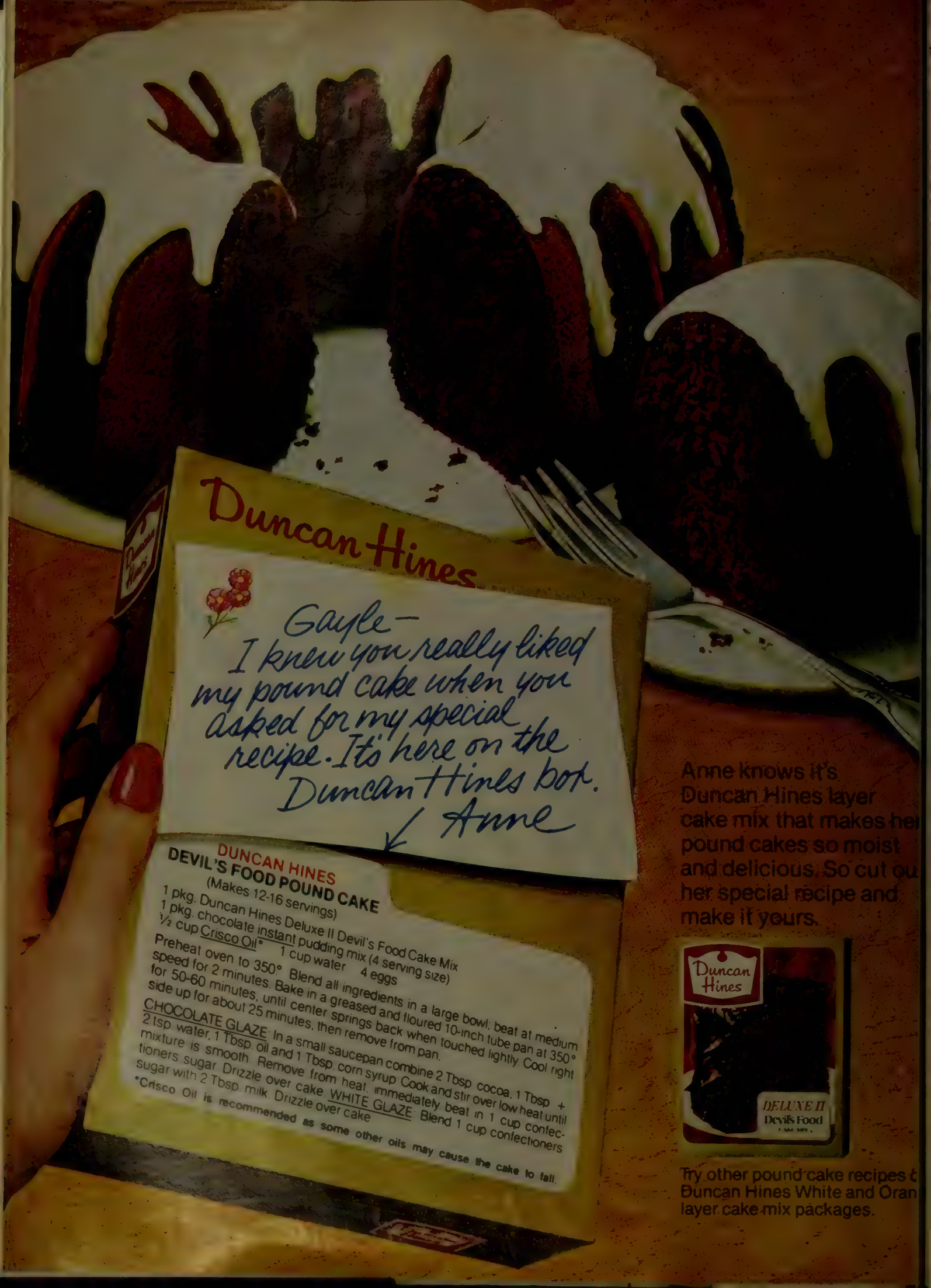
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WINTER CARNIVALS:

Carnaval de Québec

This robust 11-day affair always straddles the first two weekends in February—this year February 2 to 12. Again, if you have the choice, come for the second weekend, although it's harder then to find accommodations and you have to line up for meals.

But that's when Carnaval reaches its highest pitch, and countless thousands jam the narrow cobblestone streets of Québec's walled Old City, up on a bluff above the St. Lawrence River. On Saturday, by the time darkness falls, bundled-up people are stacked deep along the route of the spectacular night parade—two hours of floodlit floats, monster-masked marchers, and dozens of bands.

Later, the sky explodes with fireworks, setting the snowscape aglitter. Sparks shower on "Place Carnaval" by the Old City gate, where loudspeakers boom rock music. You hear the beat for miles, but no matter. Nobody sleeps this night. Everybody dances, bathed in the colored lights of the Ice Palace erected here for the occasion. Place Carnaval is so packed the dancers seem to move as one. Hundreds of others frolic on the town ramparts, slipping and slithering and risking humpty-dumpty tumbles, casting weird shadows over the huge snow sculptures flanking the Ice Palace. Nothing in our northern hemisphere matches the Carnaval frenzy, not even the Mardi Gras in New Orleans.

Take the children? Sure. Just don't lose them in the crush. They'll forget how tired they are when, on Sunday, along with all the other youngsters, they get the chance to demolish the snow sculptures, an orgy of harmless destruction.





Snow sliding on the Sugarloaf, a cone of frozen spray from spectacular Montmorency Falls, is a favorite family sport at the Québec Carnaval. Spectator events include a woodcutters contest on the steps of Place Carnaval's Ice Palace.

Also on that Sunday, they can watch Carnaval's most celebrated event, a lifeboat race through the ice jams on the St. Lawrence. Be sure to bring binoculars.

And, of course, pack plenty of warm and waterproof clothing, enough to allow for a change when you get wet. On Place Carnaval, for instance, there are ice slides (free) where almost everybody falls into a snowbank at the end. At Montmorency Falls, about 20 minutes east of the city on the north bank of the St. Lawrence, there's a still better chance to fall in deep snow. Here, at the foot of the cascades, which are higher than Niagara's, freezing spray builds a snow cone about 90 to 100 feet tall. Its precipitous sides are an ideal raceway for headlong plunges. This adventure invariably attracts swarms of active families equipped with rugs, plastic sheets, and cardboard to slide on. Moreover, on the embankment in front of the famous Château Frontenac, Québec's castle-like hotel, there's a one-mile toboggan run (rentals about $1.50 per hour for a four-seater) that's open all day and late into the night.

Special events on the closing weekend include an open-air Western breakfast (free) on snow-sculpture-lined Saint Thérèse Street, where volunteers from Calgary, Alberta, dish out hot pancakes and bacon slabs that steam deliciously in the cold air. There are also peewee hockey tournament games in the Colos-

continued

WINTER CARNIVALS:
Carnaval de Québec

seum and acrobatic skiing championships, the latter at Lac Beauport, 20 minutes north of the city, off Route-175. Bus transportation to Lac Beauport, as well as to Montmorency Falls, is available for all program events ($1.50; under 12, 75 cents). In town, you can get around by regular city bus service (40 cents fare in exact change is required).

Earlier during Carnaval time, you can watch dogsled races, another parade, more fireworks, the Carnaval queen's coronation, speed-skating and bobsled championships, ice hockey, snowshoe and cross-country ski races, a moustache contest, as well as attend numerous dances and fancy dress balls ($2 to $3 admission), and dance for free on Place Carnaval every night.

For a complete program, write to André Paquette, Director of Communications, Carnaval de Québec, 290 Rue Joly, Case Postale 8, Québec, Province of Québec, Canada. For lodging information, contact the Carnaval Lodging Committee, 60 Rue D' Auteuil, Québec (phone 418/524-8441). Hotel doubles run from about $30 to $50 a night, but if you reserve early enough you can obtain cheaper accommodations (about $8 to $10 per person) in private homes.

More Winter Carnivals:

- **California**

South Lake Tahoe. January 25-29. Dogsled and snowmobile races, torchlight parade, costume ball, citizens combined cross-country skiing and foot race, downhill and slalom competitions, various goofball ski events like barrel stave races. Held in town and at nearby ski areas: Heavenly Valley, Sierra Ski Ranch, Kirkwood Meadows. For information: Chamber of Commerce, Box 15090, South Lake Tahoe, California 95701.

- **Colorado**

Aspen Winterskol Carnival, January 18-22. Downhill ski events, barrel stave races, ski "splash" into a swimming pool, motorcycle race in snow, inner-tube races, ski touring, hockey and broom ball games, torchlight descent down Aspen Mountain, parade, fireworks. For information: Chamber of Commerce, 328 East Hyman Avenue, Aspen, Colorado 81611.

Steamboat Springs, February 10-12. Ski touring, ski jumping, downhill and hot-dog events, ice sculpture competition, parades. For information: Chamber of Commerce, Box 1178, Steamboat Springs, Colorado 80477.

- **New Hampshire**

Dartmouth Winter Carnival at Hanover and Lyme, February 9-11. Slalom, ski-jumping, citizens cross-country race, hockey, swimming and track meets, canoe downhill race, snowshoe sprint, ice sculptures along fraternity row. For information: Winter Carnival Committee, Dartmouth Outing Club, Hanover, New Hampshire 03755.

- **New York**

Saranac Lake, February 8-12. Torchlight skiing and snowmobiling, downhill and slalom races, skating competitions, snow sculpture contest, queen and king coronation, store-window painting, fireworks and

continued







With the Ice Palace aglow over Place Carnaval, all Québec is in a frenzy when the iceman cometh. He is Bonhomme Carnaval, symbol of the winter frolic (center photo), who rides to the Old City gate in a rousing parade of floats.



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continued

Winter carnivals

storming of the ice palace (where fireworks are actually fired into the ice palace). For information: Winter Carnival Committee, 30 Main Street, Saranac Lake, New York 12983.

• Maine

Rangeley-Saddleback, January 20-29. Ski and snowmobile torchlight parade (second Saturday), snow golf tournament, tots ski races, giant slalom ski races, snowmobile safari, pancake cookout, dance. For further information: Rangeley Lakes Chamber of Commerce, Rangeley, Maine 04970.

• Vermont

Brattleboro, February 11-20. Family cross-country ski race, snowshoe baseball game, outdoor soup supper, torchlight skiing and fireworks, parade, ski-jump championships, skiers ball, sugar-on-snow party (a maple syrup feast), junior "Winter Olympics," ice skating, hockey. For information: Chamber of Commerce, 180 Main Street, Brattleboro, Vermont 05301.

Brookfield, January 26; weather date, February 5. A unique outing, at which you can watch a revival of the old-fashioned skill of ice cutting. For information: Green Trails Inn, Brookfield, Vermont 05036.



Stowe, January 7-15. Championship ski races, dogsled races, snow golf tournament, fiddlers concert, snow sculpture, cross-country competition, Tyrolean night, Las Vegas night. For information: Stowe Winter Carnival, Box 1230, Stowe, Vermont 05670.



• West Virginia

Alpine Festival in neighboring Canaan Valley and Blackwater Falls State Parks, March 2-5. Snow hikes and snow picnics, public ski competitions for adults and children, obstacle-course ski race, ice races, torchlight parade, three-day arts and crafts exhibit, special dinners, Alpine Ball, German Fest dance. For information: Alpine Festival, Box 16, Davis, West Virginia 26260. ■

"The secret of great holiday gravy? Mom just told me. Kitchen Bouquet."®

"It's really so simple. Just add Kitchen Bouquet® to your chicken or turkey broth for a delicious gravy. Kitchen Bouquet's special blend of natural seasonings gives gravy a real home-made taste and a rich, brown color. Those gravy mixes just aren't the same."
"Mom says Kitchen Bouquet makes all kinds of stews look and taste extra-special, too."
"And I thought Mom had taught me everything!"

Kitchen Bouquet. No gravy should be without it.





Mom's simple holiday gravy.

(Recipe makes 2 cups)

Blend ¼ cup of softened margarine and 1 teaspoon of Kitchen Bouquet into ¼ cup all-purpose flour. Stir with 2 cups of broth* over low heat for 2 to 3 minutes. Add chopped, cooked giblets if desired. Season to taste. *Cook giblets approximately 2 hours and strain off broth.

Sears Frame Sale: 24 bargain ways to show off the folks you love.

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There's something for everybody. These handsome frames by Intercraft come in three sizes, with oval or rectangular mats in four fashion designs.

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WHY BUY AN ANNUITY?

The purpose of an annuity is to provide you with a guaranteed income, generally on a monthly basis, for as long as you live. You can buy an annuity plan that covers just your life span, or one that also covers the life of any survivor you designate. Insurance companies are the major suppliers.

An annuity can be a key part of your retirement income. The biggest selling point is that an annuity makes sure you'll have some money coming in as long as you live. The chief disadvantage is that the return on your premium dollars can be relatively low, compared to some other investment or savings possibility.

You may buy an "immediate" annuity, with monthly payments starting as soon as you pay the premium. Or, you may buy a "deferred" plan, with payments beginning at a designated later date.

An annuity is really the opposite of life insurance: an annuity pays you while you live; insurance pays after you have died.

Like life insurance, annuity rates are figured from your life expectancy as shown on the mortality tables. The longer you're expected to live, the higher the premium or the lower your monthly payments.

Women generally pay higher annuity premiums than men simply because the average woman lives longer and will collect more benefits than the average male. A typical immediate annuity starting at age 65 for a man, for example, would cost $12,500 in order to pay out $100 a month for life. A woman would have to pay a $13,400 one-time premium for the same monthly return.

Some common misconceptions

Though annuities aren't for everyone, don't let these common misconceptions fool you.

1. *You have to put up a lot of money to buy one.* Not true. Instead of plunking down a single premium, you can buy a deferred annuity on installments—annual, quarterly, or sometimes monthly. It's also possible to set one up with no outlay at all by converting the cash value or the proceeds of a life insurance policy to an annuity.

2. *Benefits stop when you die—even if you've received them for only a few months.* True only if you buy a straight life annuity. Other kinds of annuities continue to pay after death. For example:

- A joint and survivorship annuity pays to one or more designated survivors until the last of them dies. The contract can stipulate full benefits to the survivors, or a reduced benefit.
- A life annuity with "years certain" guarantees payments not only for life but for a minimum period, say, ten or 20 years. If the annuity holder dies before then, payments continue to a beneficiary until the end of the guaranteed period. If the annuity holder lives beyond that period, he continues to collect until death.
- A refund annuity keeps paying after death until the amount paid back equals the purchase price of the annuity. The refund can be in one lump sum or in installments, as agreed upon in the contract.

3. *You lock yourself into a contract from which the only out is death.* Not so. Annuity contracts are flexible. For example, you can usually get your money back anytime before the benefits start, change the date at which benefits are to begin, or make other changes.

4. *You have to be 65 to start collecting.* While most contracts are set up to begin at that age, you can buy one that begins paying earlier—say at 50, 55, or 60. Your benefits will be smaller than at 65 because you will be receiving them for a longer period.

5. *Annuities don't keep up with inflation.* Because your regular annuity sets a fixed-dollar payment per month, those dollars will be less as the years pass and inflation continues to erode the dollar. However, many companies allow you to buy a "variable annuity" plan designed to counteract inflation at least in part. Variable annuities are backed by investments in the stock market, and the amount of your monthly payment will vary with the value of those stocks. (There is a risk, of course, since there is no guarantee that the market will go up.)

6. *You can't get a loan on one.* On the contrary, annuity contracts have loan provisions like those of insurance policies. You can borrow against your contracts up to the time the benefits start.

7. *You're better off saving your money in a bank, getting the benefits of compounding, and then drawing on the total when you retire.* The major drawback here is that you could eventually run out of money if you live to a ripe old age. But you can't outlive an annuity.

A new kind of annuity

Among new variations on annuity plans is a single-premium deferred contract called an "investment annuity" now being offered by some insurance companies and stock brokerage firms. This contract has such features as:

- *Seven to eight percent guaranteed interest.* That's about double the accumulating interest guaranteed in most traditional annuities. A few companies are guaranteeing this rate for from one to five years.
- *No "load."* Some contracts are being sold without sales charge or agent's commission.
- *Low initial investment.* This can be as little as $1,500 with some companies, which allow later additional purchases of that amount or more.
- *Tax benefits.* Among them: Interest earned by the plan accumulates without any tax being due from the time you buy the annuity until the time it begins paying benefits.
- *Avoidance of probate.* If you die during the deferral period, the proceeds in most states go directly to the beneficiary named in the contract. Though the money is part of your taxable estate, it won't be hit by probate costs in addition. ■

LEARN SOMETHING

NEW!

CRAFT PROJECTS

By Deborah Dugan
and Mid Meredith

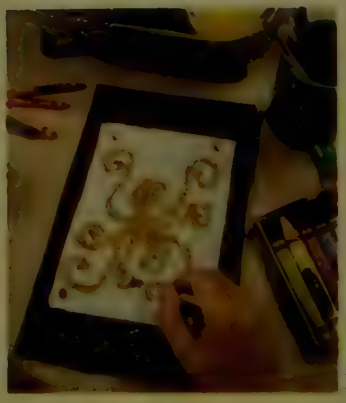
Is your family itching to try something new and crafty this year? We have enough here to keep you busy long into spring. The key ingredient is participation—so gather the clan and start crafting!

Crayon batik for beginners





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4

When time hangs heavy on a weekend afternoon, whip up a batch of easy batik projects—the kind you'll get raves about that same night. This quick-as-a-wink process works its magic with a blend of melted crayon bits and paraffin so you can concoct a kaleidoscope of dazzling colors with no fuss or mess.

This enterprising family chose to liven up their dining room window by designing a fantastic batik panel of mythical animals, rainbows, and lush jungle plants. While Mom and Dad tackled the larger panels, the boys plotted the smaller squares. Once batiked, the squares were stitched together, stretched on a wooden frame, and mounted against the window. (T-shirt designs are also samples of crayon batik at its liveliest.)

First, assemble your materials in a handy spot (*photo 1, above left*). The gear includes rubber gloves and a plastic tub, liquid dye, crayons and paraffin, small glass bowls, and an electric frying pan.

Sketch a design on a cloth square, then paint on the crayon/wax (*photo 2*). Dip the cloth in cold water dye for the background (*photo 3*). Sandwich the dyed cloth between paper toweling to iron out the crayon/wax (*photo 4*).

For complete how-to, turn to page 131.



Designs Linda Hicks
Photographs Jim Hedrich



LIVELY PUPPETS FOR LITTLE ones

LEARN SOMETHING **NEW!**

What kid can resist a huggable bunny with floppy ears and a plump powder-puff tail? Our plush mamma bunny and her baby (*inset photo*) are an engaging pair you can stitch up in a twinkling for that bunny-lovin' child at your house. Make them as puppets or stitch and stuff them as toys.



Complete sewing how-to begins on page 132.

Designs Terry Ryder
Photographs Dieter

This fat 'n sassy goose has an incredible gift of gab—and she's always chock-full of secrets to share with young admirers. Our glib goose even sports a cleverly hidden horn to "honk" when she wants to corner the kiddies' conversation.








JAMAICA
RIVER QUEEN

SILK-SCREENING YOUNG DESIGNS

LEARN SOMETHING

NEW!

A kid's nonstop imagination can inspire dozens of delightful silk-screening projects to personalize your whole house.

By repeating a single drawing such as our "Star-face Girl" shown here, you can print up a comfy quilt and matching curtains, decorate plain pillowcases and hand towels, even mass-produce a whole basketful of patchwork dollies. The "River Queen" and "City Bus" designs make chunky pillows that will captivate grown-ups as much as kids. And, silk-screening is a great way to save your child's favorite works of art.

Complete silk-screening how-to begins on page 136.

Designs Charles and ce Proctor. Merr Shearn Photograph Hopkins


Andy F.

KIDS' ART IN NEEDLE-POINT

LEARN SOMETHING
NEW!

Instead of tucking away your kids' crayon doodlings, splash their unique designs across a needlepoint canvas for the whole family to enjoy. By enlarging the art, you can create one-of-a-kind stitcheries like the pillows and rug here. Be sure to include the name and age of your mini-Picasso within the design. Then frame the child's original art to hang near your yarn adaptation. Now isn't that nicer than taping the pictures to the refrigerator door?

Enlarging how-to begins on page 138.

Designs: Johnner, Joey Andy, and Ruth Sheidler
Photograph: Hopkins

LEARN SOMETHING

NEW!

GARDEN PROJECTS

AQUACULTURE

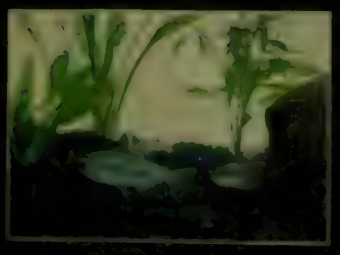
By Douglas A. Jimerson

Feel like escaping from a humdrum winter but can't afford a trip to the Bahamas? The answer is simple—create an underwater paradise in your own living room with aquatic plants. All you need to become a lake-bottom architect is a basic aquarium setup, a supply of gravel, a few decorative rocks, and, of course, the plants. Aquatic plants are easy to grow and come in myriad forms. Although fish are not essential, you could add a few just for fun.

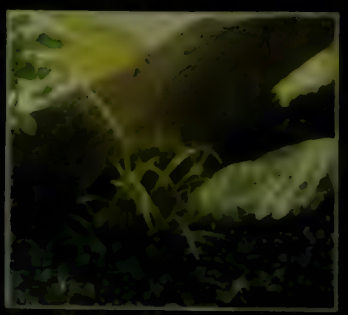
Photographs: George de Gennaro
Source: Pauline Graves

AQUASCAPE HOW-TO

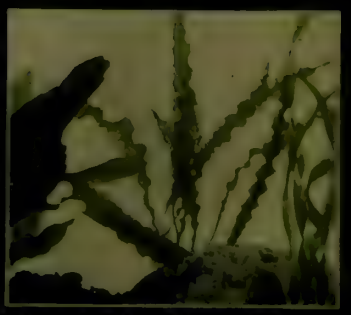
Before setting up your aquarium it's a good idea to pick out a permanent location for it. Once a tank is filled, it's next to impossible to move it without breaking the glass or damaging the seal. Place the aquarium in a draft-free room that gets bright indirect light. Direct sunlight encourages growth of undesirable algae.



Spread a two- to three-inch layer of pre-washed gravel over the bottom of the tank and fill with water. If you are using chlorinated water, let it stand overnight before planting. This allows the chlorine to form a gas and escape.



Pineapple plant

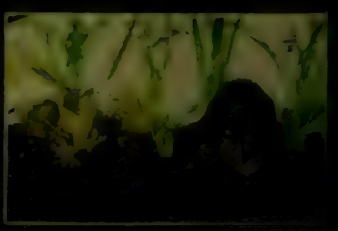


Aponogeton elongatus

After the water has aged, it's time to start creating your underwater forest. Shape the gravel into interesting contours, valleys, and caves, using decorative rocks for support and dramatic effect. If you want to use rocks from the garden, wash off all soil and scald the rock with boiling water to kill any bacteria.

Driftwood and tree roots add texture and beauty to any aquascape. You can buy these at an aquarium supply house.

When shopping for aquarium plants, inspect them carefully to make sure they're firm to the touch and have a healthy green color. Yellow leaves are





ight that the plant is not healthy. Reject any plants with snails or snail eggs on them. Snails can quickly become pestiferous and defoliate your plants. When trans-



Banana plant

porting your plants, don't allow them to dry out.

To plant, make a depression in the gravel with your finger or a planting stick. Place the roots straight down in the depression and cover them with gravel. If the roots are too long, clip them back. Do not bury the crowns of any plant or they will rot.



Amazon sword plant

Most aquarium setups include the basic equipment needed for aquarium culture: a fitted fluorescent light cover, heater, thermometer, air pump and filter. This equipment will



Octopus plant

make your aquascape virtually labor free if you follow these suggestions.

- Set the thermostat on the heater at 75 degrees Fahrenheit to ensure against a sudden killing drop in water temperature.
- Check the thermometer several times a week to keep track of temperature.
- Keep the light on for ten to 14 hours a day.
- Leave the cover in place.



Underwater rose

Miniature Houseplants



LEARN SOMETHING

NEW!

Miniature houseplants may be small, but they can produce big clusters of flowers that resemble fresh nosegays. Display them singly or in a collective bouquet with a few tiny ferns for background. Ours are in two-inch pots.

To get lavish blooms keep miniature houseplants on a windowsill where they will receive bright indirect light, or under plant lights for a minimum of 12 hours a day. Mist ferns daily.

Photographed by William Hopkins
Pot design by Meredith Color Design



Our parade of miniatures begins with the pink Chi Chi geranium at the top of the photo. Moving clockwise around the doily we have: China Doll begonia, red Comet geranium, *Asplenium viviparum* fern, Trail Along African violet, red Tiffany geranium, Pixie Blue African violet, silver Frosty begonia, Frolic geranium, Little Irene African violet, pink Pied Piper fibrous begonia, cutleaved Urchin geranium, *Jackmani parkeri*, and Mexican foxglove.

To order instructions for making this 23-inch doily, see page 28.

LEARN SOMETHING

NEW!

This year, why not become the director of a colorful and entertaining show in your own backyard? Simply place a few bird feeders around the yard and watch the action. With the right kind of food you can attract even the shy birds.

DIFFERENT DIETS FOR BIRDS



1

Photographs and information: George Harrison

1. Blue jay fare

Although blue jays aren't fussy about food, they're especially fond of sunflower seed. Stock your feeder accordingly if you enjoy jays.

2. Bird cakes

Make your own bird cakes by adding one part peanut butter, two parts birdseed, and five parts cornmeal to each part melted beef suet. Spoon into paper-lined muffin tins and cool in refrigerator. When hardened, cakes may be removed from the tins and stored frozen.

3. Pinecone treat

To make a tasty pinecone treat, add peanut butter, birdseed, and cornmeal to melted beef suet. As the mixture cools, spoon it between the pinecone scales.

4. Bacon ball

Add cornmeal and birdseed to room-temperature bacon grease until the mixture is doughy. Sand or fine gravel can be added for grit. Hang the ball in a mesh bag or attach to a tree.



2



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5. Suet in a bag

Stuff chunks of suet in an onion bag to attract both nuthatches and woodpeckers. These birds prefer to have the bag attached to a tree.

6. Sugar water

A house finch delights in a sugar water treat. Use one part white sugar to three parts water. Red tape makes the feeder more visible.

7. Cypress stump feeder

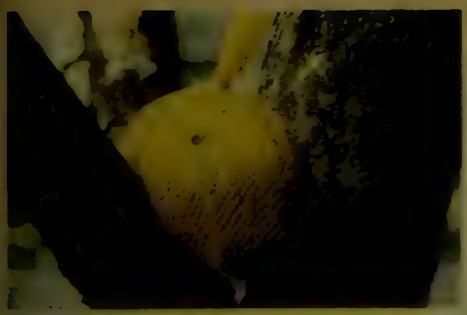
Holes drilled in an old tree stump are great spots to put bird cakes. Here a red-bellied woodpecker and a redwing blackbird dive in.

8. Goldfinch feeder

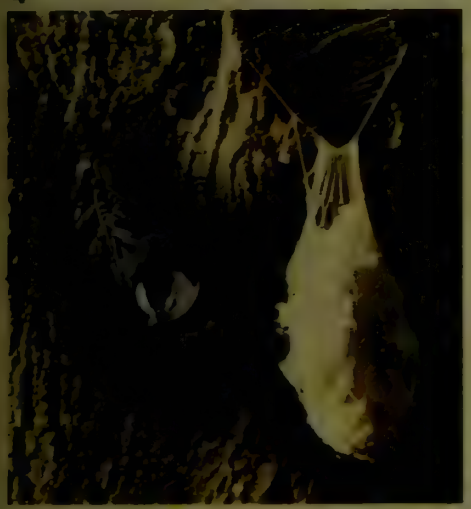
A specially designed commercial thistle feeder is a favorite hangout for goldfinches.

9. Shish kabob

What bird could resist a tempting shish kabob made with suet, peanuts, orange halves, doughnuts, apple halves, and dates? Thread a heavy cord through the morsels and hang the shish kabob against a tree or post.



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CATERING TO THE BIRDS

It's easy to attract birds to your backyard, especially if you tempt them with a varied menu. Then every prized bird in the neighborhood will become a regular visitor.

- Serve only sunflower seed if you want to attract evening grosbeaks, pine siskins, redpolls, crossbills, and blue jays. Place the seed in a hanging or post feeder.
- Thistle seed is a surefire favorite of goldfinches, purple finches, and pine siskins. Place the seed in special thistle seed cylinders or fine-mesh bags hung from a wire or branch.
- Get beef suet from your butcher and stuff it in a mesh bag (an old onion sack will work) or in a wire basket and fasten it to the side of a tree or post. Woodpeckers and nuthatches love suet, and most other birds will eat it occasionally.
- If you live in the West or Southwest, sugar water will make you popular the year round with hummingbirds, tanagers, grosbeaks, house finches, and some warblers. In colder climates try sugar water during the warm months. Serve it in special hummingbird feeders or in a glass cup hung in a tree.
- Try fresh fruit bits served in a grapefruit half. Warblers, orioles, and thrushes are particularly fond of fruit.
- For the main dish, use a commercial birdseed mixture. These mixtures usually contain up to nine different kinds of seeds and will satisfy the widest assortment of bird species. Place the mix in any kind of hanging or post feeder.
- All birds seem to love bird cakes. Commercial cakes are available, but it is more fun (and thriftier) to make your own. Try our recipe at left. Serve the cakes whole in mesh bags or tree cavities, or crumble them into a tray or atop a tree stump.

Other important tips to remember when feeding birds are:

- Different species feed at different levels. To cover all needs, feed birds on the ground, at tabletop level, from hanging baskets, and against tree trunks.
- If house sparrows crowd your feeders, try scattering some mixed seed on the ground where they prefer to feed.
- Keep the feeders full at all times.

LEARN SOMETHING
NEW!

Whether you live in a high-rise apartment or a suburban split-level, you can have an exotic landscape the year round with a homemade rock garden. Follow our simple directions and mold your own alpine meadow, desert plateau, or mossy glen.

ROCK GARDENING



Photographs: Harry Hartman. Source: Bonnie Maharam

GETTING STARTED

Step 1

Use a pot or bowl as a foundation for the mold. Pack dampened sand around the bowl to form a mound that will determine the shape of the bottom and sides of the planter. The bowl can be removed later and used again.

Step 2

Place a dampened sheet over the sand mold to protect it from damage while you fit the chicken-wire reinforcement in place.

Step 3

Gently fit a piece of chicken wire around the mold. Clip off all excess wire. Set the wire aside until needed.

Step 4

Remove the damp sheet and make a low ridge around the base of the mold with firmly packed wet sand, forming a trench one inch deep and two inches wide. The dam will shape the outside rim of the planter.

Step 5

Spread a large piece of flexible plastic, pressing it into the trench around the mold.

Step 6

Mix the cement using one part cement, 1½ parts perlite, and 1½ parts of well crumbled dry sphagnum peat



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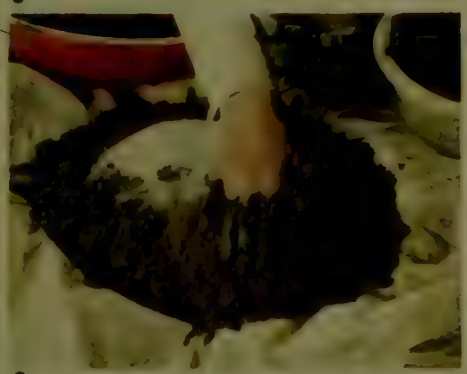
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8



9

moss. Add a cement coloring powder to give some color to the concrete. Fill the trench with this mixture and gently spread a ½-inch layer over the entire mold.

Step 7

After this layer is in place, fit the precut chicken wire over the mold and work in more cement, sandwiching the chicken wire between the two layers of cement. Continue to add cement until the entire planter is covered with at least 1½ inches of cement. The thicker the cement, the stronger and heavier the planter.

Step 8

Lift the exposed edges of the plastic sheet and pile extra sand against the mold to shape and support the sides of the planter. For drainage holes, insert four or five wooden dowels through the cement.

Step 9

Allow the planter to harden for about 24 hours or until the cement becomes firm but is still soft to the touch. Gently remove the wooden dowels and pull back the plastic and sand support. Level the bottom with a trowel and set the planter aside to harden for a week or two. Place a sheet of plastic over the planter while it is hardening to prevent it from drying too quickly. The more slowly the cement hardens, the stronger and more durable the pot will be.

PLANTER CULTURE

After the planter has hardened, leave it outdoors for six to eight weeks. This curing process allows the excess lime to leach out of the concrete. For faster results, soak the entire planter in a solution of potassium permanganate for several days to neutralize the lime.

When the curing process is completed, place a small piece of window screen over each drainage hole and pack the entire planter with soil. Most commercial potting soil mixes are adequate, but it's a good idea to add one part sand and one part leafmold or organic matter to each part soil or commercial mix. Give desert plants a slightly sandier mix and woodland plants extra leafmold. For the alkaline-loving alpine plants, sprinkle a few lime chips in the soil.

In each planter, always use plant varieties that have similar light, nutrient, and moisture requirements. After the plants are in place, water the garden thoroughly.

When you're looking for plants to start in your rock garden, don't limit yourself to just alpine or desert varieties. Any houseplant sold especially for terrariums will work well in a homemade rock planter; just be sure you pick tiny varieties that won't outgrow their container too soon.

Put your planter in a bright window.

Cook Along With Cooking School Pros

By Rosemary C. Hutchinson

One of the best and most enjoyable ways to learn the secrets of great cooking is to attend one of America's many flourishing cooking schools. (For specifics, see the article beginning on page 106.) But not everyone can spare the time and/or money to attend in person, so we decided to bring the schools to you. After checking out cooking schools across the country, we selected three to serve as a sampling. We visited each school and talked to the people who teach the courses. Then we asked the pros to share some of their experience and expertise with our readers.

So now you can help yourself to a "short course" in great cooking right in your own kitchen! On the following pages you'll learn the basics of preparing chicken, making pastry, and producing homemade pasta your guests will proclaim *delizioso*.

Annemarie Huste

"Everybody should know the basics of poultry."

"Some people are born with silver spoons in their mouths. I was born with a cooking spoon in mine," says Annemarie Huste. **"I've cooked professionally since I was 16, and I wouldn't want to do anything else."**

Annemarie qualifies as a cooking expert of the first order. She has worked professionally in kitchens in Germany, France, Italy, and the United States. Now as the owner and chief instructor of Annemarie's Cooking School in New York City, she teaches cooking principles rather than specific recipes to her students.

"Cooking is a science," Annemarie says. **"Once you understand the basic technique of sautéing a chicken, for example, the method is the same for hundreds of other dishes."**

The use of fresh ingredients is a hallmark of Annemarie's cooking. **"You get a better flavor if you start with the best quality ingredients,"** she explains. **"But that doesn't necessarily mean they're the most expensive, because you don't waste as much."**



ONE: "Cutting up a whole chicken yourself rather than buying pieces from a butcher ensures even-sized portions," Annemarie explains. **"To cut a chicken in parts, use the joints as natural guidelines. Start by cutting the leg and thigh section from each side of the bird. Then separate the thighs from the legs by cutting through the joint."**

TWO: To separate the wings from the body, cut through the lower part of the breast. **"Always include a little of the breast,"** Annemarie advises. **"That way whoever gets the wing gets a more generous portion of meat."** Remove the wing tips since they are almost meatless.

THREE: Separate the chicken breast from the back all in one piece by cutting completely through both sides of the body. **"To bone the breast, pop out the bone in the middle and pull it out with your forefinger,"** says Annemarie. **"Then you can easily cut the breast in half."** Save the chicken back for making soup.



one



two



three

Photographs: Helms



Annemarie's classes feature complete menus. Each lesson begins with a basic cooking technique. To illustrate how to cut up and sauté a whole fresh chicken, Annemarie prepares **Chicken Paprikash** (*bottom*). She then pipes **Hungarian Gnocchi** from a pastry bag to serve under the chicken. Rounding out the meal are **Butternut Squash and Apple Soup** (*center right*); **Watercress, Endive, and Orange** [illegible] (*top*), arranged in a star-[illegible] pattern; and **Pecan Roll** (*center left*), a whipped cream-filled cake made from ground pecans.

page 120.
page 26.

Judith Bell

"Pastry doesn't have to be difficult."

"I taught my first cooking class in an old chemistry lab of a Chicago YMCA," recalls Judith Bell, **"and it had only cold water."** From this unglamorous start, Judith has progressed to conducting cooking classes in the beautiful new Judith Bell Cooking Kitchen in Minneapolis. Judith credits cooking mentor Simone Beck with changing her whole perspective on cooking. **"The most important thing Simone taught me was to pursue excellence in cooking,"** Judith says.

And cooking excellence is certainly what Judith teaches her students. Working with only six people at a time, Judith tries to give them confidence in their own cooking ability. As she puts it, **"I try to teach them to be free to do their own thing—to improvise when necessary."**

Her courses range from French cooking to special classes for men, and one of her particular favorites is a class in pastry. **"I teach my students not to be afraid of pastry,"** Judith says. **"You have to handle pastry as you would a child—gently but firmly."**



ONE: The initial mixing steps for pastry are the most important. Cut the butter and shortening into the flour with a large fork rather than a pastry blender. **"The pastry blender makes the pieces of butter and shortening too fine,"** Judith says.

TWO: Control the amount of water you add to the flour by mixing with your hands. Add the water in stages. **"Avoid squeezing too much or the pastry will be tough,"** Judith cautions.

THREE: To cut out the bottom crust, use a fluted quiche or pie pan as a pattern. Allow an inch or two extra for sealing the finished pie.

FOUR: "Let the dough rest in the pan," says Judith. **"The resting allows the dough to settle in the pan and prevents large bubbles."**

FIVE: "To transfer the top crust easily, roll the pastry over the rolling pin and lift it gently over the pan," advises Judith.

SIX: "For a professional finish, cut out pastry leaves and flowers from scraps of dough," Judith instructs. Glue them to the pie surface with a mixture of egg and water.



one



two



three



four



five



six



In addition to teaching the basics of mixing, rolling, cutting, and crimping pastry, Judith shows her students how to make good pastry even better. Hints such as using unsalted butter for a sweeter flavor and chilling the dough for easier rolling are all a part of her course.

The four recipes shown below are just a sample of Judith's pastry repertoire. She begins by teaching her students how to make and work with **Basic Pastry** and then proceeds to richer and more difficult yeast doughs such as **Brioche.** Here, Judith creates fish-shaped **Salmon en Brioche** (*top*), two salmon fillets layered with mushrooms and wrapped in dough. With **Basic Pastry,** she makes **Quiche a la Bramafam** (*center*), an onion and tomato tart; **Provençale Tarte a la Jeanne** (*bottom left*), a double-crust spinach pie; and **Quichettes Soubise** (*bottom right*), appetizer onion and saffron tarts.

Recipes begin on page 122.
Buying information, page 26.

Judith Ets-Hokin

"Homemade pasta is worth the effort."

"**A neighbor organized a group of ten people for my first cooking class,**" recalls Judith Ets-Hokin. At first she taught in her own kitchen, but today her San Francisco Cooking School is located in a handsomely renovated building downtown. Judith's own culinary education was richly varied. She studied under two famous American chefs and is a graduate of cooking schools in England, France, and Italy. From that mix of cooking philosophies, she has developed her own flexible approach. "**I don't think cooking should follow a strict format,**" she told us. "**It should be a creative act.**"

One of Judith's favorite classes is her basic pasta-making course. During the class, she introduces her students to the ins and outs of making pasta in a variety of ways—by hand, with a pasta machine, or with a food processor. "**Once you've mastered the basic pasta technique, you can create spaghettini, fettuccini, pappardelle, cannelloni, and lasagna just by varying the shapes,**" says Judith. She also shows her students how to color pasta with spinach or beets.



ONE: To make a basic pasta, work on a wood surface. Make a well in a mound of flour. Add eggs "**and a dash of olive oil to give the pasta a smoother texture,**" says Judith.

TWO: To blend the flour, eggs, and olive oil, stir with a fork. "**Continue till the dough begins to seem dry. At that point, get your hands into it,**" Judith advises.

THREE: "**Work the dough with your hands till most of the flour is incorporated,**" Judith adds. "**Then knead the dough by hand or work it with a pasta machine.**"

FOUR: Judith uses a pasta machine for rolling out the dough because she prefers the extremely thin pasta it produces. But, she adds, it can be rolled out with a rolling pin if a machine is not available.

FIVE: To cut pasta for making pappardelle, roll the dough on a floured surface. Use a fluted pastry wheel to cut ½-inch strips.

SIX: "**When cutting spaghettini, the best method is to use the pasta machine,**" says Judith. But if you prefer, cut your pasta by hand.



one



two



three



four



five



six

Photographs: Lyon



Since pasta is usually served with some kind of sauce, Judith creates a battery of superb sauce choices—each calculated to complement the texture and color of her pasta. Judith combines her **Basic Pasta** cut in the pappardelle shape with **Basic Tomato Sauce** (*top*). Next she assembles homemade pasta rectangles, a spinach or chicken filling, **Tomato Sauce with Onion,** and béchamel sauce to make **Cannelloni** (*center*). And finally green lasagna noodles, a ragu, and béchamel sauce go together to become **Lasagna Verde al Forno** (*bottom*).

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TRAVEL

Learn-to-do-something-new vacations: Part 4

By Barbara Humeston

If you enjoy traveling and if you like to cook, this vacation-time recipe should suit your taste: Combine your next vacation with an adventure at a cooking school. You'll have a super time and take home some brand-new skills, too.

Of course there's nothing new about cooking schools *per se*. For years, travelers have trekked off to Europe to study with culinary super stars. What's new is the bumper crop of cooking schools closer to home. Some are situated in great vacation spots and offer courses travelers can fit into their itineraries.

What's cooking?

Cooking schools cater to every taste and level of expertise. They range from one-person operations in the family kitchen to big-time productions conducted by pros with regiments of assistants and the snazziest of setups. Courses include everything from elegant *haute cuisine* to easy everyday fare, ethnic specialties, canning and preserving, baking and pastries. And there's even time left over for relaxing and exploring on your own.

Chances are your classmates will be a melting pot of men and women who share an interest in food and cooking and want to learn more. Don't worry about your culinary qualifications. "Experts" (outside of teachers, of course) are exceptions at most schools.

Besides teaching cooking, the best schools are fun! The atmosphere is informal and next-door neighborly. Often new classmates turn into permanent friends, and teachers not only know about cooking, they can fill you in on "musts" to see and do in the area.



Photograph: Hedrich-Blessing

A cooking school adventure is a refreshingly different kind of vacation experience for men and women alike.

Teaching styles differ from one school to the next: participation, demonstration, or a mix. No one technique is inherently best. It all depends on what you're learning to do, whether or not instructors know their business, and how learning is easiest for you. But regardless of approach, first-rate schools focus on cooking basics (sautéing, chopping, kneading, etc.) and teaching students to *think* in the kitchen.

A typical class goes something like this: First, there's a short loosening-up jam session during which recipes are handed out and strategy is laid for the day's class. Next, students either start cooking or gather round to watch the instructor do his or her stuff. The *pièce de résistance* comes at the end of the class, when everybody partakes of what's been prepared (often a full-course meal with wine).

When it comes to class size, the smaller the better (about six to a dozen students is standard). But don't rule out a big cooking school if it's tailored to a crowd. One notable example is Rich's Cooking School in Atlanta, which has counter and cooking space for up to 36 students at once. The School's director, Nathalie Dupree, and over a half-dozen assistants do the teaching.

Cost per serving

The fee per class may be anywhere from $15 to $100, and a course may consist of one or several class sessions. Usually everything is figured into the one price.

Before signing up at any school, do some investigating. Start by narrowing the field to schools in areas you'd like to visit; then, ask these questions.

- How long has the school been in business? That's a clue to its reputability.
- Can you get the names of former students to contact for recommendations?
- Does the school provide easy-to-follow recipes? Or must you spend class time taking notes?
- Is the school operated in conjunction with a cookware shop or another related business? If so, will you be expected to buy what they're selling?
- Do you feel at ease talking with whoever is in charge? If not, that school isn't for you. Has the teacher written a cook book? Browsing through it can give you valuable insights.

continued on page 112.

One-pot suppers. The Campbell way to save two kinds of energy and all kinds of time.



What could be easier than cooking and serving supper in one pot? These top-of-stove meals save energy (yours and your stove's) and time. And, best of all, Campbell's Soup gives you a way to make supper look good and taste even better.

ORIENTAL CHICKEN

1 pound boneless chicken breasts, cut in 2" strips
2 cans Campbell's Chicken Broth
½ cup raw regular rice
½ cup sherry
2 tbsp. soy sauce
1 large clove garlic, minced
¼ tsp. ground ginger
1 pkg. (10 oz.) frozen broccoli spears, partially thawed and cut in half
2 cups diagonally sliced carrots
1 cup diagonally sliced green onions
1 can (about 8 oz.) bamboo shoots, drained

In large saucepan, lightly brown chicken in 2 tbsp. salad oil. Add broth, rice, sherry, soy, garlic, and ginger. Bring to boil; reduce heat. Cover; simmer 15 min. Add remaining ingredients. Simmer 5 min. more or until done; stir occasionally. Stir ½ cup water into 3 to 4 tbsp. cornstarch until smooth; stir into chicken. Cook, stirring until thickened. Makes about 8½ cups.



COUNTRY MEATBALL RAGOUT

1½ lb. ground beef
⅓ cup fine dry bread crumbs
1 egg, slightly beaten
½ cup finely chopped onion
½ tsp. salt
1 can Campbell's Golden Mushroom Soup
1 can Campbell's Beef Broth
1 can (about 8 oz.) tomatoes, cut up
½ tsp. basil leaves, crushed
⅛ tsp. thyme leaves, crushed
1 small bay leaf
1 pkg. (about 20 oz.) frozen stew vegetables

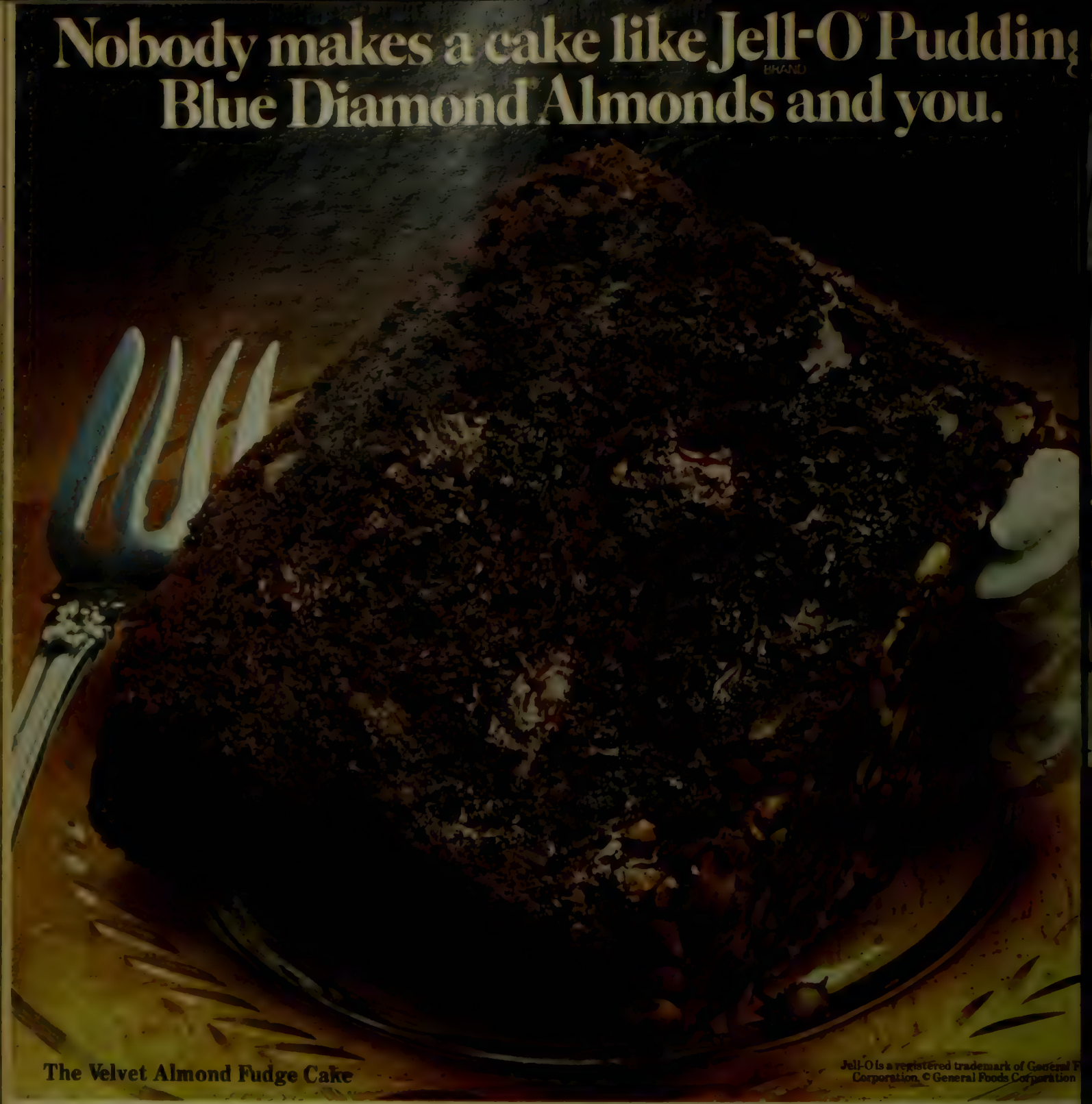
Mix thoroughly beef, bread crumbs, egg, onion, salt, and dash pepper; shape firmly into 24 meatballs. In large saucepan, brown meatballs in 2 tbsp. shortening; pour off fat. Add remaining ingredients. Bring to boil; reduce heat. Cover; simmer 20 min. or until done. Stir occasionally. Gradually blend ½ cup water into ¼ cup flour until smooth; slowly stir into stew. Cook, stirring until thickened. Remove bay leaf. Makes about 8½ cups.



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The Velvet Almond Fudge Cake

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Prepare yourself! This Velvet Almond Fudge Cake just might be the ultimate chocolate fudge cake. Every slice bursts with fudgy chocolate flavor. Every bite crunches with tasty almonds. What's more, the recipe is simple. Start with your regular chocolate fudge cake mix. Make it a more moist, chocolatey pudding cake using Jell-O® Brand Chocolate Fudge Flavor Pudding and chocolate chips. And you make it even more delectable with the crunch of Blue Diamond® Blanched Slivered Almonds through and through.

The Velvet Almond Fudge Cake

1½ cups BLUE DIAMOND® Blanched Slivered Almonds
1 package (12 oz.) chocolate chips
1 package (2-layer size) chocolate fudge or chocolate cake mix
1 package (4-serving size) JELL-O® Chocolate Fudge or Chocolate Flavor Instant Pudding and Pie Filling
4 eggs • 1 cup (½ pt.) sour cream
½ cup water • ¼ cup oil • ½ teaspoon each vanilla and almond extracts

Chop almonds and toast at 350° for 3 to 5 minutes; then sprinkle ½ cup on bottom of well-greased 10-inch tube pan. Set aside remaining almonds and chocolate chips. Measure remaining ingredients into mixer bowl. Blend; then beat at medium speed 4 minutes. Stir in chips and almonds. Pour into pan; bake at 350° for 70 minutes, or until cake begins to pull away from sides of pan. Do not underbake. Cool in pan 15 minutes. Remove and finish cooling on rack. Garnish with whipped topping.

In high altitude areas, use large eggs; add ⅓ cup all-purpose flour; increase water to 1½ cups, decrease sour cream to ⅓ cup and oil to 1 tablespoon; beat 2 minutes and bake at 375° for 45 to 50 minutes.



Bake it with Jell-O® Pudding and Blue Diamond® Almonds.



File under Vegetables

Buying information, page 26

Vegetable Casseroles

Spinach-Green Bean Casserole

Serve this prize-winning vegetable combo with your favorite roast—

1 10-ounce package frozen chopped spinach, thawed
2 tablespoons cooking oil
1 ½ cups chopped zucchini
1 10-ounce package frozen cut green beans, thawed
1 large onion, chopped
¼ cup water
1 clove garlic, minced
1 ½ teaspoons salt
⅛ teaspoon pepper
1 ½ teaspoons dried basil, crushed
⅛ teaspoon ground nutmeg
4 beaten eggs
¼ cup grated parmesan cheese
Paprika

Drain spinach well. In large skillet cook spinach in hot oil for 2 to 3 minutes. Add zucchini, beans, onion, water, garlic, and seasonings. Cover; simmer 10 minutes, stirring occasionally. Remove from heat. Gradually stir *1½ cups* of the vegetables into the eggs. Return egg mixture and remaining vegetables to skillet; mix well. Turn into a 10x6x2-inch baking dish. Place in a larger shallow baking pan on oven rack. Add boiling water to larger pan to depth of 1 inch. Bake, uncovered, in 350° oven for 25 to 30 minutes or till set. Sprinkle with parmesan and paprika. Bake 2 to 3 minutes more. Makes 6 to 8 servings.

Marie Moore, Taylor, Pa.



File under Casseroles and one-dish meals

Photographs: Dieter

Low-calorie Main Dishes

Tomato-Broccoli Chicken

Dieters and non-dieters alike will enjoy this first-place winner which has only 200 calories per serving—

2 large chicken breasts, skinned, split, and boned
Salt and pepper
¼ cup chopped onion
2 tablespoons butter *or* margarine
1 10-ounce package frozen cut broccoli, thawed
1 teaspoon lemon juice
¾ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon dried thyme, crushed
3 medium tomatoes, cut in wedges

Sprinkle chicken lightly with a little salt and pepper. Cut chicken into ½-inch-wide strips. In medium skillet cook chicken and onion in butter or margarine till chicken is no longer pink. Stir in broccoli, lemon juice, the ¾ teaspoon salt, the pepper, and thyme. Cover; simmer 6 minutes. Add tomatoes. Simmer, covered, 3 to 4 minutes more. Makes 4 servings.

Mrs. Harold L. Brewer, Temple, Tex.



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Baked Curried Fish

This zesty fish and curry combo has only 126 calories per serving—

1 cup sliced celery
2 medium onions, thinly sliced
1 teaspoon curry powder
1 tablespoon butter *or* margarine
¼ cup skim milk
1 ½ pounds fresh *or* frozen fish fillets, thawed
¾ teaspoon salt

In small covered saucepan cook celery, onion, and curry in butter or margarine over medium heat 8 to 10 minutes or till onion is crisp-tender, stirring occasionally. Remove from heat. Stir in milk. Place fish in a lightly greased 12x7 ½x2-inch baking dish. Sprinkle with salt. Spoon vegetables over fish. Bake, uncovered, in 350° oven for 25 minutes or till fish flakes easily with fork. Transfer to serving platter. Makes 6 servings.

Mrs. J. D. Esakson, Kensington, Calif.



Calorie Counters' Moussaka

This recipe has 378 calories per serving for 6 or 284 calories for 8—

1 pound lean ground beef
1 medium onion, chopped (½ cup)
5 cups peeled, cubed eggplant
1 8-ounce can tomatoes, cut up
1 6-ounce can chopped mushrooms, drained
¼ cup snipped parsley
1 clove garlic, minced
½ teaspoon dried oregano, crushed
½ teaspoon dried rosemary, crushed
¼ teaspoon ground cinnamon
2 eggs
1 8-ounce package neufchâtel cheese, cut up
1 cup plain yogurt

In skillet cook beef and onion till meat is browned. Drain fat. Stir in vegetables and seasonings. Season with *salt* and *pepper*. Cook, uncovered, 15 minutes; stir occasionally. Turn into a 12x7 ½x2-inch baking dish. Place eggs, cheese, yogurt, and ¼ teaspoon *salt* in blender container. Cover; blend till smooth. Pour atop meat. Bake in 350° oven 15 to 20 minutes. Makes 6 to 8 servings.

Catherine Peirce, Tallahassee, Fla.



Winter Carrot Casserole

Horseradish and mayonnaise add character to baked carrots—

1 ½ pounds carrots, sliced (4 ½ cups)
½ cup mayonnaise *or* salad dressing
2 tablespoons chopped onion
2 tablespoons prepared horseradish
¼ teaspoon salt
Dash pepper
¼ cup crushed saltine crackers (7 crackers)
2 teaspoons butter *or* margarine, melted

In saucepan cook carrots, covered, in boiling salted water 10 minutes or till tender. Drain. Place in 1-quart casserole. Combine mayonnaise or salad dressing, onion, horseradish, salt, and pepper. Spoon over carrots. Mix crumbs and butter or margarine; sprinkle atop. Bake, uncovered, in a 350° oven 30 minutes or till hot. Makes 4 to 6 servings.

Charlotte Ophaug, Lake Linden, Mich.



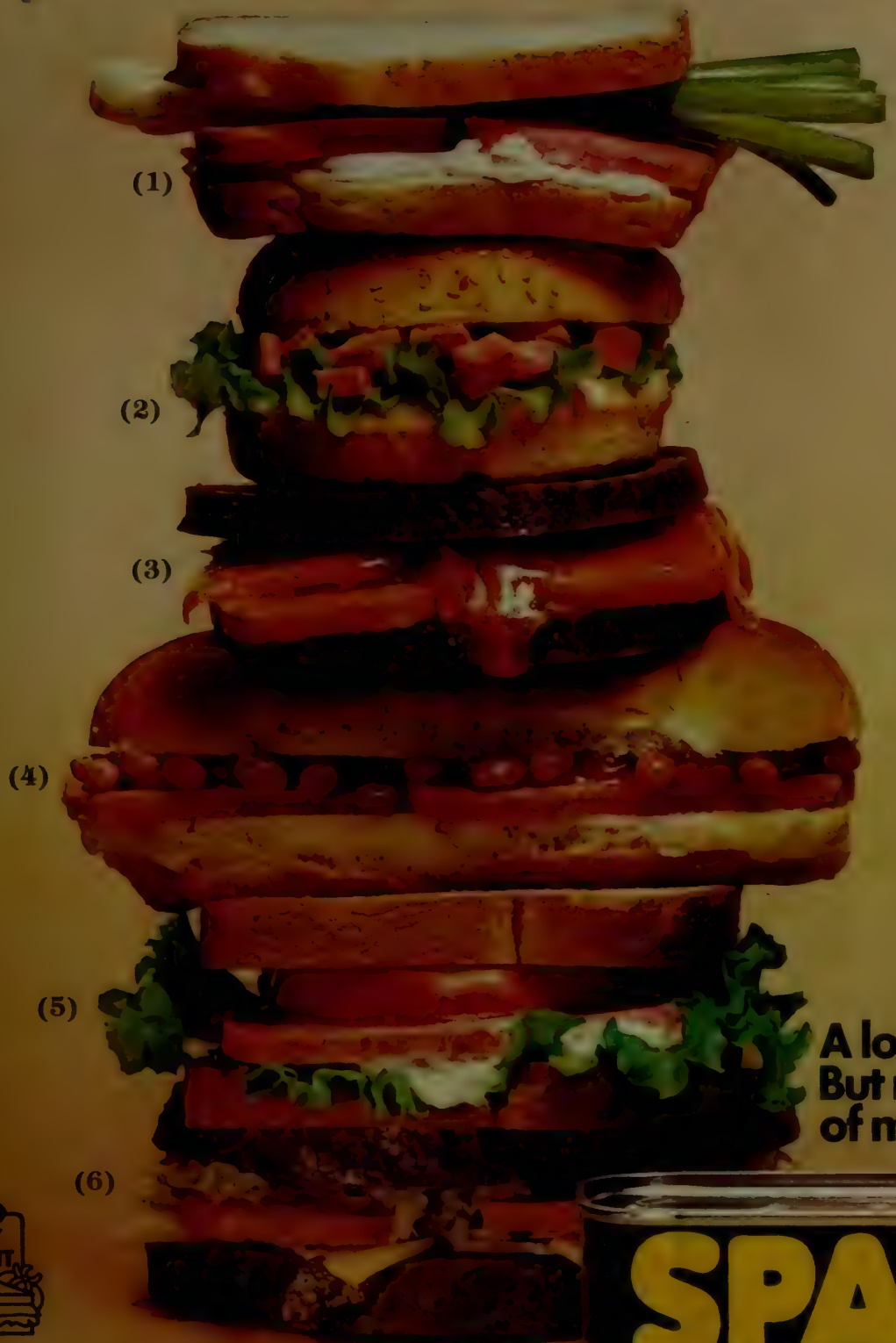
Squash and Apple Bake

2 medium acorn *or* butternut squash (16 ounces each)
1 20-ounce can pie-sliced apples
2 tablespoons cornstarch
¾ cup dark corn syrup
2 tablespoons butter *or* margarine
1 teaspoon lemon juice
¾ teaspoon ground nutmeg
½ teaspoon salt
¼ cup chopped pecans

Halve and seed squash; place, cut side down, in a shallow baking pan. Bake in 350° oven 30 to 40 minutes or till barely tender (do not overcook). Cool slightly and peel. Cut into ½-inch-thick slices. Drain apples, reserving liquid. Gently stir together apples and squash; turn into a 12x7 ½x2-inch baking dish. In saucepan blend together reserved apple liquid and cornstarch; stir in corn syrup, butter or margarine, lemon juice, nutmeg, and salt. Cook and stir till thickened and bubbly. Pour over squash and apples. Sprinkle with pecans. Bake in 350° oven 25 to 30 minutes. Makes 6 servings.

Mrs. D. M. Conwell, New Providence, N.J.

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COOKING SCHOOLS

Annemarie Huste

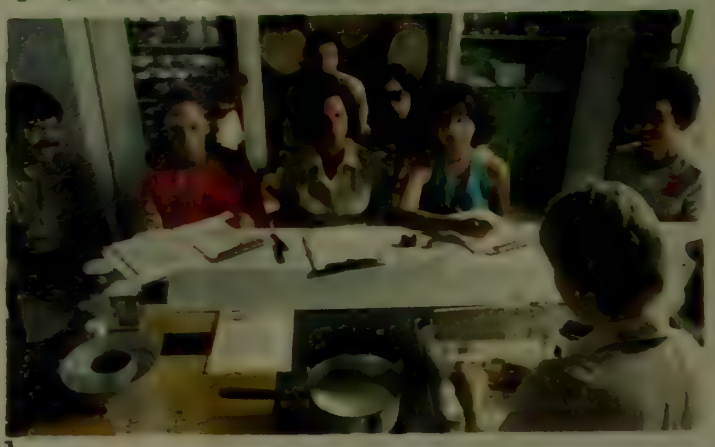
Looking for a cooking school that serves up good times along with top-notch cooking instruction? Try Annemarie Huste's (HOOS-te) Cooking School in New York City. The dynamite lady whose name the School bears is a charming self-professed ham who can't resist a good audience. Her enthusiasm and bubbly brand of showmanship give her cooking classes a special sparkle.

But don't get the wrong idea! Annemarie's Cooking School isn't all play and no work by any means. She concentrates on uncomplicating the great cooking mystique and demonstrating that gourmet cooking doesn't have to be difficult. Instead of looking down her nose at timesaving shortcuts and laborsaving devices, she accepts them as part of progress—as long as there's no sacrifice in quality. Annemarie points out in her German-flavored English, "Great cooking is easier than for so long has been taught."

Because the "whys" behind what's going on in the kitchen are important, too, Annemarie stresses key cooking principles and techniques. Then she shows students how to apply them. Classes also get down to basics, like how to shop for, store, and handle all kinds of ingredients.

Cooking sessions take place in Annemarie's classy town-house kitchen. During every class, a full five-course spread is prepared, from irresistible appetizer to diet-demolishing dessert.

Unflappable Annemarie explains techniques, rounds up ingredients, and fields questions while sharing her personal formulas for everything from how to keep boiling eggs from cracking to the right way to store lemons, and how to get the most flavor out of spices. She doesn't hesitate to mention brand names, endorse products, and tell students why.



1



2



3



4

Photographs: Hartman

1. Creating a great meal is a learning experience.

2. Shopping for flowers is included in the course.

3. Dining on fantastic food winds up every class.

4. Picking out poultry is easy with a few pointers.

No one would doubt Annemarie's cooking credentials. Before striking out for the U.S. at 19, she apprenticed in notable European kitchens. Then she headed the kitchen of showman Billy Rose and later moved on to become chef in Jacqueline Kennedy's household. Annemarie also has authored a couple of cook books and lectured on cooking all over the country.

When choosing recipe ingredients and kitchen equipment, Annemarie sets her sights on the best. She encourages students to do likewise with two favorite admonitions: "You get out of food only what you put into it" and "Half the battle of being a good cook is having a well-equipped kitchen."

The School's five-day "Week in New York" program combines cooking instruction with sampling some of the city's unique charms. You'll get four demonstration cooking classes, followed by memorable lunches, along with trips to the Sixth Avenue fruit and vegetable markets; famous food shops and kitchen equipment stores; Chinatown; and the wholesale flower market. Annemarie is your guide.

You can wind up your eventful days with a night on the town on your own or back at the Cooking School (Mondays and Wednesdays), looking over the shoulder of a notable Italian chef or an expert Chinese cooking teacher who prepares dinner. Friday night, the class cooks up a grand-finale graduation feast, with spouses or friends joining in the dining.

The $400 course is offered five times a year. One week last spring, classmates came from as far away as Minnesota and Tennessee and as nearby as New Jersey and New York.

To get additional information, contact Annemarie's Cooking School, 164 Lexington Avenue, New York, New York 10016.

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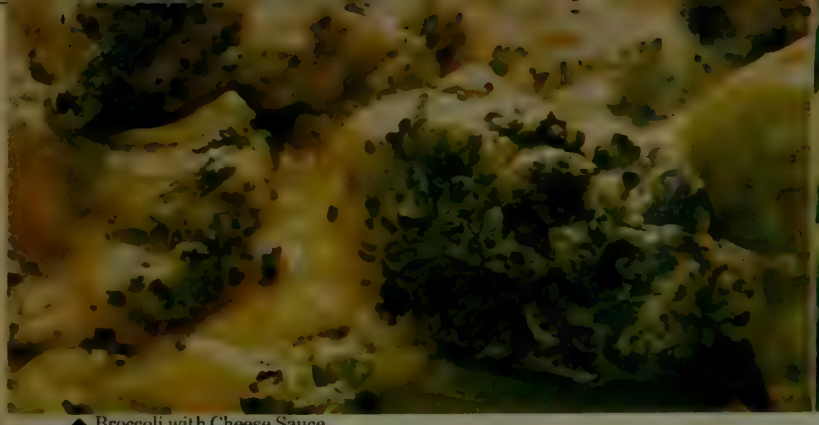
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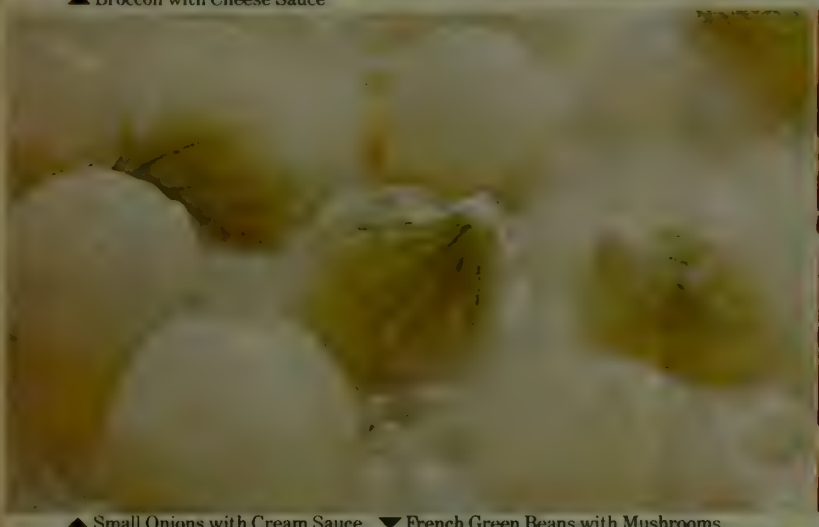
America spells cheese KRAFT.



▲ Broccoli with Cheese Sauce



▲ Green Peas and Pearl Onions

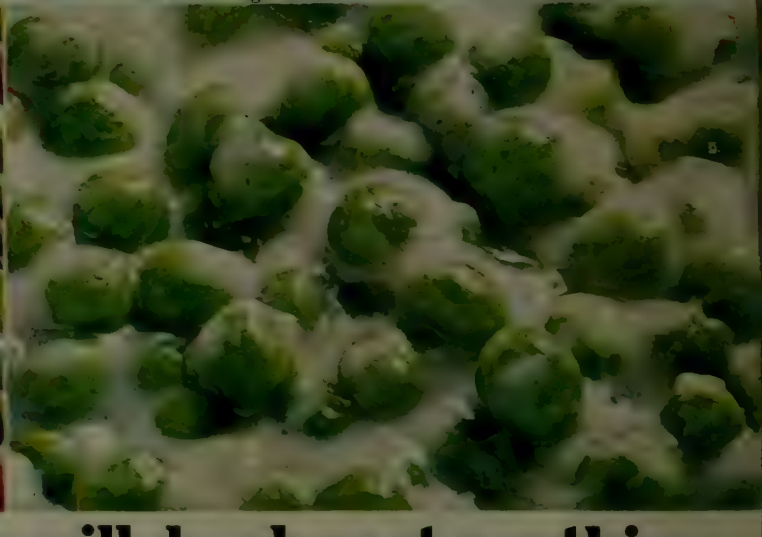


▲ Small Onions with Cream Sauce ▼ French Green Beans with Mushrooms



▲ Carrots with Brown Sugar Glaze ▼ Green Peas with Cream Sauce





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COOKING SCHOOLS

TRAVEL

Judith Bell

You won't find any kibitzers at Judith Bell's Cooking Kitchen in Minneapolis. Everybody rolls up his or her sleeves, dons an apron, and has at it. When the time comes, you'll even be counted on to help clean up the dishes.

Getting everyone into the act is the Cooking Kitchen's way of building confidence while teaching classic cooking skills. According to Judith Bell, owner of the school, "Nothing bolsters students' confidence more than succeeding on the spot, and mastering good cooking techniques helps guarantee success."

Several courses on the Cooking Kitchen's calendar can be worked into travelers' schedules. Most run two or three days in a row, with a three-hour class daily. There's something doing at the Cooking Kitchen almost every week from February through May and then again from September through January. Courses cost $45 to $55, including a "tasting" meal at the end of each session. Enrollment usually is limited to six students.

One of the Cooking Kitchen's particularly popular courses is "Easy and Elegant." It features three full-menu meals (soup to dessert) guaranteed not to frazzle the host or hostess. You'll learn nifty tricks to simplify and short-cut preparation, along with ways to dress up dishes that start with convenience foods.

Classmates work in rotating twosomes; new pairs team up every day. Each team usually is put in charge of two dishes on the day's menu. Students prepare most of the food and handle the cooking chores—whether it's poaching torsk, whipping up a souffle, kneading homemade bread, or seeding cucumbers. But that doesn't mean apprentice cooks are on their own. Judith stands by to demonstrate techniques, offer suggestions, supply reinforcement, and bail students out in case of trouble. Everybody gets involved in about every dish and becomes well acquainted at the same time.

According to Judith, stereotypes don't exist when it comes to cooking school students. Her pupils—men and women alike—have ranged in ages from 17 to 75. She says some are proficient cooks, while others barely know the difference between a meat cleaver and a spatula.

Courses in bread baking, machine cuisine, classic French cookery, and pastries, plus a daylong "Cook's Tour" of Twin Cities cookware shops and markets, round out the Cooking Kitchen agenda. Judith shares teaching responsibilities with occasional guest experts who instruct in their specialties.

When you sign up at the Cooking Kitchen, you're in for a bonus: You'll be learning at one of the newest cooking school setups around. The Kitchen, which opened just last spring in the new Edina Five-O shopping mall at the south edge of Minneapolis, is designed primarily with function in mind. Two separate cooking areas—a modern brick grotto and a combined butcher block counter/cooking island—are surrounded by spacious cupboards in rich wood tones and gleaming white counter tops.

Despite the Cooking Kitchen's new storefront location, Judith isn't a newcomer to the cooking scene. She has a degree in home economics journalism and has studied with cooking "greats" in the States and abroad. Before opening the Cooking Kitchen, Judith operated a cooking school in her home for several years.

For all the details about classes, write to Judith Bell's Cooking Kitchen, 3940 West 50th Street, Minneapolis, Minnesota 55424.

continued



1



2



3



4

1. Working together is part of the game plan.

2. Evaluating the day's dishes is an occasion.

3. Larding your first roast can be serious business.

4. Getting into the spirit of things comes easy.

COOKING SCHOOLS

TRAVEL

Judith Ets-Hokin

To say Judith Ets-Hokin's Cooking School has a lot going for it is definitely an understatement. Besides being situated in San Francisco, a favorite destination of vacationers, the School is part of a complete culinary center: cooking school, specialty food shop, cookware store, and limited restaurant—all under one roof.

This beehive of activity is housed in a cheery restored Victorian storefront. If you stop by, you can join in a cooking class; pick from an assortment of tempting hard-to-find goodies like Aunt Betty's San Francisco-made vanilla, wildflower honey, and chocolate from France; shop for cookware and other kitchen gear; and enjoy lunch or dinner ($6 and $12 respectively for non-students on class days; advance reservations are required).

Making everything happen is Judith Ets-Hokin, the School's full-time director and part-time instructor. Judy garnered expertise attending cooking classes in Europe and the U.S. before she began teaching cooking students in her home about five years ago.

Judy is a real purist when it comes to food and cooking. She calls cooking "a creative act of expressing yourself." In line with that philosophy, she encourages her students to experiment with recipes after mastering cooking basics.

The importance of using the freshest, least processed ingredients is emphasized in every class. "So much food today is processed till almost no real taste is left," according to Judy. "Because we get very little satisfaction out of what we eat, we go back for second and third helpings."



1



2



3

Photographs: Braun

1. Cooking starts with the freshest ingredients.

2. Getting acquainted at lunch figures in the fun.

3. Lingering discussions go on outside the School.

To get Judy's culinary message, students gather round the jumbo cooking island amid well-stocked, natural-wood shelves and cotton-candy-colored surroundings in the portion of the store set aside for classes. First off, students are encouraged to interrupt with their questions anytime. Then, they're cautioned against being intimidated by recipes. "Remember, you're the boss," says Judy, "and you're going to create something terrific out of those ingredients."

Students learn about cooking from scratch, too. Judy even simmers her own beef stock and toasts her own croutons. At the same time, however, she doesn't think anyone's whole life should be spent in the kitchen. The basis of great cooking, according to this Cooking School, is doing the simplest things in the finest way. Thoughtful preparation is the key.

Most of the dishes featured in class menus are thrifty as well as flavorful. They're the kinds of foods (paella, for instance) Judy describes as "satisfying down to your fingertips." Students are encouraged to be frugal and never to throw food away. "If you can't think of a way to use it," says Judy, "call me up and I'll help you."

Throughout the year, the School offers five-day cooking packages particularly geared to travelers. The packages include a sampling of several courses on the School's regular schedule: boning; pasta making; French, Italian, Chinese, and Viennese cookery; plus a fish and produce market tour. Classes meet on five consecutive days, usually for about three hours per session, and are taught by Judy and others who regularly appear on the School's program.

Classes are a mixture of demonstration and participation, depending on the subject of the day, with a meal served when the schedule calls for preparing a full menu. The five-day package costs $150. Eight students are accepted per session.

To find out more, get in touch with Judith Ets-Hokin Cooking Classes, 1802 Bush Street, San Francisco, California 94109.

Seasoned to your taste

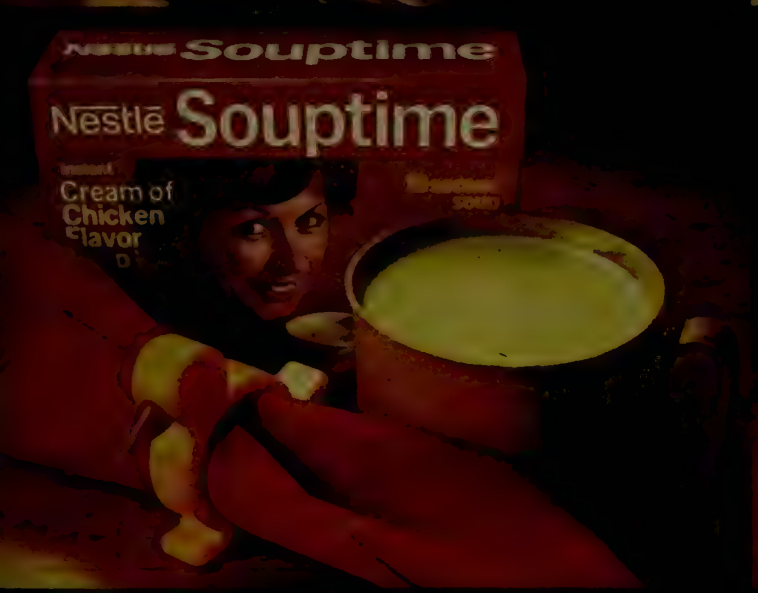
Now that you've caught the cooking school spirit, here's a survey of some more schools and additional vacation destinations to choose from. Contact the schools directly for information. The asterisks (*) indicate schools that don't have courses especially geared to out-of-towners. But with advance notice, these schools can work vacationers into classes on the calendar.

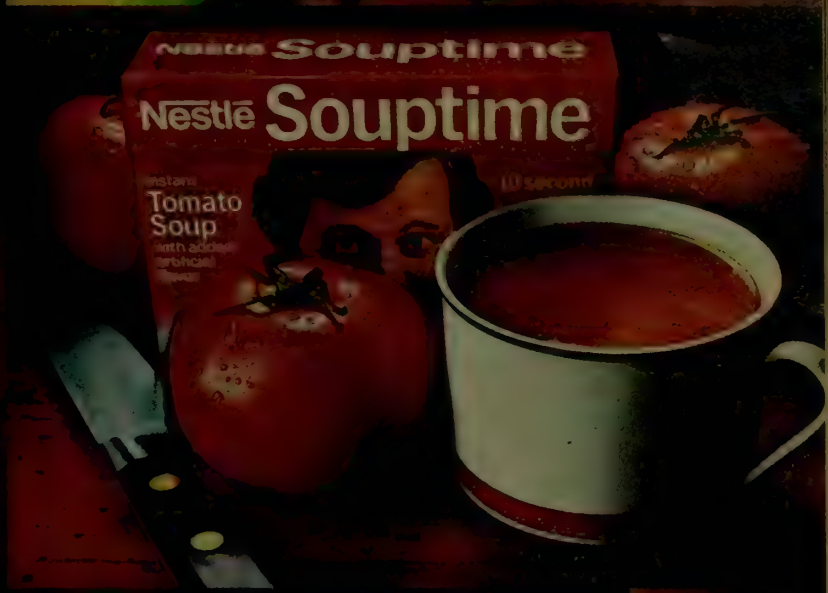
Since most cooking schools are booked up several months in advance (some even longer), don't dillydally about signing up when you find a school to

continued















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continued

Cooking schools

your liking. Check on the school's policy about refunding advance deposits (in case you must cancel out).

Libby Hillman's Cooking School
17 Lawrence Street
New Hyde Park, New York 11040
(Also offers special one-week summer sessions in Vermont)

Les Chefettes Gourmet Cooking School, Inc.
123 Middle Neck Road
Great Neck, New York 11021

La Cuisine Cooking Classes
92 Charles Street
Boston, Massachusetts 02114

The Everyday Gourmet
Mill and Speen Streets
Natick, Massachusetts 01760

*__Jeanne Tahnk's School of Oriental Cooking__
No. 9 Fletcher Street
Winchester, Massachusetts 01890

*__Cooking with Mady__
c/o Mady Brown
210 West 101st Street
New York, New York 10025

*__Moore-Betty School of Fine Cooking__
The Carriage House
162 East 92nd Street
New York, New York 10028

Anna Muffoletto's
Cordon Bleu of New York, Ltd.
332 East 84th Street
New York, New York 10028

John Clancy's Kitchen Workshop
324 West 19th Street
New York, New York 10011

*__Gilda Latzky for Epicurean Gallery Ltd.__
17 East 70th Street
New York, New York 10021

*__Karen Lee's Chinese Cooking Classes__
142 West End Avenue, Apartment 30L
New York, New York 10023

*__International School of Cooking__
143 West 94th Street
New York, New York 10025

*__Lilah Kan's Cooking Classes__
884 West End Avenue, Apartment 74
New York, New York 10025

Culinary Arts—A School of Fine Cooking
5701 Newbury Street
Baltimore, Maryland 21209

L'Academie de Cuisine
5021 Wilson Lane
Bethesda, Maryland 20014

Cook's Corner
11 Sherwood Square
Westport, Connecticut 06880

The Classic Cook
Station Square
Pittsburgh, Pennsylvania 15219

Julie Dannenbaum's Creative Cooking, Inc.
2044 Rittenhouse Square
Philadelphia, Pennsylvania 19103

Ralph Varketta's Cooking School
Box 1224
Hallandale, Florida 33009

Rich's Cooking School
c/o Nathalie Dupree
45 Broad Street, S.W.
Atlanta, Georgia 30303

Ursula's Cooking School
1746 Cheshire Bridge Road, N.E.
Atlanta, Georgia 30324

Cook's Corner
3500 Peachtree Road
Phipps Plaza
Atlanta, Georgia 30326

*__The French Cooking School__
8000 Spruce Street
New Orleans, Louisiana 70118

The Complete Cook
222 Waukegan Road
Glenview, Illinois 60025

*__Jane Salzfass Freiman Cooking Classes__
837 West Oakdale Street
Chicago, Illinois 60657

*__La Bonne Cuisine School__
604 West 12th Street
Austin, Texas 78701

*__Verlyn Campbell Cooking School__
2520½ West Creek
Houston, Texas 77027

The Gourmet's Choice
141 North State Street
Lake Oswego, Oregon 97034

Lawry's California Center Cooking Classes
Box 2983
Los Angeles, California 90051

Lillian Haines Institute of Culinary Arts
Box 5248
Beverly Hills, California 90210
(Also special week-long workshops in the San Francisco area)

Michael James' Cooks
1496 Dolores
San Francisco, California 94110
(Also classes at the Robert Mondavi Winery in Napa Valley)

Cuisinary for the Culinary Arts
c/o Belle Rhodes
150 North Hartz Avenue
Danville, California 94526 ■



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begins on page 100

Recipes from Annemarie Huste

CHICKEN PAPRIKASH

Annemarie believes the best paprika comes from Hungary. "Because paprika is a very volatile spice, I prefer to keep it in the refrigerator at all times," she says—

1 2½- to 3-pound broiler-fryer chicken, cut up
2 tablespoons cooking oil
Salt and pepper
2 medium onions, chopped (1 cup)
1 tablespoon Hungarian *or* regular paprika
¼ cup dry white wine
¼ cup *condensed* chicken broth
½ cup dairy sour cream
1 recipe Hungarian Gnocchi (recipe follows)

In 12-inch skillet brown chicken pieces in hot cooking oil on all sides; season with salt and pepper. Remove chicken from skillet; set aside. Add onion to skillet and cook till tender but not brown. Stir in paprika. Return chicken to pan, turning once to coat with paprika-onion mixture. Add wine and chicken broth. Bring to boiling. Reduce heat; cover and simmer 30 to 35 minutes or till chicken is tender. Remove chicken to serving platter; keep warm. Boil skillet drippings about 2 minutes or till reduced to ½ cup. Stir in sour cream; heat through but *do not boil.* Pour sauce over chicken. Serve over Hungarian Gnocchi. Sprinkle with additional paprika and garnish with snipped parsley, if desired. Makes 4 servings.

HUNGARIAN GNOCCHI

For light-textured gnocchi, Annemarie suggests that you cook them with the pan lid ajar or cover the pan loosely with a piece of foil. Also make sure the water is barely simmering; the gnocchi will disintegrate if the water is boiling—

1⅓ cups water
½ cup unsalted butter
¾ teaspoon salt
Several dashes cayenne
1⅓ cups all-purpose flour
4 teaspoons Dijon-style mustard
3 eggs
12 cups water
1 tablespoon salt

In a large heavy saucepan combine the 1⅓ cups water, the butter, the ¾ teaspoon salt, and the cayenne. Bring to boiling, stirring to melt butter. Add flour all at once; stir with wooden spoon till the dough comes away from the sides of the pan and forms a smooth ball. Remove from heat. Stir in mustard. Add eggs, one at a time, beating well after each addition. Set aside. In a 4-quart saucepan heat the 12 cups water and the 1 tablespoon salt to boiling; reduce heat till water barely simmers. Fit a pastry bag with a large plain tip (No. 8). Fill the bag with dough. Pipe out 1-inch-long pieces of dough, cutting with a knife and letting the pieces drop into the simmering water. (If you do not have a pastry tube, drop teaspoonfuls of the dough into the water.) Cover pan, leaving lid slightly ajar. Simmer *gently* for 15 minutes. With a slotted spoon remove gnocchi to serving platter. Serve with Chicken Paprikash. Makes 4 servings.

BUTTERNUT SQUASH AND APPLE SOUP

"You must be very careful when pureeing hot ingredients in a blender," Annemarie cautions. "Never fill the blender more than one-quarter full. The combination of speed and heat can cause a minor eruption that will repaint your kitchen walls."—

1 small butternut squash, halved and seeded (16 ounces)
3 medium green apples, peeled, cored, and coarsely chopped
2 10½-ounce cans *condensed* chicken broth
1½ cups water
3 slices white bread, torn in pieces
1 medium onion, chopped (½ cup)
1 teaspoon salt
⅛ teaspoon freshly ground pepper
¼ teaspoon dried rosemary
¼ teaspoon dried marjoram
¼ cup whipping cream
Snipped parsley

Peel and cut up squash. Remove seeds. In 4-quart Dutch oven combine the squash, apples, chicken broth, water, bread, onion, salt, pepper, rosemary, and marjoram. Bring to boiling. Reduce heat; simmer, uncovered, for 45 minutes. Place one-fourth of the soup mixture in a blender container. Cover; blend till smooth. Pour into a large bowl. Repeat 3 times. Return all the soup to the Dutch oven. Bring to boiling. Reduct heat to simmering. Stir in cream. Serve in mugs or soup bowls. Garnish with snipped parsley. Makes 6 to 8 servings.

WATERCRESS-ENDIVE-ORANGE SALAD

⅓ cup salad oil
2 tablespoons olive oil
2 tablespoons cider vinegar
1 tablespoon Dijon-style mustard
1 teaspoon honey
1 large bunch watercress, rinsed and patted dry (3 cups leaves)
3 heads French or Belgian endive, cut in thin strips
2 medium oranges, peeled and thinly sliced

In blender container combine salad oil, olive oil, vinegar, mustard, and honey. Cover; blend till smooth. On platter arrange watercress, endive, and orange slices. Pour dressing over salad. Garnish with snipped parsley, if desired. Makes 6 servings.

PECAN ROLL

7 egg yolks
2 teaspoons vanilla
½ cup sifted powdered sugar
8 ounces (2 cups) pecans, finely ground
1 teaspoon baking powder
7 egg whites
¼ cup sifted powdered sugar
1 cup whipping cream
2 tablespoons sifted powdered sugar
1 teaspoon vanilla

In small mixer bowl combine egg yolks and the 2 teaspoons vanilla. Gradually add the ½ cup powdered sugar, beating with electric mixer about 5 minutes or till the mixture is thick and lemon-colored. Combine ground pecans and baking powder; fold into egg yolks. Set aside. Wash beaters. In large mixer bowl beat egg whites to soft peaks (tips curl over). Gradually add the ¼ cup powdered sugar, beating to stiff peaks (tips stand straight). Fold a small portion of egg whites into yolk mixture. Then gently fold yolk mixture into remaining whites.

Line a 15x10x1-inch jelly roll pan with parchment or plain brown pa-

continued



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continued

Recipes from Annemarie Huste

per. Spread the batter evenly in the pan. Bake in 375° oven 13 to 15 minutes. Immediately loosen edges. Sprinkle a clean towel with a little additional *powdered sugar* and invert cake onto towel. Remove paper. Roll up cake and towel together, starting at long side. Cool. Whip the cream, the 2 tablespoons powdered sugar, and the 1 teaspoon vanilla to soft peaks. Unroll cooled cake; spread with cream mixture. Roll up cake and filling. Chill several hours. Before serving sprinkle roll with additional powdered sugar, if desired. To serve, cut into slices. Makes 8 servings.

begins on page 102

Recipes from Judith Bell

SALMON EN BRIOCHE

"This recipe is involved, but well worth the special effort," says Judith—

2 1½-pound salmon fillets, boned
8 ounces fresh mushrooms, finely chopped (3 cups)
2 shallots, chopped
1 tablespoon butter *or* margarine
¾ cup soft bread crumbs (1 slice bread)
2 tablepoons chicken broth *or* water
1 beaten egg yolk
½ teaspoon dried chervil, crushed
¼ teaspoon salt
⅛ teaspoon freshly ground pepper
1 recipe Brioche dough (recipe follows)
1 hard-cooked egg, shelled
1 beaten egg
1 tablespoon water
1 recipe Beurre Blanc

Trim salmon fillets to equal sizes. Set aside. In skillet cook mushrooms and shallots in butter or margarine, stirring constantly about 10 minutes or till mixture is a thick paste and all the liquid is evaporated. Stir in bread crumbs, chicken broth, egg yolk, chervil, salt, and pepper. Cook and stir till thickened. Set aside.

Cover a large baking sheet with foil. Butter foil. Reserve one-fourth of the Brioche dough for top and bottom fins. On floured surface roll *half* of the remaining dough to a rectangle 6 inches longer and 1½ inches wider than fish fillets. Transfer rectangle to baking sheet.



Place one salmon fillet in the center of the dough. To make the head, place the hard-cooked egg about 1½ inches from one end of the fillet. Spread the

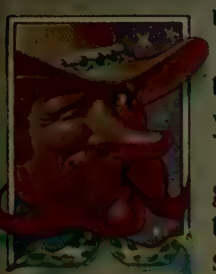
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Old El Paso PRESENTS

How to give hamburger and chicken the flavor of the wild west.



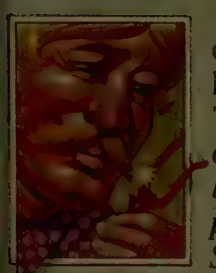
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Old El Paso

Something Exciting For A Change

continued

Recipes from Judith Bell

mushroom filling over fillet. Top with second fish fillet. Brush edges of pastry with a mixture of beaten egg and water. Bring edges of bottom dough up on sides of fillets and around egg. Press against salmon and egg. Brush edges of dough with egg-water mixture.

On floured surface roll the remaining half of the dough to a rectangle 8 inches longer and 2 inches wider than fish fillets. Place atop fish; tuck edges under the bottom dough. Form a head by rounding the dough at the end with the hard-cooked egg. At opposite end, form a fish tail by shaping pastry into a triangle and propping up the tail with a piece of foil, if needed. Seal by pressing edges of dough to fish. Roll out the reserved dough; cut into the shapes of top and bottom fins. Press to fish; seal in place with egg mixture.

To mark dough to resemble fish, use a small metal spatula or table knife to mark the fins and tail, a small round cutter to mark scales and eye, and the edge of a cup or bowl to mark the line that divides the head from the body. (Do not cut through dough.) Brush the entire fish with some of the egg-water mixture. Chill 30 to 45 minutes. Brush again with egg-water mixture. Bake in 375° oven for 45 to 50 minutes or till golden. Serve with Beurre Blanc. Garnish with parsley, if desired. Makes 10 servings.

Beurre Blanc: In small saucepan cook ⅓ cup *dry white wine,* ⅓ cup *white wine vinegar,* 2 tablespoons finely chopped *shallots,* ¼ teaspoon *salt,* and dash *white pepper* about 15 minutes or till reduced to 3 tablespoons. Cut 1 cup *unsalted butter,* into 18 pieces. Beat 2 *pieces* of the butter into the wine mixture. Remove pan from heat. Beat in remaining butter, one piece at a time. Sauce should be about the consistency of hollandaise. Makes 1 cup sauce.

BRIOCHE

Judith says this rich yeast dough is usually shaped into rolls, but it also makes a great wrapper for salmon—

2 packages active dry yeast
½ cup warm water (115° to 120°)
3 beaten eggs, at room temperature
⅓ cup unsalted butter, melted
⅓ cup cooking oil
4 to 4½ cups all-purpose flour
3 tablespoons sugar
1 teaspoon salt

In measuring cup dissolve yeast in warm water. Combine eggs, butter, and cooking oil. Add yeast mixture, mixing well. In a large bowl stir together *1½ cups* of the flour, the sugar, and salt. Add yeast mixture. Beat well. Stir in enough of the remaining flour to make a soft dough. On floured surface, knead 3 to 5 minutes or till smooth and elastic. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place about 1 hour or till double. Punch down and use in Salmon en Brioche.

BASIC PASTRY

This makes enough pastry for one double-crust pie or two single-crust pies. Use pastry to make Quiche a la Bramafam, Provençal Torte a la Jeanne, Quichettes Soubise—

2 cups all-purpose flour
½ teaspoon salt
½ cup cold unsalted butter
2 tablespoons shortening
1 egg
3 tablespoons cold water

In mixing bowl combine the flour and salt. Cut in butter and shortening with a fork till mixture forms very coarse crumbs. Make a well in the center of the mixture. Beat together egg and water. Add to well in flour mixture. Using fork, toss and press the flour mixture lightly onto liquid mixture till it almost forms a dough; work with fingers till dough forms a ball. Turn onto floured surface and knead three to four times. Wrap in clear plastic wrap and chill 20 minutes in freezer *or* 1½ hours in refrigerator before rolling to desired shape.

QUICHE A LA BRAMAFAM

This zesty onion, tomato, and cheese pie was named after Simone Beck's country estate in France—

½ recipe Basic Pastry (recipe above)
5 medium onions, finely chopped (2½ cups)
2 tablespoons butter *or* margarine
2 tablespoons olive oil
1 28-ounce can Italian tomatoes, cut up
2 cloves garlic, crushed
3 tablespoons snipped parsley
½ teaspoon dried thyme, crushed
½ teaspoon dried marjoram, crushed
½ teaspoon dried oregano, crushed
1 bay leaf, crushed

• • •

2 beaten eggs
1 recipe Crème Fraiche (recipe follows)
¾ cup shredded natural Swiss cheese (3 ounces)

Line a 10-inch fluted quiche pan *or* a 9-inch pie pan with Basic Pastry. Chill while preparing filling. In 10-inch skillet cook onion, uncovered, over low heat in butter or margarine and olive oil about 30 to 40 minutes or till onions form a thick paste, stirring occasionally. Add *undrained* tomatoes and garlic to skillet. Boil uncovered, about 25 to 30 minutes more or till mixture is a thick paste, stirring frequently. Remove from heat. Stir in parsley, thyme, marjoram, oregano, and bay leaf. Combine eggs and Crème Fraiche. Stir into tomato mixture. Turn tomato mixture into pastry shell. Place on baking sheet. Sprinkle with cheese. Bake in 400° oven 25 to 30 minutes or till filling is set and top is browned. Sprinkle with additional shredded Swiss cheese, if desired. Let stand 15 minutes before cutting. Makes 6 servings.

CRÈME FRAICHE

Start this tangy mixture of sour cream and whipping cream a day ahead. Watch the mixture carefully while it is at room temperature. On warm days, it may "ripen" in a few hours. On cooler days, it may take longer, even up to 24 hours—

½ cup whipping cream
3 tablespoons dairy sour cream

In blender container combine whipping cream and sour cream. Cover; blend 20 to 30 seconds at low speed or till smooth and slightly thickened. Turn into small bowl. Let mixture stand, covered, at room temperature for several hours or overnight till thickened, stirring once or twice. Store in refrigerator.

continued

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Lipton helps you make the most of a roast.

Here are some juicy new ways o perk up a pot roast—all featur- ng the savory flavors you get nly from Lipton® Recipe & Soup Mixes.

Try one of these delicious ecipes soon, and you'll never ave plain pot roast again.

Pot Roast Dinner

pictured above)

to 3-½ pound boneless beef pot roast (rump or chuck)
medium potatoes, quartered
medium carrots, cut into 1-inch pieces
½ pound mushrooms
*envelope Lipton Onion or Beefy Onion Soup Mix**
½ cup water

Preheat oven to 350°

On heavy-duty aluminum foil about 30" x 18"), place beef and rrange vegetables around beef; our on soup mix blended with ater.

Wrap foil loosely around beef nd vegetables, sealing edges irtight with double fold. Place in shallow baking pan and bake 2 hours or until beef is tender.

Makes about 6 servings.

Old-Fashioned Pot Roast

3 to 3-½ pound boneless beef pot roast (rump or chuck)
*1 envelope Lipton Onion or Beefy Onion Soup Mix**
2¼ cups water

In Dutch oven, brown beef; add soup mix blended with water. Simmer covered, turning occasionally, 2-½ hours or until beef is tender. If desired, thicken gravy.

Makes about 6 servings.

Try these tasty international variations:

French-Style Pot Roast

Reduce water to 1¼ cups; add 1 cup red wine and 1 teaspoon thyme.

German-Style Pot Roast

Reduce water to ¾ cup; add 1-½ cups beer, 1 teaspoon brown sugar, and ½ teaspoon caraway seeds.

Italian-Style Pot Roast

Reduce water to 1 cup; add 1 can (16 oz.) whole tomatoes, drained, 1 teaspoon basil, and 1 bay leaf.

**Also delicious with Lipton Onion-Mushroom or Beef Flavor Mushroom Soup Mix.*

Lipton® Onion, Onion-Mushroom, Beefy Onion and Beef Flavor Mushroom. In the boxes with the blue band.



The soups you cook with. From Lipton.

continued

Recipes from Judith Bell

PROVENÇAL TORTE A LA JEANNE

Judith uses the trimmings of dough to make flour and leaf cutouts that decorate the top of this spinach and rice pie. She "glues" the decorations in place with egg and water—

- **1 recipe Basic Pastry (recipe, page 124)**
- **2 10-ounce packages frozen chopped spinach**
- **½ cup water**
- **4 slices bacon**
- **1 large onion, chopped (¾ cup)**
- **1½ cups cooked long-grain rice**
- **½ cup shredded gruyère cheese (2 ounces)**
- **1 teaspoon salt**
- **⅛ teaspoon freshly ground pepper**
- **1 teaspoon dried basil, crushed**
- **⅛ teaspoon ground nutmeg**
- **3 beaten eggs**
- **2 tablespoons butter *or* margarine, cut in small pieces**
- **1 beaten egg**
- **1 tablespoon water**
- **1 teaspoon butter *or* margarine**

Line an 8x1½-inch round baking pan with *half* the Basic Pastry, saving trimmings. Wrap the remaining pastry and scraps in clear plastic wrap. Chill both unrolled pastry and pastry-lined pan while making filling. In saucepan combine spinach and the ½ cup water. Bring to boiling; break spinach up with a fork. Drain well; squeeze or press out *all* liquid. Set aside.

In skillet cook bacon till crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook onion in reserved drippings about 5 minutes or till very tender but not brown. Add spinach, rice, cheese, salt, pepper, basil, and nutmeg. Heat through. Stir in the 3 eggs. Stir in the 2 tablespoons butter or margarine and the crumbled bacon. Chill.

Turn filling into pastry-lined pan. Roll out and adjust top crust, saving trimmings. Seal and flute edges. Brush top of pie with a mixture of the remaining egg and the 1 tablespoon water. Decorate top of pie with cutouts made from pastry trimmings, attaching them with egg mixture. Brush the entire surface of the pie with egg mixture. Cut slits or holes for the escape of steam. Cut the remaining 1 teaspoon butter or margarine into tiny pieces and dot over top of pie. Bake in 400° oven for 40 minutes. Serve warm or cold. Makes 6 to 8 servings.

QUICHETTES SOUBISE

- **1 recipe Basic Pastry (recipe, page 124)**
- **7 medium onions, chopped (3½ cups)**
- **½ teaspoon salt**
- **½ teaspoon thread saffron, crushed**
- **2 tablespoons unsalted butter**
- **1 tablespoon cooking oil**
- **3 tablespoons all-purpose flour**
- **¾ cup milk**
- **1 beaten egg**
- **½ cup whipping cream**
- **⅛ teaspoon freshly ground pepper**
- **⅛ teaspoon ground nutmeg**

On floured surface roll Basic Pas-

continued

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Ralston Purina Company, 1977



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BHG 1/78

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continued

Recipes from Judith Bell

try ⅛ inch thick; cut 20 circles or ovals to fit 2¾-inch sandbakkel pans or tart pans. Fit circles or ovals into pans. Place in shallow baking pan or on cookie sheet. Chill in refrigerator while making filling.

In large skillet cook onion, salt, and saffron in butter and cooking oil, covered, about 30 minutes or till very tender, stirring occasionally. Uncover and cook till all liquid evaporates, stirring constantly. (Onions will be very soft). Blend in flour. Add milk all at once. Cook and stir till thickened and bubbly. Remove from heat. Combine egg, cream, pepper, and nutmeg. Add to onion mixture. Fill each pastry-lined pan about three-fourths full with onion mixture. Bake in 350° oven for 35 to 40 minutes till filling is set and golden and crust is browned. Cool slightly; remove from pans. Garnish with snipped chives, if desired. Serve warm. Makes 20.

begins on page 104

Recipes from Judith Ets-Hokin

BASIC PASTA

A pasta machine will give you a much thinner pasta than you can roll by hand, unless you're a real expert. Reduce the cooking time for dried pasta to 2 minutes—

2 to 2¼ cups unbleached *or* all-purpose flour
3 eggs
1 teaspoon olive oil

On lightly floured surface arrange *1¾ cups* of the flour in a mound creating a well in the center; add eggs and olive oil. Stir with fork till eggs and oil are incorporated and dough begins to feel dry. (*Or* in a bowl combine the eggs and oil. Beat till well combined. Gradually stir in most of the flour.) Knead dough on floured surface by hand about 5 minutes or till smooth and elastic, adding more flour if needed to make a moderately stiff dough. (*Or* knead with a pasta machine.) Cover; let rest 5 minutes. Divide dough in half. Roll each half to a 12-inch square (if dough becomes too elastic during rolling, let rest, covered, 5 minutes). (*Or* roll into thin sheets with pasta machine.) Cut into desired shape given below. Cook immediately or let dry 2 hours at room temperature. To serve, cook in boiling salted water 30 to 40 seconds for pasta rolled thinly by machine or 12 to 14 minutes for hand-rolled pasta.

To shape pasta: For *fettucini,* cut ¼-inch-wide ribbons. For *spaghettini,* cut ⅛-inch-wide ribbons. For *pappardelle,* use a fluted pastry wheel to cut ½-inch-wide ribbons. For *cannelloni,* cut 4x3-inch rectangles. For *lasagna,* cut in rectangles the size of baking dish or cut 2-inch-wide ribbons.

Pasta Verde: Prepared as for Basic Pasta *except* use 2¾ cups *all-purpose flour* and add ¼ cup *chopped* cooked *spinach,* drained, with the eggs and olive oil.

Pasta Rosa: Prepared as for Basic Pasta *except* use 2¾ cups *all-purpose flour* and add ¼ cup cooked finely chopped *beets,* drained, with the eggs and olive oil.

BASIC TOMATO SAUCE

Judith firmly advocates using fresh tomatoes for her sauces whenever possible—

1 tablespoon unsalted butter
1½ pounds fresh Italian tomatoes or 1 28-ounce can Italian tomatoes, cut up
1 to 2 teaspoons sugar
½ teaspoon salt
⅛ teaspoon freshly ground pepper

In saucepan melt butter. Add tomatoes, sugar, salt, and pepper. Bring to boiling. Reduce heat; simmer, uncovered, 45 to 50 minutes or till thickened, stirring occasionally. Press through food mill or sieve. Discard skins and seeds. Makes 1⅓ cups sauce.

TOMATO SAUCE WITH ONION

For better flavor, Judith prefers to let her fresh tomatoes cook down during long, slow simmering, but if you want to speed up the process, wash and peel your tomatoes, removing stem ends and cores. Then quarter the tomatoes and let them stand in a colander for a few minutes to drain off excess liquid—

¼ cup finely chopped onion
2 tablespoons unsalted butter
3 pounds fresh Italian tomatoes *or* 1 28-ounce can Italian tomatoes, cut up
¼ cup parsley
¼ cup fresh basil *or* 1 teaspoon dried basil
1 teaspoon sugar
½ teaspoon salt
⅛ teaspoon freshly ground pepper

In saucepan cook onion in butter till tender but not brown. In blender container combine *half* of the fresh tomatoes or all of the canned tomatoes, the cooked onion, parsley, basil, sugar, salt, and pepper. Cover; blend till smooth. Transfer to a large saucepan or Dutch oven. (If using fresh tomatoes, blend remaining tomatoes, and add to pan.) Bring to boiling. Reduce heat; simmer, uncovered, about 45 minutes or till thickened, stirring occasionally. If using fresh tomatoes, pass them through sieve or food mill. Makes about 2½ cups sauce.

CANNELLONI

One recipe of the Basic Pasta makes enough cannelloni rectangles for twice the recipe. Mix, roll, and cut the entire recipe and freeze half the rectangles for use another time. To make the frozen rectangles easier to separate, stack them with waxed paper between layers—

1 recipe Basic Pasta (recipe, page 128)
1 recipe Spinach Filling *or* Meat Filling (recipes follow)
2 tablespoons unsalted butter
1 tablespoon unbleached *or* all-purpose flour
2 tablespoons unsalted butter, melted
⅔ cup light cream
1 recipe Tomato Sauce with Onion *or* Basic Tomato Sauce (recipes, above)

Prepare Basic Pasta dough as directed *except* roll *half* of the dough at a time to a 12-inch square and cut into twelve 4x3-inch rectangles. Wrap half of the rectangles in foil with waxed paper between layers. Seal, label, and freeze. Cook the remaining rectangles in boiling salted water 30 to 40 seconds for pasta rolled thinly by machine or 12 to 14 minutes for hand-rolled pasta. Drain.

Spread 1 tablespoon Spinach or

continued



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continued

Recipes from Judith Ets-Hokin

Meat Filling over each rectangle to within ½ inch of edges. Beginning at narrow end, roll as for jelly roll. Place, seam side down, in a 12x7½x 2-inch baking dish. Dot with the 2 tablespoons butter. Cover with foil. Bake in 350° oven 25 to 30 minutes or till heated through.

Meanwhile, in saucepan blend the flour into the melted butter. Cook and stir 2 minutes. Add cream all at once. Cook and stir till thickened and bubbly. Season to taste with *salt* and *white pepper*.

To serve, place 2 cannelloni on each plate. Top each with 2 tablespoons white sauce and 2 tablespoons Tomato Sauce with Onion or Basic Tomato Sauce. Serves 6.

SPINACH FILLING FOR CANNELLONI

If fresh spinach is unavailable, substitute one 10-ounce package frozen chopped spinach—

1 pound fresh spinach, cooked and drained
1 tablespoon finely chopped onion
2 tablespoons unsalted butter
2 tablespoons chopped prosciutto or mortadella
⅔ cup ricotta cheese
½ cup grated parmesan cheese
1 beaten egg yolk
⅛ teaspoon freshly ground nutmeg

Squeeze spinach to remove excess moisture; chop spinach. In a medium skillet cook onion in butter till onion is tender but not brown. Add prosciutto and spinach; heat through. In bowl combine spinach mixture, ricotta, parmesan, egg yolk, and nutmeg. Makes 2 cups filling.

MEAT FILLING FOR CANNELLONI

2 ounces boneless pork loin, finely chopped (¼ cup)
1 tablespoon unsalted butter
¼ cup finely chopped boneless chicken breast
⅔ cup ricotta cheese
½ cup grated parmesan cheese
2 tablespoons finely chopped mortadella
1 beaten egg yolk
⅛ teaspoon freshly ground pepper
⅛ teaspoon freshly ground nutmeg

In skillet cook pork in butter about 3 to 4 minutes or till cooked through. Add chicken. Cook and stir 3 minutes more. In bowl combine meat mixture, ricotta, parmesan, mortadella, egg yolk, pepper, and nutmeg. Makes 1½ cups filling.

LASAGNA VERDE AL FORNO

Judith says this recipe makes an ideal entrée when you're having guests because you can prepare it ahead. Simply refrigerate the assembled layers up to 24 hours ahead and add 15 minutes to the baking time—

1 recipe Pasta Verde (see Basic Pasta recipe, page 128)
¼ cup chopped onion
¼ cup chopped celery
¼ cup chopped carrot
2 tablespoons olive oil
2 tablespoons unsalted butter
1 pound boneless beef round steak, cut in ½-inch pieces
1 teaspoon salt
1 cup dry white wine
½ cup milk
⅛ teaspoon freshly ground nutmeg
1 28-ounce can Italian tomatoes, cut up
1 recipe Béchamel Sauce
1 cup grated parmesan cheese
2 tablespoons unsalted butter

Prepare Pasta Verde and cut into lasagna shape. Cook in boiling salted water 30 to 40 seconds for pasta rolled thinly by machine or 10 minutes for hand-rolled pasta.

Meanwhile, in large saucepan cook onion, celery, and carrot in olive oil and the first 2 tablespoons butter for 5 minutes. Add beef and salt. Cook and stir till beef is browned. Add wine, milk, and nutmeg. Bring to boiling. Reduce heat; simmer, uncovered, 5 minutes. Add *undrained* tomatoes; return to boiling. Reduce heat; simmer, uncovered, about 1 hour or till thickened, stirring occasionally.

Spoon ½ cup of the meat sauce into a 13x9x2-inch baking pan. Arrange one-fourth of the lasagna noodles over the sauce. Top with one-fourth of the remaining meat sauce, one-fourth of the Béchamel Sauce, and one-fourth of the parmesan. Repeat the layers 3 times more, ending with parmesan. Dot with the remaining 2 tablespoons butter. Cover with foil. Bake in 350° oven for 35 to 40 minutes or till heated through. Let stand 10 minutes before serving. Makes 8 servings.

Béchamel Sauce: In saucepan melt 6 tablespoons *unsalted butter*. Stir in ⅓ cup *unbleached or all-purpose flour*, ½ teaspoon *salt*, and ⅛ teaspoon *white pepper*. Cook and stir 2 minutes. Add 2½ cups *milk* all at once. Cook and stir till thickened and bubbly. Makes 3 cups sauce. ■

begins on page 84

Crayon batik for beginners

CRAYON BATIK, page 84

Materials: Cotton fabric; crayons; beeswax or paraffin; small glass bowls or baby food jars; electric frying pan; liquid dye; charcoal; paintbrushes; newspaper; paper toweling; rubber gloves; plastic tub to hold dye; iron; cardboard.

Instructions:

1. Place wax and crayons in the glass jars, reserving one jar for each color. (Proportions should be one to one.) Set the jars in the frying pan; fill the pan with water halfway up the jars' sides. Set the frying pan on 260 degrees. The water should boil to keep the wax hot enough to penetrate the fabric. (But don't let the water get so hot that the force of the bubbles turns the jars over.) Any evaporated water should be replaced with more *hot* water to maintain a constant water level.

2. Cut the pre-washed fabric into squares. (The fabric is pre-washed to remove the sizing which may resist batik.) Tack the fabric to cardboard as a backing. Using charcoal, sketch a design lightly onto the fabric. Paint in the areas with wax/crayons. (Note: The hottest part of the mixture is in the bottom of the jar.) Never leave the brushes in the jar. Be careful not to drip any wax into the water, but it's OK to clean the brush by lightly dipping it into the water.

3. As you paint, check the fabric back occasionally to make sure the wax has penetrated. If it hasn't, don't repaint on the same side. Instead, touch up the painting on the wrong

continued

continued

Crayon batik

side, using short strokes.

4. Pour two or three bottles of liquid dye into 1½ to 2 gallons of warm water. Stir well; cool.

5. Dip the fabric squares into the dye; squeeze them to form "crackle." Wring out the excess. Sandwich the dyed fabric between layers of newsprint, placing paper toweling between the fabric and the newspaper surface. Iron out the wax from the fabric. Removing all of the wax will require several changes of newsprint —top and bottom. Continue ironing until the newsprint comes up clean.

T-shirts and other clothing

For the best results when "batiking" T-shirts, use a commercial cold-water permanent dye for the background colors. The dye is available in most craft stores. Wash the T-shirt, then follow our batik instructions to add a design. Mix the cold-water dye for the background. Be sure to follow the package directions. Then, iron out the crayon/wax.

begins on page 86

Lively puppets for little ones

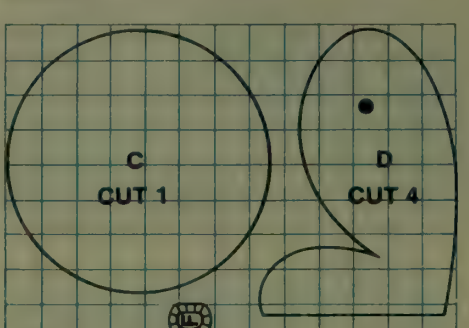
LARGE BUNNY PUPPET, page 86

(Finished size = 25 inches)

Materials: ½ yd. (60-inch-wide) white fake fur cloth; scraps of pink satin or velveteen for ear lining; scraps of black velveteen or felt for nose; two ½-inch black buttons for eyes; two ⅝-inch white buttons; polyester fiberfill for stuffing; one package 6-inch pipe cleaners; black and white sewing thread; large needle; masking tape; brown wrapping paper; yellow felt-tipped pen.

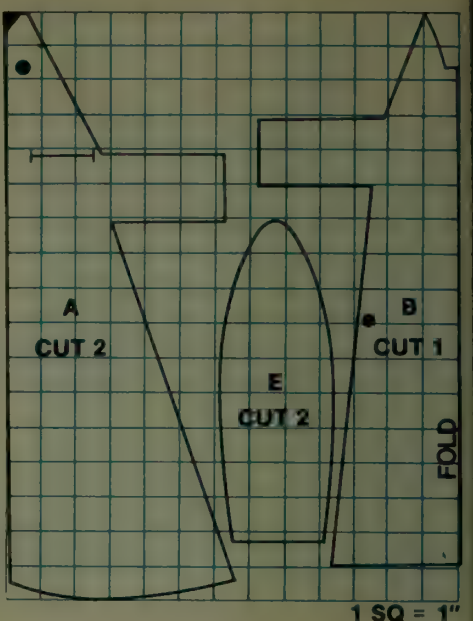
Instructions:

1. Enlarge pattern pieces below onto wrapping paper; add ½-inch seam allowances to all pieces except F. Cut pieces A, B, C, D, and E from fur fabric by placing patterns on *wrong* fabric side and outlining with the felt-tipped pen. Mark position of eyes, ears, tail, and hind legs on right side of fur (see black dots on pattern pieces). Cut the bunny ear linings (E) from pink fabric; cut bunny nose and nose lining (F) from black fabric.



1 SQ = 1"

2. Right sides together, stitch the A pieces at the center back. Stitch back to front (B), right sides together. Trim seams to ¼ inch; turn.



1 SQ = 1"

3. Right sides facing, sew ear linings to ears; leave the bottom edge open. Trim seams to ¼ inch; turn. Twist four pipe cleaners together to form a circle. Wrap joints with masking tape; bend circle into ear shape. Insert into ear. Tack pipe cleaners in place at the ear tip. Turn raw edges of ear base to the inside, covering the end of the pipe cleaner circle. Sew ear to body using carpet thread. Repeat for other ear.

4. Baste along seam allowance of tail (C) with carpet thread, leaving an inch of thread at ends. Pull thread to form a puff; leave an opening for stuffing. Stuff with fiberfill; gather threads tightly and knot. Stitch tail to bunny back.

It takes a puppy a full year t



5. Right sides together, stitch each leg, leaving the bottom end open. Trim seams, turn. Stuff legs with fiberfill; slip-stitch openings closed. Attach legs by hand stitching through to a button located on the body's *inside*.

6. Baste nose to nose lining. Turn slashed edges under; stitch nose to face. Sew button eyes in place.

7. Make a circle of double rows of pipe cleaners for the rabbit bottom. Twist pairs of pipe cleaners together to make a circle that's five groups around. Wrap joints with tape. Place circle inside the rabbit's lower edge along seam allowance. Pin seam allowance to the inside and hem. Gently fluff any fur that's caught in the stitches. (Note: Large bunny may also be made into a stuffed toy by adding a bottom oval piece. See small bunny how-to below.)

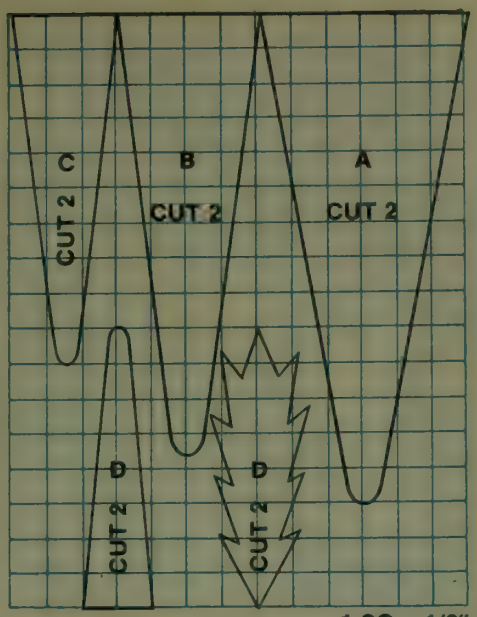
CARROTS

Materials: (Makes 4 carrots of varying sizes.) Square of orange felt or velveteen; square of green felt; polyester fiberfill; orange and black sewing thread; brown wrapping paper for the patterns.

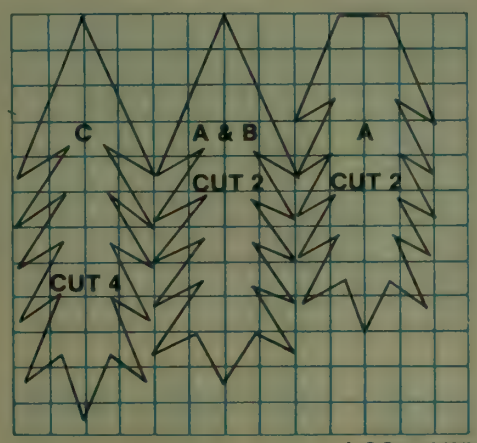
Instructions:

1. Enlarge patterns below; transfer to brown paper. Place carrot patterns onto orange fabric and trace. Cut carrots out, leaving a ½-inch seam allowance *beyond* the pencil lines.

2. Right sides together, stitch along seam line; leave straight end



1 SQ = 1/2"



1 SQ = 1/2"

open. Trim seams to ¼ inch; turn and stuff with fiberfill, leaving ½ inch at the top empty. Run a line of basting stitches along the top; leave 1 inch of thread at either end.

3. Cut out leaf patterns from green fabric. (Note: Do *not* add ½ inch to the pattern.) Match leaf pairs together. Place matching leaves on top of each other, then raise one of the leaves ¼ inch above the other so the foliage is staggered. Pin the leaf pairs in this position; stitch with black thread along the leaf center. Complete the other leaves.

4. Place finished leaf into the open carrot end. Draw up basting threads and knot. Hand stitch the carrot and leaf together. Arrange the carrots in a basket, or attach singly to bunny puppets.

SMALL BUNNY TOY, page 86

(Finished size = 11 inches)

Materials: ¼ yd. (60-inch-wide) white fake fur cloth; ¼ yd. (60-inch-wide) beige fake fur cloth; scraps of pink satin or velveteen for ear lining; scraps of black velveteen or felt for nose; two black ⅜-inch buttons for eyes; 2 white ⅝-inch buttons; sewing thread in black and white; polyester fiberfill for stuffing; white carpet thread; brown wrapping paper; yellow felt-tipped pen.

Instructions:

1. Enlarge pattern pieces below and transfer to wrapping paper; add ½-inch seam allowances to *all* pieces except F. Arrange patterns on the wrong side of the proper fabrics; trace around the pieces with the yellow pen. Cut patterns A, D, E, and H from beige fabric; cut B, C, and G

continued

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For a full year till he's full grown.

continued

Lively puppets

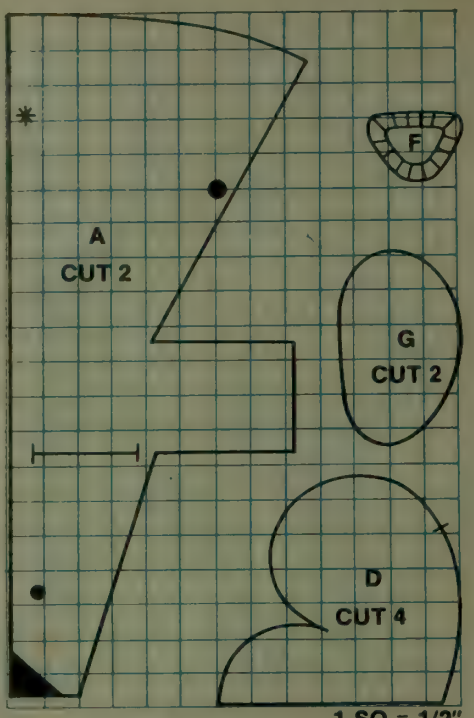
from white fabric.

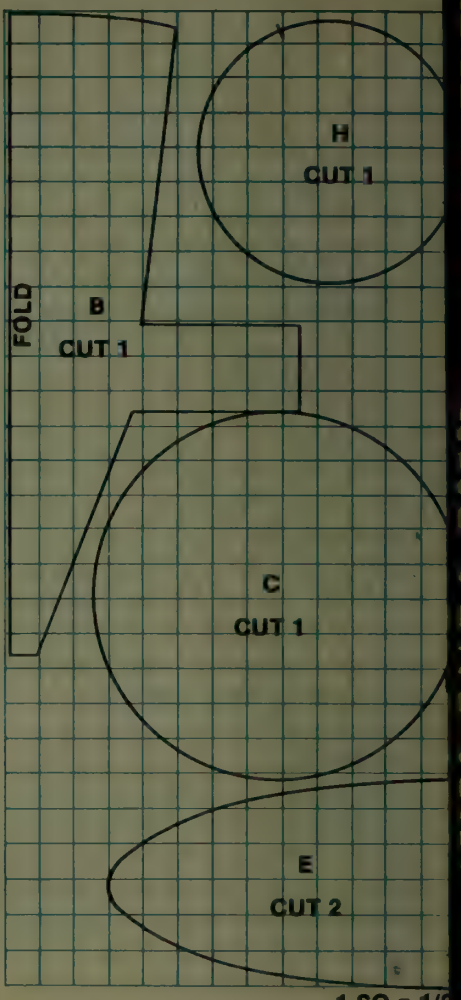
2. Mark the positions for ears, eyes, tail, and legs on the fabric's right side (see black dots on pattern pieces). Cut ear linings from pink fabric; cut nose and nose lining from black fabric. Right sides facing, sew ear linings to ears; leave the bottom edge open. Trim seams to ¼ inch; turn.

3. Right sides together, stitch A pieces at the center back. Sew back to B, right sides together. Pin H to body bottom and stitch; leave an opening for turning. Trim seams to ¼ inch; turn to right side. Sew ears to body.

4. Baste along seam allowance of tail (C); leave an inch of thread at both ends. Pull basting to form a puff, leaving a small opening for stuffing. Stuff and gather tightly; knot thread. Stitch tail to back.

5. Right sides together, stitch the legs (D), leaving the bottom ends open. Position feet bottoms (G) into this opening, right sides facing; stitch in place. Turn to right side; stuff legs. Slip-stitch opening closed. Attach legs to body by stitching through to the button on the inside of the body.





6. Baste nose to nose lining (F). Turn slashed edges under and stitch nose to bunny face. Sew button eyes in place with carpet thread.

7. Stuff body through bottom. Slip-stitch opening closed. Fluff any fur that's been caught while stitching. (Note: Baby bunny may also be made into a puppet by omitting the bottom piece H. See large bunny how-to above.)

GOOSE PUPPET, page 87

(Finished size = 35 inches)

Materials: 1 yd. (60-inch-wide) white fake fur cloth; 1 yd. unbleached muslin; ¼ yd. heavyweight cotton canvas or duck; 1 pair orange rubber gloves; 1 bag plastic pellets *or* polyester fiberfill for stuffing; 1 small plastic tricycle horn with rubber bulb; 2 black buttons; cotton balls; 5x9-inch piece of medium-weight cardboard (1/16-inch thick); four 36x18-inch pieces of lightweight cardboard; one 3x1½-inch piece of soft foam; acrylic paints in white, black, and orange

continued on page 135

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SPACE-SAVING SEATING

Banquette (bench-like) seating take up little floor space, yet provide makes excellent sense when space is lots of extra seating. Here are two limited. Wall-hugging banquettes types of banquettes to consider.

Photograph: Bill Maris. Design: F. Raymond Strawbridge, ASID. Source: Estelle Bond Guralnick



Right: By making use of banquette seating, you can fit gracious dining into tight quarters. Here freestanding benches were upholstered with suede-like fabric to match the walls and the two Regency chairs. Tucked in a corner of a living room, the banquettes offer a stylish solution for a house without a separate dining room, and they double as a sofa when the table is moved.

Below: This built-in banquette was designed to make the most of a hard-to-furnish window-wrapped corner. The base of the banquette is a plywood platform which has been covered with the same sisal used on the floor. Foam cushions and backrests make for comfortable seating. They're covered with fabric to match the ceiling and valance.

Photograph: Ernest Braun. Design: Mellon/Wutzke/Smalle Assoc. Source: Helen Heitkamp



The dawn of new coffee taste.



Finally, there's a rich coffee flavor you can enjoy without putting up with coffee bitterness.

Sunrise® instant coffee mellowed with chicory. Tastes better natured, not bitter.

Because Nestlé has discovered how to mellow fine coffees with roasted chicory to bring out coffee's better nature, but leave the bitter taste behind.

Introduce yourself to *Sunrise*.

Better natured. Not bitter.

SOCIABLE SEATING

Is your living room seating arrangement conducive to good conversation? Not if your chairs and/or sofas are so far apart that guests must shout to be heard, or crane their necks to see who's talking. For flexible conversation groupings, you need easy-to-move seating pieces like these.



Design: Sam Cardella, Jeanne Hartnett & Assoc. Inc. Architect: Jerome Brown

Below: Nothing promotes conversation better than a furniture arrangement with seating on all sides of a square. Here a "static" three-seat sofa and matching love seat get pull-up companionship from a bentwood rocker and a chrome-and-leather chair.

Above: A fireplace makes a perfect focal point for a U-shaped conversation grouping. This pair of classic British army officer's chairs (designed by the famous architect, Le Corbusier) is teamed with comfortably plump upholstered pieces from Italy.

Below: These four lightweight (and lightly priced) officer's chairs are great for parties because they're so easy to move about. For a tête-à-tête, the chairs—now placed side by side—can be turned to face each other, or moved to another spot in the room.

Photographs: Jessie Walker. Design: Eleanor Patera, Casella Interiors







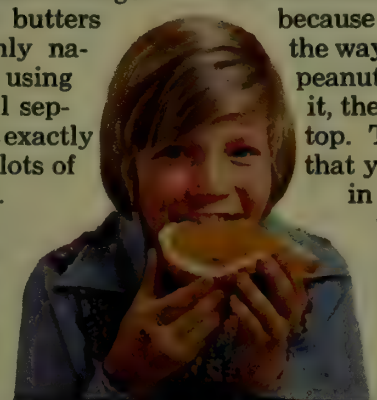
Cool it.

Ever wonder why we recommend that you keep Laura Scudder's Old Fashioned Peanut Butter in the refrigerator? Here's the story, in a nutshell.

Not too long ago, all peanut butters were made the old-fashioned, natural way: freshly roasted peanuts and a little salt were ground together to make a delicious, creamy mixture. You got a great-tasting peanut butter, one that was full of rich, natural peanut flavor. And you also got oil that would separate from the mixture and rise to the top of the jar.

The advent of stabilizers changed all that. Most peanut butters changed from using only natural ingredients to also using stabilizers to prevent oil separation. The taste wasn't exactly the same as before, but lots of people liked the results.

Laura Scudder's didn't change. We make ours the same old-fashioned, natural way — just peanuts and salt *—nothing else!* We think it's still the best-tasting peanut butter there is, because there's nothing to get in the way of the rich, full natural peanut flavor. And, you guessed it, the oil can still come to the top. That's why we suggest that you stir it up and keep it in the refrigerator. Then it won't separate. Next time, get Laura Scudder's Old-Fashioned Peanut Butter. Then, *cool it.*





Laura Scudder's®

OLD FASHIONED PEANUT BUTTER

Just peanuts and salt — nothing else.

All in a Nutshell

Protein-packed nuts are a natural for out-of-hand snacking, and they add crunch and flavor to candies, cookies, desserts, and main dishes. To vary the flavor of your recipes, familiarize yourself with the variety of nuts available. Here are some more helpful facts in a nutshell.

BRAZIL NUTS
have a round, three-sided shell, shaped like an orange section and polished for marketing.

WALNUTS
include black walnuts, hickory nuts, butternuts, and these rough-shelled English walnuts.

HAZLENUTS
(also called filberts) are round or oval with one flat end. The shell is amber after processing.

MACADAMIAS
are generally sold shelled since their small size and thick shell make them difficult to crack.

PISTACHIOS
have a double shell. Before marketing, the outer one is removed, exposing a thin, brittle shell.

CASHEWS
are always shelled and roasted before marketing to remove an inedible oily liquid.



Photograph: Dieter

ALMONDS
have a soft, yellowish tan shell similar in shape to a peach stone. The kernel can be eaten unprocessed.

PECANS
have a light brown oval shell and are always polished smooth for marketing.

PINE NUTS
or pignolias are edible seeds (shown blanched and roasted) from the pinecone of certain trees.

BUYING AND STORING NUTS

Most nuts are marketed both shelled and unshelled, and may be roasted, salted, sugared, or spiced before packaging. If you don't mind shelling, you can usually save money by buying nuts in the shell. Look for clean, unbroken shells. If the nut rattles when shaken, the kernel has become dried.

Shelled nuts can be purchased in almost any form you need from whole, halved, sliced, and slivered to finely chopped or ground.

Because of their high fat content, nuts turn rancid with age. To keep them fresh, store unshelled nuts and unopened cans, jars, or packages of shelled nuts in a cool, dry place. The refrigerator or freezer is a good storage spot. After opening, transfer nuts to a tightly covered container for refrigerator or freezer storage. Unshelled and unsalted nuts generally stay fresh longer than shelled nuts.

Nuts that aren't

Peanuts are considered to be the most popular "nut," but actually they're peas; hence the common names goober peas, ground peas, and groundnuts. The large Virginia peanut is long and slender; the Runner variety is small and stubby; and the Spanish peanut is round. Some peanuts are sold raw, but most are roasted for full flavor.

Discover the delightful differences of our full-bodied red wines.

At The Christian Brothers Napa Valley winery we are in no hurry to make our red wines. We have found that only patient cask-aging brings out the individual characteristics of the shy-bearing premium red wine grapes. Then, our own way of blending allows us to produce wines with continuity of taste. Each time you open a bottle from our cellars, you will enjoy all of the quality that The Christian Brothers name promises.



Our California Burgundy is an excellent value. This fine, dry red table wine has a full, delicious flavor and is a good choice to serve with almost any red meat. It is equally at home with spaghetti, lasagne, or any of the hard yellow cheeses.



The Cabernet Sauvignon grape has found an exceptional home in the Napa Valley. The Christian Brothers bottling of this wine will please you with its distinctive bouquet, and deep, dry taste. This is a wine to go with steaks or roasts.



The hillside vineyards above our Napa Valley Monastery are planted with the rare Pinot Saint George grapes used to produce one of our Estate Bottled wines. It is exceptionally full-bodied with a smooth finish, a wine to serve with special meals.



These are just three of the red wines we produce in our cellars. If you would like to know more about our wines, you may write to me.

Brother Timothy F.S.C.

Cellarmaster, The Christian Brothers
Napa Valley, California



From The Christian Brothers of California.®

WORLDWIDE DISTRIBUTORS: FROMM AND SICHEL, INC., SAN FRANCISCO, CALIFORNIA, U.S.A.

Read this and cry.



Froilan lives in the highlands of Guatemala in a one-room hut with dirt floors and no sanitary facilities. Labor there is so cheap that, for men like Froilan's father, hard work and long hours still mean a life of poverty. But now life is changing for Froilan.



Her name? We don't know. We found her wandering the streets of a large city in South America. Her mother is a beggar. What will become of this little girl? No one knows. In her country, she's just one of thousands doomed to poverty.

The world is full of children like these who desperately need someone to care, like the family who sponsors Froilan.

It costs them $15 a month, and it helps give Froilan so very much. Now he eats regularly. He gets medical care. He goes to school. Froilan writes to his sponsors and they write to him. They share something very special.

Since 1938 the Christian Children's Fund has helped hundreds of thousands of children. But so many more need your help. Become a sponsor. You needn't send any money now—you can "meet" the child assigned to your care first. Just fill out and mail the coupon. You'll receive the child's photograph, background information, and detailed instructions on how to write to the child. If you wish to sponsor the child, simply send in your first monthly check or money order for $15 within 10 days. If not, return the photo and other materials so we may ask someone else to help.

Take this opportunity to "meet" a child who needs your help. Somewhere in the world, there's a suffering child who will share something very special with you. Love.

For the love of a hungry child.

Dr. Verent J. Mills OBHG1Z
CHRISTIAN CHILDREN'S FUND, Inc., Box 26511, Richmond, Va. 23261
I wish to sponsor a ☐ boy ☐ girl. ☐ Choose any child who needs help.
Please send my information package today.
☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $15 within 10 days. Or I'll return the photograph and other material so you can ask someone else to help.
☐ I prefer to send my first payment now, and I enclose my first monthly payment of $15.
☐ I cannot sponsor a child now but would like to contribute $_____.

Name _____

Address _____

City _____ State _____ Zip _____

Member of American Council of Voluntary Agencies for Foreign Service, Inc.
Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto, 7.
Statement of income and expenses available on request.

Christian Children's Fund, Inc.

HOME ENTERTAINMENT

A party plan for people who work

Having a job shouldn't interfere with your at-home entertaining. By making preparations in advance and learning some timesaving tricks, you can give a blockbuster party even if you have to work all day. There are two routes you can take: Simplify the party itself or get some help.

No-fuss fare

A simple party can be lots of fun, especially when guests are invited to pitch in and make their own dinner. Any easy recipe will suffice, but the best kind is one that calls for lots of ingredients so everyone can contribute something to the mixture.

Or, pick up dinner at a local delicatessen on your way home from work. Be sure to call in your order at least a day in advance if you want something special, or if you're ordering large amounts of popular menu items.

You could also consider having dinner catered. Check the phone book for caterers and call around to find the service and cost that suit you best. Depending upon your location, you can have a variety of foods catered, from fried chicken to roast pig. Caterers will provide the whole meal, or only the main dish, if you like. Some rent formal serving bowls and table service, and provide maids and bartenders.

If you don't want to worry with a complete dinner, invite guests over for after-dinner drinks of liqueur and ice cream, or a make-ahead dessert.

Helping hands

It's a good idea to set the table the night before, or at least have dishes, silver, linens, and glassware ready to go. You might get cleaning help for the day of the party or the day after. Divvy up duties with your spouse beforehand, so each of you knows exactly what you're expected to do. Arrange to have a sitter take the kids out or keep them occupied away from the party. If other children are invited, plan suitable games or other activities and pick a menu that kids will like. ■

ntroducing One-Cups from Lipton® Tea.

Just start with one cup of hot Lipton Tea to make these asy, change-of-taste treats.



ERRY TEA: Stir in 1 tablespoon straw- erry, raspberry or other preserves.



REAMY MAPLE TEA: Stir in 1 tblespoon maple syrup. Top with anilla ice cream.

They're easy. They're delicious. Just brew up a hot cup of Lipton's quality blend with the Flo-Thru® tea bag. Then spoon in some simple, tasty treats you probably already have. It's the great new way to have an exciting change-of-taste.





CANDY TEA: Add 2 teaspoons crushed peppermint, cinnamon, butterscotch or other hard candy while brewing tea.



TOPPING TEA: Stir in 1 tablespoon butterscotch, chocolate or other ice cream topping. Top with marshmallows.



SANGRIA TEA: Add a slice of orange while brewing tea. Stir in a splash of burgundy wine. Sweeten to taste.



NICE 'N SWEET TEA: Add honey, maple syrup or brown sugar to taste.



BRANDY TEA: Add 1 tablespoon apricot preserves and 2 tablespoons apricot brandy. Top with whipped cream.

Dinnerware buymanship

If you're planning to buy more dinnerware place settings, perhaps you should check out what's new before you routinely add to your present pattern. You'll find surprising changes, such as dishes that are heat-proof and shock-proof, with several years' guarantee against normal breakage. Look at the new styles that may suit your casual life-style. And be sure to ask about money-saving place settings in small three-piece editions.

Once you've familiarized yourself with all the various dinnerwares and their special qualities, you'll be able to choose the type that best serves your needs. You might select a variety of compatible patterns and kinds of dinnerware, then coordinate this mix-and-match "set" for parties.

Basic dinnerware types

Fine china might be porcelain, bone, or high-quality china. Despite their fragile appearance, translucent chinas are actually very resistant to chipping and cracking because they are fired at high temperatures, which is not possible with less expensive chinas. Porcelain is usually ivory in tone but is also available in pastel colors. Bone china is basically white, because of the bone ash (or commercial equivalent) that is mixed with the clays. Porcelain china is more translucent than bone china. Some fine chinas have matching ovenware.

Vitreous and semivitreous best decribes china which is neither bone- nor porcelain-based. It's less expensive, but resembles fine china.

Stoneware is nonporous, hard, durable, opaque, and fairly resistant to chipping, cracking, and crazing. The dinnerware may have a gray tone because of its clay content. Some stoneware has matching stoneware-handled stainless flatware. And some stoneware has been specially treated to go from freezer to oven, after warming to room temperature.

Earthenware is not as strong as china or stoneware and may chip more easily. Both stoneware and earthenware are fairly heavy; sometimes either of these may be called ironstone.

Glass and glass-ceramic dinnerware is also very durable—in fact it carries a two- or three-year guarantee. Some glass-ceramics can be used to bake, broil, freeze, and serve.

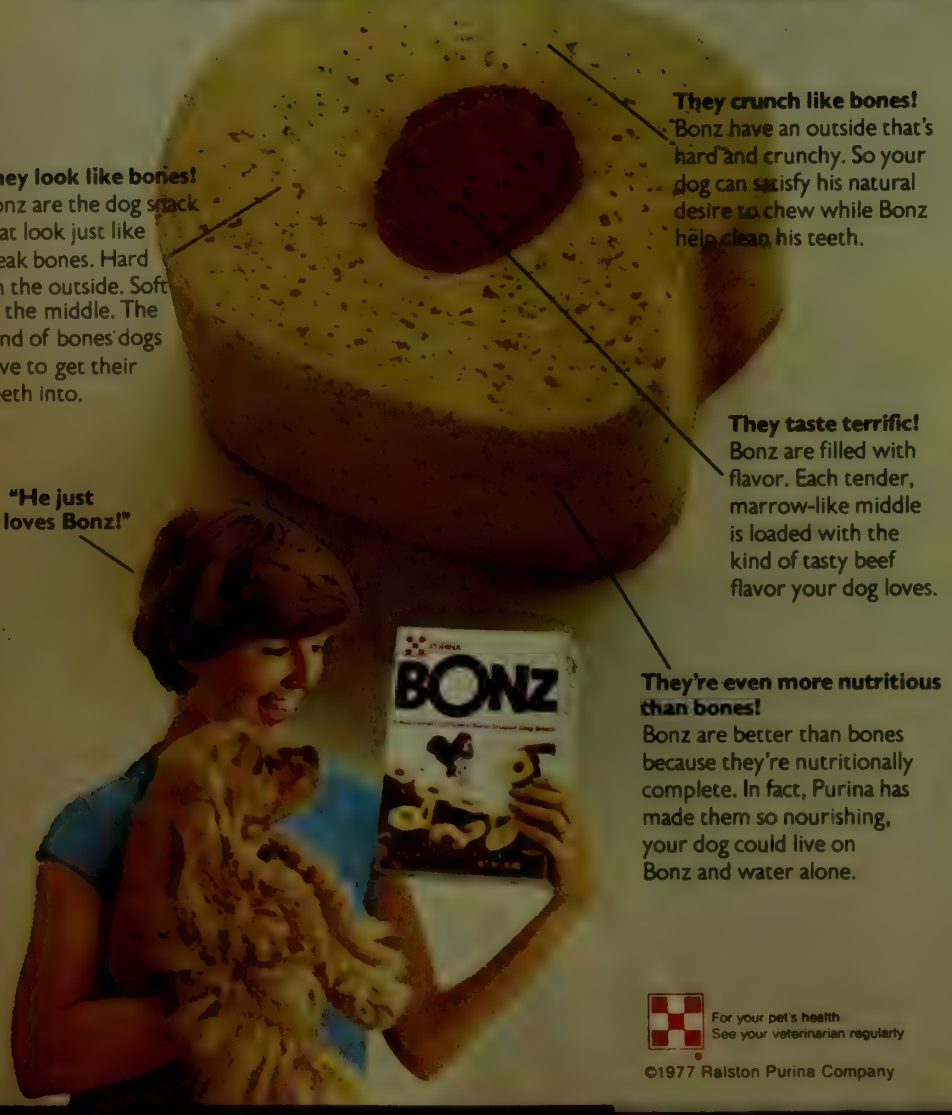
Some types of casual china can be used over a gas or electric flame, and can go from the freezer to a conventional or microwave oven. Others may look equally sturdy, but should not be used directly over a stove burner. Whatever your choice, save the manufacturer's brochures and make sure you follow their recommendations.

Money-saving tips

Traditionally, a place setting meant five pieces, but now three- and four-piece "buffet settings" are available. These may consist of a dinner plate, cup, and saucer; in casual ware, it might be a plate, bowl, and mug.

You will sometimes find sales on 45-piece sets of dinnerware; occasionally the place settings themselves will be on sale. These sales may be sponsored by the manufacturer or the store. ■

WHAT MAKES BONZ® BETTER THAN BONES?



Introducing Ortega Mexican Sauces.



Now behind every great Mexican dish, Ortega has a great sauce.

Green Chile Salsa. In the new glass jar. A perfect blend of Ortega Green Chiles, tomatoes and onions.

Red Chile Sauce for Enchiladas. This rich, tasty red chile sauce is great for Mexican casseroles too.

Taco Sauce. A special new sauce of tomatoes, chiles and spices. Two flavorful kinds. Hot and mild.

Hot Sauce. A lively puree of red chiles and Jalapeño peppers. A little does a lot.

Picante Salsa. New. A basic cooking sauce like Green Chile Salsa but with extra zing from Ortega Jalapeños.

The better the chiles...the better the sauces. You can't make great sauces without great chiles. That's why Ortega uses only the finest grown. And when you use the best chiles, you can make the best sauces.

How to create a dish as pretty as our picture:

Burritos and Chick Pea Salad

BURRITOS

12 flour tortillas
1 lb. ground beef
1 large onion, chopped
1 clove garlic, minced
1 jar (12 oz.) Ortega Green Chile Salsa, heated
1 can (4 oz.) Ortega Diced Green Chiles
2 cups (8 oz.) grated Jack cheese
2-3 Tbsp. dry bread crumbs

Wrap tortillas tightly in aluminum foil. Heat in 250° oven 15 minutes. Keep warm. In skillet, cook beef until crumbly. Drain. Add onion and garlic. Cook until soft. Mix in 3/4 cup salsa and remaining ingredients. Place 1/12 of hot filling on warmed tortilla. Roll up. Serve with salsa, if desired.

CHICK PEA SALAD

1 can (16 oz.) chick peas, drained
1 medium clove garlic, minced
½ cup sliced ripe olives
⅛ lb. (2 oz.) Genoa salami, cut in thin strips
3 Tbsp. thinly sliced scallions
2 tsp. parsley flakes
1 cup Ortega Picante Salsa
Romaine lettuce

In medium bowl combine all ingredients, except Romaine. Chill. Serve on Romaine lettuce. Serves 6.

For more recipies using Ortega Sauces send 25¢ to Heublein, Inc., PO Box 1228, Dept. 2014, Hartford, Conn. 06101

Knox Blox are quick to make, great tasting, and neat to eat. No melt. No mess. Even at room temperature. You can't make them with ordinary flavored gelatine alone. You need Knox to make them firm and fun. So quick and easy, you can make them every day.

Knox Blox

4 envelopes Knox® Unflavored Gelatine
3 packages (3 oz. ea.) flavored gelatine
4 cups boiling water

In large bowl, combine Knox Unflavored Gelatine and flavored gelatine; add boiling water and stir until gelatine is completely dissolved. Pour into large shallow baking pan (for example, 13" x 9") and chill until firm. Cut into squares to serve. Makes about 100 one-inch squares.

The New Knox Gelatine Cookbook –only $1.99 Exciting new recipes and familiar favorites, everything from appetizers to desserts, are in our new 128-page hardbound edition. Send your name, address and $1.99 to Knox Gelatine Cookbook, P.O. Box 9872-G, St. Paul, MN 55198. Zip Code must be included to guarantee delivery.

Hurry, offer may expire at any time. Offer good in U.S.A., its territories and Puerto Rico. Void where prohibited, taxed or restricted. U.S. Military Overseas, please include APO number. Allow 6-8 weeks for delivery. An offer of Knox Gelatine, 800 Sylvan Avenue, Englewood Cliffs, NJ 07632.



Knox Blox.® The only bite-size gelatine snack kids can eat with their fingers.

continued from page 134

Lively puppets

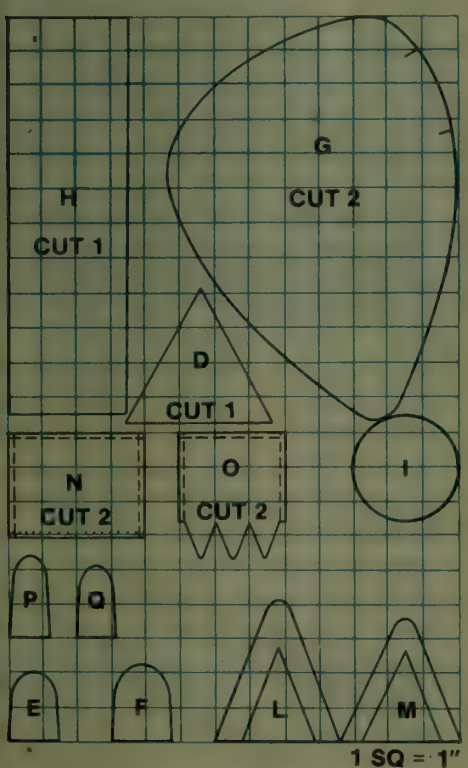
paintbrush; yellow felt-tipped marker; heavy-duty white thread for machine stitching; white button or carpet thread for hand stitching; white glue; masking tape; contact cement.

For three collars: Two 39x4½-inch fabric strips; two 33x4-inch fabric strips; two 31x3½-inch fabric strips; safety pins; a 10-inch length of ¼-inch elastic for *each* collar.

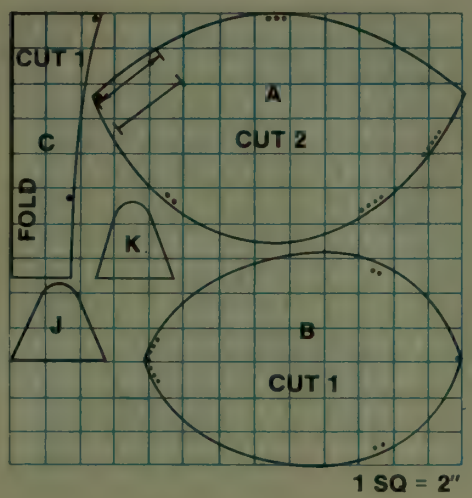
Instructions:

(*Note:* For extra strength, machine or hand stitch seams twice.)

1. Enlarge pattern pieces below; transfer them to lightweight cardboard. Always place cardboard patterns on *wrong* side of fabric; trace around patterns using yellow marker. This line is your stitching line. When cutting out the pattern, leave an extra ½ inch *beyond* this line for the cutting line. If the goose becomes too bulky to machine stitch, finish it by hand. Trim all seams to ¼ inch unless otherwise indicated.



2. Cut pattern pieces A, B, C, D, E, F, and G from fur fabric. Cut two of G and one of H from muslin. Pin and stitch pieces A and B (top and bottom of body), right sides together, matching pattern dots. Make a 4½-inch slit in *only one* of piece A as marked on pattern. Turn body right side out through slit. (Slit is depicted as line without arrows on the pattern.)



3. Pour plastic pellets through slit into goose until it's ¾ full. If using fiberfill, stuff goose till it's ¾ full.

4. Pin H (neck tunnel) along slit edges, right sides together; stitch the shorter sides of H together to form circular piece. Rip open 4½ inches of the seam directly in front of the slit which begins where the body seams meet (see pattern piece). Push H through the slit and then through the 4½-inch opening in the seam. (See pattern for line marked with arrows.) Pin H to edges of opened seam; stitch in place.

5. Right sides together, stitch neck seam on piece C between dots. Pin head piece D into neck—right sides together—matching dots; stitch in place. Pin neck C to H, tucking under raw fur edges. (*Note:* Neck is sewn to the opening you made in the seam—not in the slit.) Head triangle must be at the top of the head with the neck's seam running down the neck.

6. Trace I onto foam. Clip this piece into a ½-ball shape. Insert ½ foam ball into neck, matching ball center to the point of the triangle D. Pin foam in place; sew in place.

7. To form the beak, cut beak pieces J, K, L, and M from heavy cotton fabric. Right sides together, ease and pin outer top beak J to inner top beak L; ease and pin outer

continued

Are you constipated again?

If you are, you should do something that will be of real help. Sure, you've probably been trying lots of things. Maybe even harsh chemical laxatives that can irritate your system. But they haven't given you the relief, you've been looking for.

What you need is a gentle laxative that regulates your system. And that laxative is Serutan.

Serutan works by adding the roughage your system needs to retain vital moisture. Then, Serutan's gentle bulk forms the soft stools that enable you to eliminate gently and comfortably.

There are no strong chemicals in Serutan to cause cramps or irritation. Serutan has natural ingredients for smooth, easy results.

So if you're constipated, take Serutan—you'll get the relief you've been looking for.

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

Read label for directions.

Helps Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieves Pain And Itch...

Gives prompt temporary relief in many cases from hemorrhoidal pain and burning itch in such tissues.

There's an exclusive medication which actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. And in many cases it gives prompt relief for hours from rectal itching and pain in such tissues.

Tests by doctors on patients showed while it gently relieved such pain, it also helped reduce swelling of these tissues.

The medication used in the tests was *Preparation H®*. No prescription is needed for Preparation H. In ointment or suppository form.

continued

Lively puppets

bottom beak K to inner bottom beak M. Baste in place. Stitch with small stitches, trim seams to ⅛ inch, and turn right side out. For beak liners, cut 1 of piece L and 1 of piece M from 1/16-inch cardboard. Coat both sides of each with white glue; insert in stitched beak. Push liners to beak tips; allow to dry. Hand stitch the two beak halves together at the seam line; trim to ⅛ inch. Paint beak with orange acrylic; allow to dry. Paint black acrylic triangles on insides of beak (see pattern). Prop beak open until paint dries.

8. Insert beak into head and pin along seam line, tucking under raw fabric edges. Stitch in place. Pin button eyes to head above the beak. Trim fur around eyes for better visibility. A coat of clear nail polish adds sparkle to the eyes.

9. Cut thigh piece N and calf piece O from rubber gloves (note ⅛-inch seam allowance). Run gathering thread along upper thigh piece. (Stitch rubber by hand if machine bogs down as you work.) Stitch right sides of O together; turn right side out. Stitch sides of N right sides together. Slip unturned thigh N over calf piece O. Pull gathering thread to fit closely to calf, knot the thread, pin, and stitch in place. Flip thigh piece *up* to form finished leg.

10. To form the toes, cut fingertips from rubber gloves to the length shown on patterns P and Q. Insert ½ of a cotton ball into the tip of each toe. Pinch the open toe end slightly to form a pleat, pin, and stitch pleat. Place one short toe on either side of one long toe to form each foot. Pin together; stitch in place.

11. Apply contact cement to the upper portion of the toes. Insert the feet into the calves. Apply cement under each of the three calf flaps and gently press down on the toes. Carefully remove the toes from the calf, setting them aside for ten minutes to get tacky. Reinsert toes into calf, press cemented parts firmly together to bond. To attach feet and legs to goose, place goose upside down on your lap. Pin thighs to center goose bottom (B), tucking under the raw rubber edges. Hand stitch each of thighs in place.

12. Attach tricycle horn to the goose body as you would stitch buttons onto clothes. To form "buttonholes," heat an ice pick and pierce three pairs of holes in the flared plastic part of the horn. Apply masking tape to the area where the bulb meets the horn to keep the bulb on the horn.

13. Place goose upside down. Find the spot where the body seams meet. Rip open a hole in this seam that's large enough to insert the horn. Push horn into the body until the flared end rests against the outer fur fabric. Hand stitch horn to the body as you would three buttons (through the melted holes). To ensure that the horn is completely enclosed, take small gathering stitches around the horn and pull tightly. Knot the thread; trim the excess. Pick goose up by the exposed horn and shake to distribute pellets or fiberfill so that you can feel the bulb inside the goose. Locate the masking-taped horn area with your fingers; attach this area to the goose body with your needle and thread. To camouflage the exposed horn, paint with white acrylic.

14. Place each of muslin piece G (wing) and fur piece G right sides together. Stitch together, leaving a small area for turning. Turn and slip-stitch opening closed.

15. To form fluffy feathers, make a small pleat in the straight end of each feather piece (E and F). Secure the pleat with a stitch or two before arranging on the wing. Stitch feathers to each wing, beginning with the F pieces at the broad end of the wing and working toward the wing tip with the E pieces. (Four large stitches across the top of each feather and two or three to bind off is enough to attach each feather securely.)

16. Position one wing on the body's center front; pin and stitch in place. Place the second wing on the strip behind the neck. This will hide the child's arm when it goes into the neck. Pin and stitch in place.

17. Each of the three collars is reversible, with one side a solid color and the other a print. Fold each fabric strip in half lengthwise and stitch the 3 sides, right sides together; leave a 3-inch opening for turning. Turn to right side and press.

18. Run a line of stitching from the lower end of one ½-inch opening to the other. This forms your elastic casing. Safety-pin one end of the 10-inch elastic piece next to one of the ½-inch openings. Put the second safety pin in the opposite elastic end. Using the pin as a needle, thread the elastic through the casing. Remove pins; stitch elastic ends together. Tack collar ends together to hide elastic. Distribute gathers evenly along length of collar piece.

begins on page 88

Silk-screening young designs

SILK-SCREENING, page 88

Editor's note: We are including directions for two silk-screening methods. The first uses paper cutouts for one-color printing. This is the simplest for children and beginning adults and is perfect for repeat effects. To change the design, just cut out another one from paper.

The second technique utilizes individual screens for each printed color. This method was used to produce our "Star-face Girl" projects as well as the "River Queen" and "City Bus" pillows.

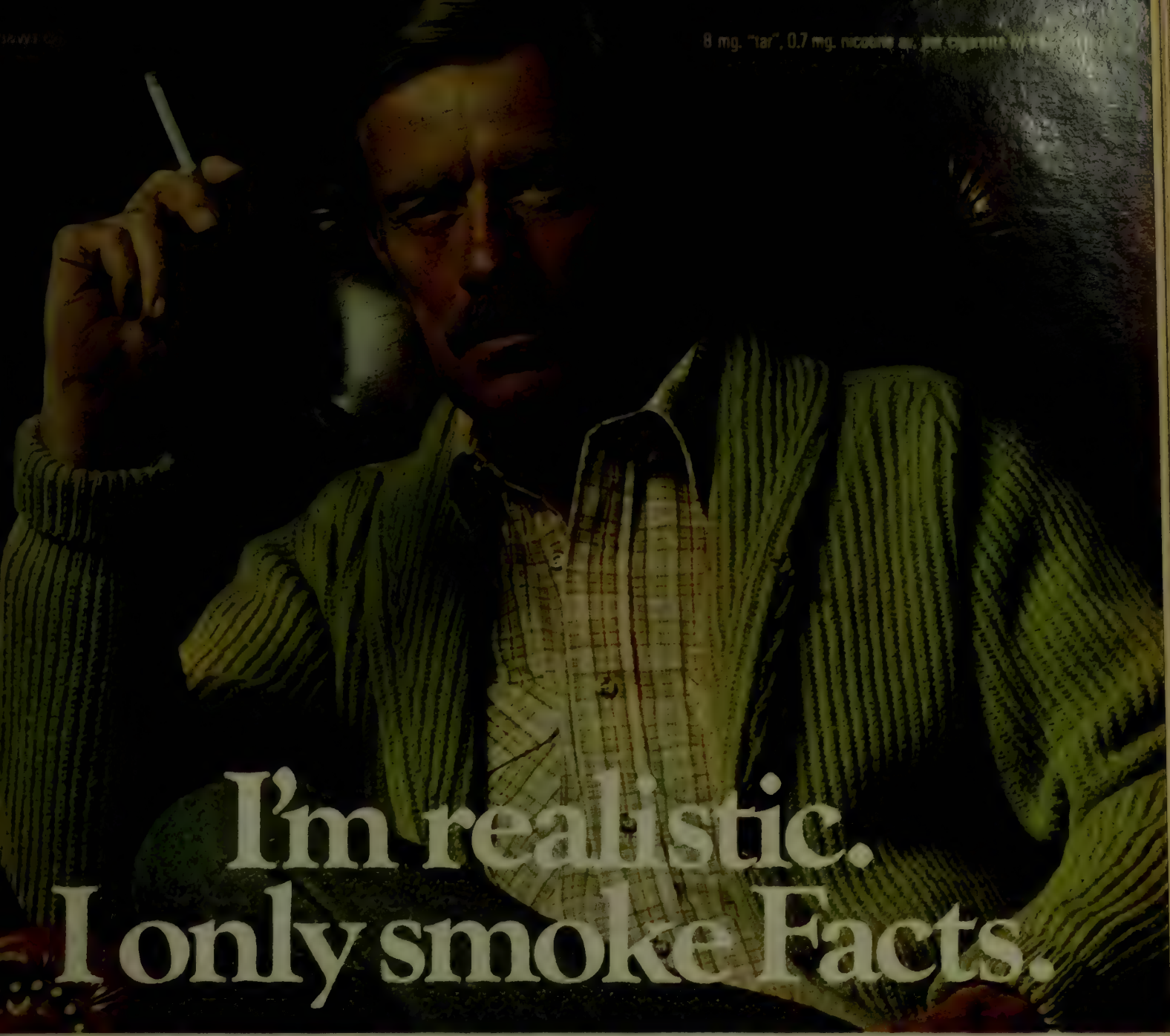
Materials: White cotton organdy fabric; white latex enamel paint; squeegee (available at most art stores); textile or paper printing paint (water base); masking tape; rubber cement; pieces of corrugated cardboard; mat knife; heavy material for a mat, such as a piece of old blanket; 1 delicate, pointed paintbrush; one ½-inch-wide flat paintbrush; felt-tipped pen.

Instructions—First technique:

1. To determine the dimensions of your cardboard screen, follow this formula: First, choose a size for your finished design. Add a 1½-inch margin to this dimension. Then add an additional 3 inches on all sides. This is the correct cardboard size. For example, a 6x6-inch finished design area needs a 9x9-inch inside screen and a 15x15-inch cardboard frame.

2. To make the frame, cut two squares of cardboard. With a mat knife, cut away the interior, leaving

continued



FACT 1: We don't want your taste buds to go to sleep.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Available in regular and menthol.

continued

Silk-screening

a 3-inch-wide outer frame. Rubber-cement the two cardboard pieces together, placing the "ribs" of the corrugation perpendicular to each other for maximum strength.

3. Press the organdy to remove all creases. Cut the fabric 1½ inches larger on all four sides than the cardboard's dimensions. Place the organdy over the cardboard frame; tape one fabric side to the frame back. Move to the opposite frame side, stretching the fabric, then taping it to the frame back. Continue in this manner with the third and fourth sides. The organdy should be taut, without wrinkles or creases. Using a wet sponge, thoroughly dampen the fabric; set it aside to dry. This will shrink the organdy, making it even more taut.

4. Tape the interior frame edges to the organdy. This will prevent any paint from seeping between the frame and the organdy. Apply a coating of latex enamel paint to the *frame and taped areas* on both sides and allow to dry. This makes the frame waterproof.

5. For circular design, take a bowl (about 6 inches in diameter), turn it over on top of a piece of paper, and draw around it with a pencil. Enlarge this circle by ¼ inch. Cut out this larger circle; using a felt-tipped pen, trace around the circle onto the organdy screen.

6. Using latex enamel, paint all of the organdy *except* for interior of the circle. Allow this to dry, then apply a second coat. When the paint is dry, hold the screen up to the light to make sure the painted areas have no "holes" in them. If you find any, paint over them to prevent paint from seeping in later.

7. Take the same bowl and trace several circles onto paper. Your silk-screening design must fit within this circle and you must be able to cut it out using scissors or a mat knife. For any easy design, fold the circle four times and cut a snowflake. Or, draw a simple design within the circle and cut it out carefully. Then you can use as your design either the smaller pieces you cut out *or* the circle from which you've cut the shapes.

8. Before printing, prepare your work area; having a sink close by is helpful. If you're printing a shirt, insert a paper towel inside to prevent the paint from printing through to the other side. If you're printing fabric squares, press the cloth first, and cut it into a piece no smaller than 10-12 inches square.

9. Place your mat on a flat surface. Then place the fabric to be printed on top of the mat, smoothing out any wrinkles. Place the paper cutout on top of the fabric exactly where you want the print to be. Carefully place the screen on top of the cutout, adjusting it so that the design fits inside of the circle.

10. Place a spoonful of textile paint on the screen above the circle, dribbling the paint across the width of the screen. With a squeegee, gently and smoothly pull the paint down across the circle. Repeat 2 or 3 more times to make sure all areas are well covered. Carefully raise the screen, pulling the fabric you've printed away from the screen at the same time. The paper cutout is now adhered to the screen and will remain there until it is washed off with water. The print may be repeated.

11. When you're finished printing, wash the screen with a sponge and dry it with paper towels. Set it aside for later use.

12. Printed fabric should be draped over a chair to dry (usually 1 to 2 hours). To set the paint, iron the wrong side of the fabric for 5 minutes with an iron set at wool. *Or*, the fabric can be wrapped in aluminum foil and baked in a 210 degree oven for 12 minutes. If you choose this oven-drying method, stay close-by at all times to avoid accidents.

Instructions—Second technique:

1. Select a drawing for reproduction. Place a clean, *unpainted* screen on top of the drawing (see Steps 1 through 4 above for screen how-to). With a felt-tipped pen, trace the drawing onto the organdy. Then, enlarge these lines to a ⅛-inch thickness so that they are printable.

2. Using latex enamel, apply a coat of paint to all areas of the screen *except* the lines you've drawn. Allow this to dry; give the screen a second coat and let this dry. Hold the screen up to the light to make sure you've painted out all the areas you do not want printed. Only the design lines you've drawn should be totally free of paint. Allow this to dry for one hour. If your design has two colors (as in the "River Queen" design), prepare a second screen for that color in the same manner.

3. Print your design onto fabric following Steps 8 through 12 above.

begins on page 90

Kids' art in needlepoint

PREPARING PATTERNS FOR NEEDLEPOINT, page 90

(Note: The completed needlepoint pillows and rug presented on page 90 are based on the children's artwork shown. Some of the works have been enlarged, others have remained the same size. You may also want to reduce the size of the original artwork. Here are some helpful tips for preparing your canvas.)

Materials: Sheet of clear acetate (available at art supply stores); permanent felt-tipped pen; paper for your needlepoint pattern.

Instructions:

1. Place a sheet of clear acetate over the drawing that you want to needlepoint and secure with paper clips or masking tape. Draw around the outer border of the design using the felt-tipped pen. Then mark a grid of 1-inch squares within this border directly onto the acetate sheet.

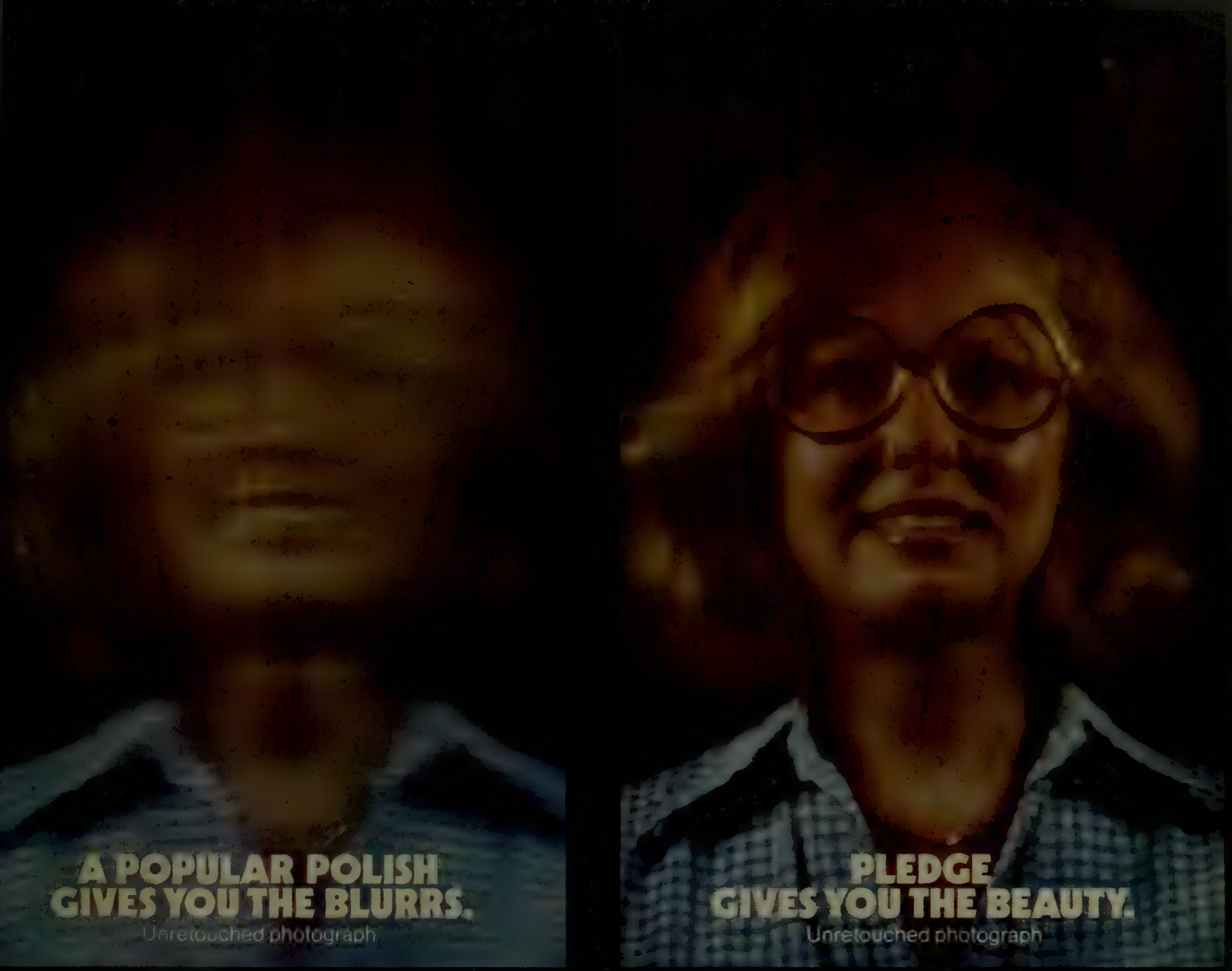
2. On a sheet of paper, draw a border that will be equal to the size of your finished needlepoint project, either *larger or smaller* than the original. Mark off a new grid that is equal to the number of 1-inch squares on your acetate sheet.

3. Taking each square of the acetate sheet individually, duplicate all of the design lines in each of the squares onto your piece of paper. This is your new needlepoint pattern. Transfer this pattern onto your canvas, and stitch as you would any other needlepoint design, using yarns that duplicate colors in the original artwork.

4. For a canvas that's the *same size* as your art, place the drawing under the canvas, color over it with permanent markers, and stitch. ■

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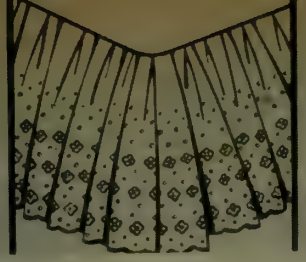
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Shopping Editor's choice

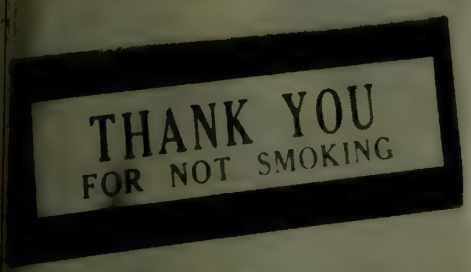
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by Ann Lively



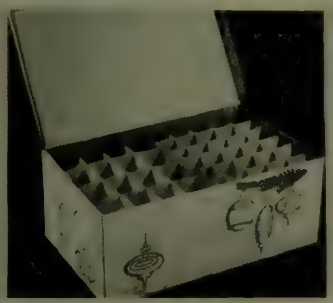
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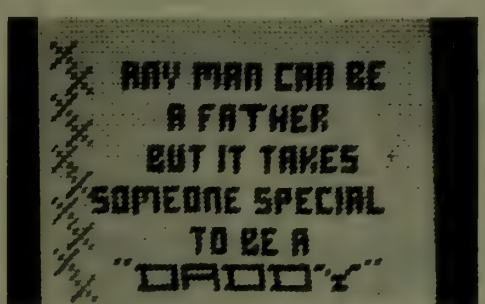
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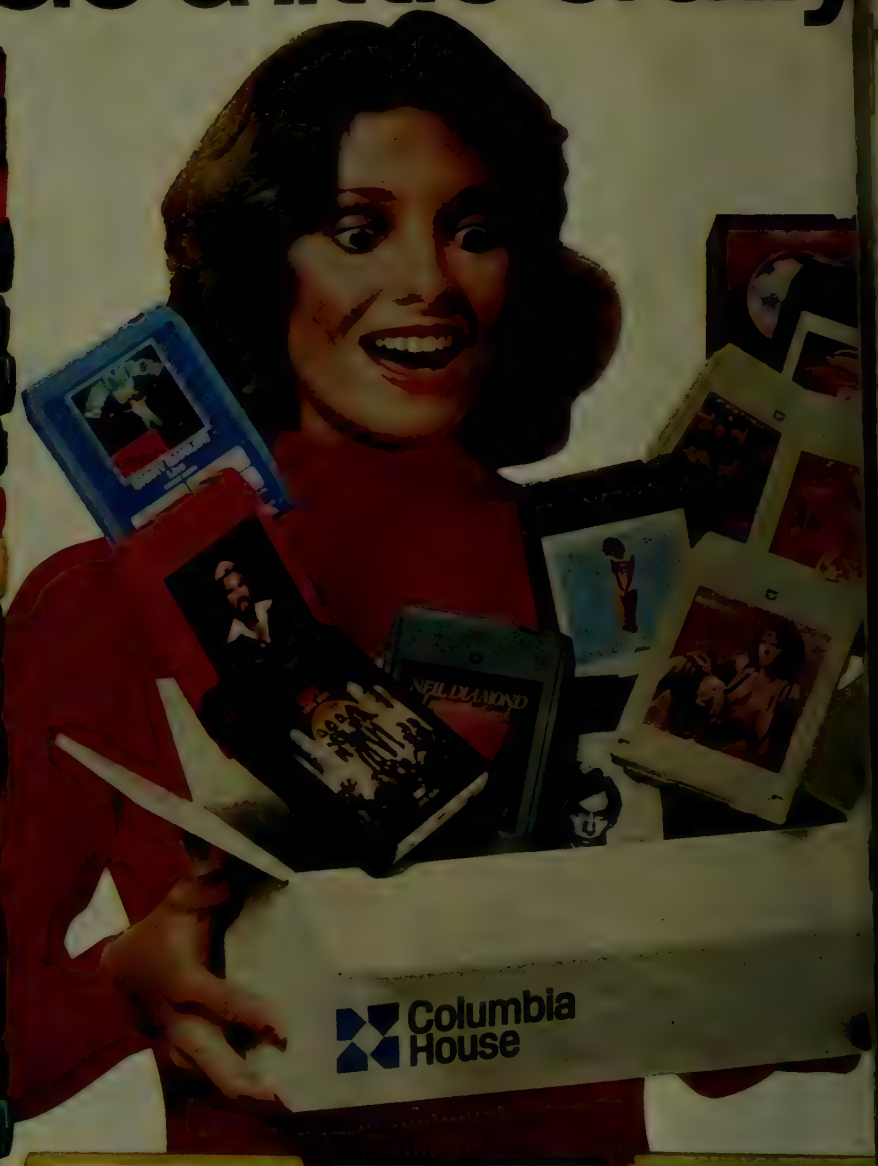
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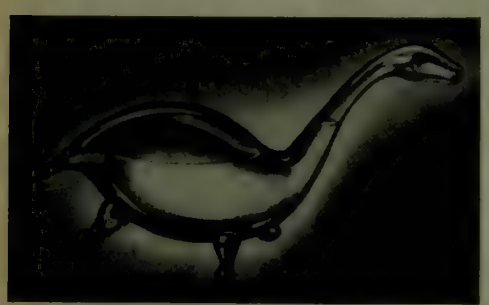
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Cast Iron Victorian clothes rack

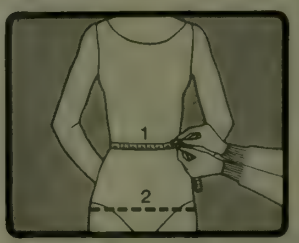
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Here's how to take your measurements:

Remove outer clothing. Wear your usual undergarments. With a friend's help, tie a string around your waist (see #1, below). Then, tie a string around the fullest part of your body below the waist (see #2). Stand straight. Now you're ready to begin. (Record measurements to the nearest 1/8" on the coupon.)



1 WAIST Measure around the string at waist. Snug, but not too tight.

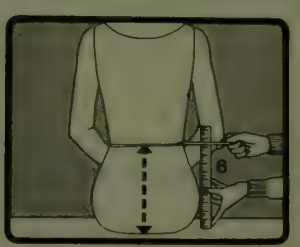
2 HIPS Measure around the string at hips. Snug, but not too tight.



3 HIP LEVEL Measure distance from waist string to hip string along side of body.

4 WAIST to KNEE Measure along side of body from waist string to point directly in line with middle of knee cap.

5 WAIST to ANKLE Measure from waist string along side of body to ankle bone. (This determines ankle position only. We will make the pattern to your correct fashion length.)



6 SEATED MEASUREMENT Sit erect on a hard flat surface. To measure the distance from waist to the surface, hold a ruler straight along side of body. Place a pencil at right angle to ruler at waist string. Take measurement from the surface to where pencil meets ruler.

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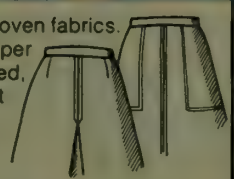


6019: KNIT PULL-ONS You'll belt them, or wear an over-blouse... the elastic waist fits so smoothly, it's almost impossible to see. Optional belt loops (illustrated) are included. *Our best seller!*



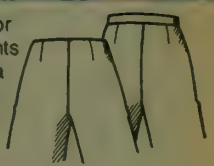


2028: A-LINE SKIRT for woven fabrics. It's closed with a back zipper. Two other versions, included, have a stitched front pleat or two pockets and trim stitching (illustrated). Not for knits.



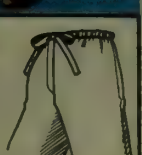


2024: BACK-ZIP CLASSIC for woven fabrics. These trim pants can be made with or without a waistband for two completely different looks. Both versions (illustrated) come with the pattern.





2026: TAILORED FLY-FRONT Make with an elasticized waist or a drawstring (illustrated). Unique fly-front construction is easy enough for a beginner. Drawstring version included with pattern. For woven fabrics.



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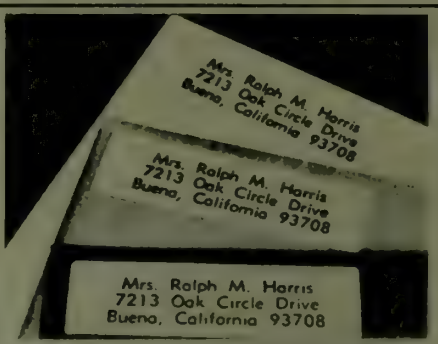


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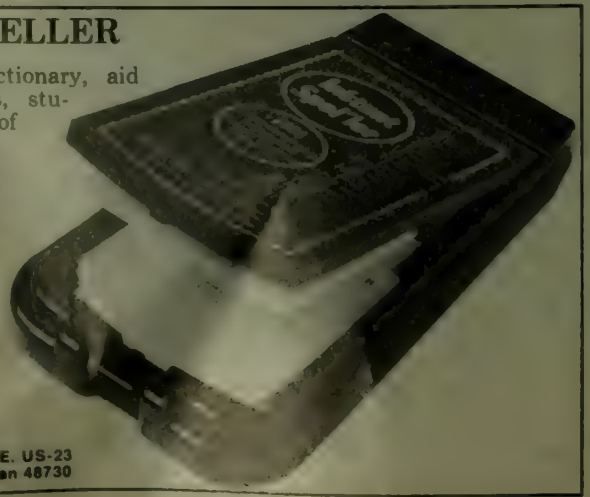
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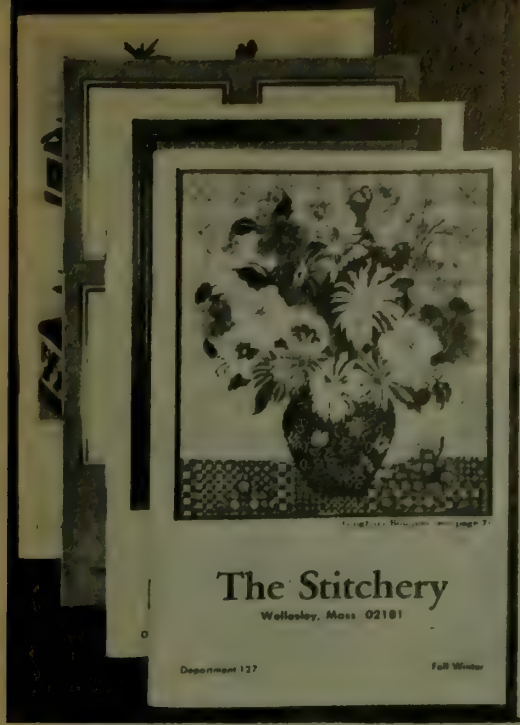
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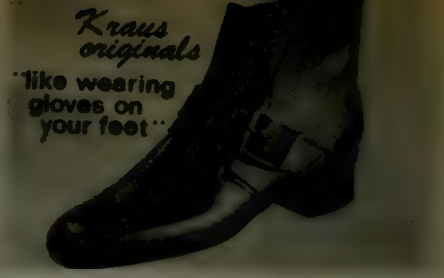
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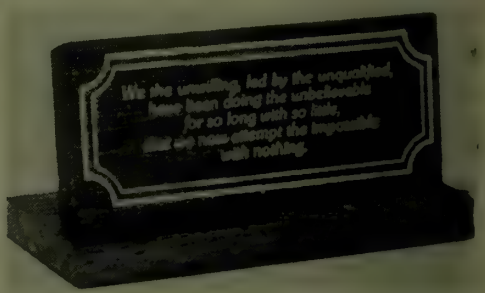
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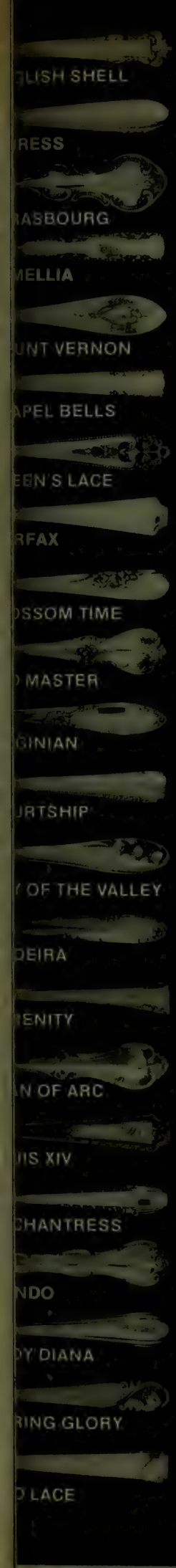
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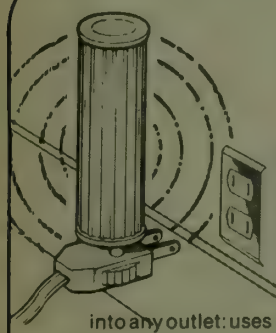
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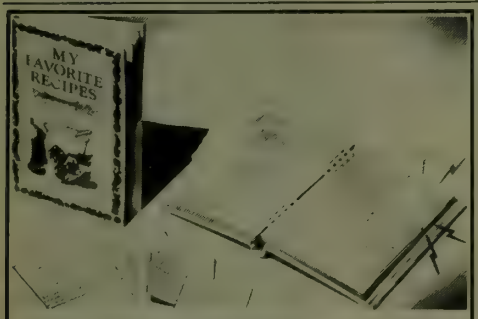


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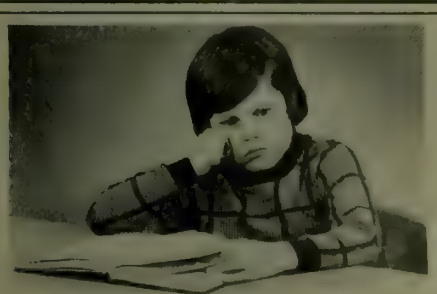


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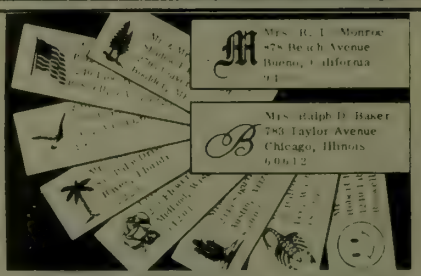
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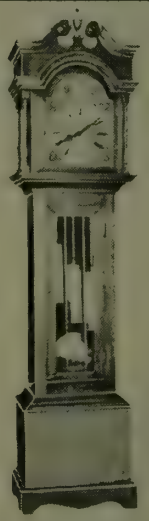
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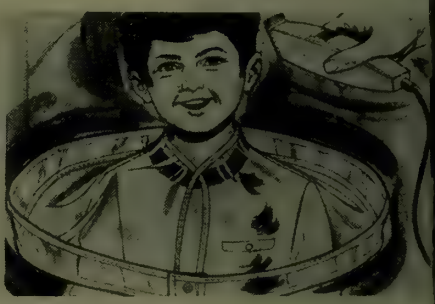
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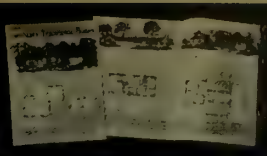
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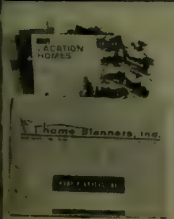
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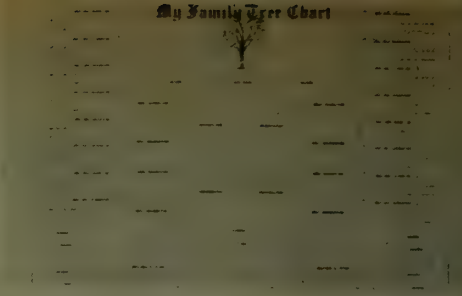
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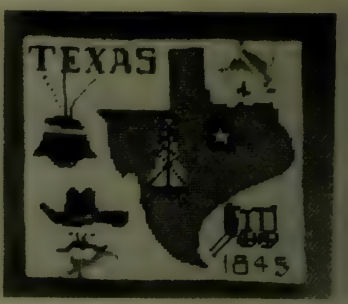


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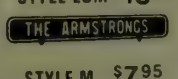
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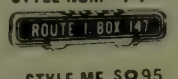
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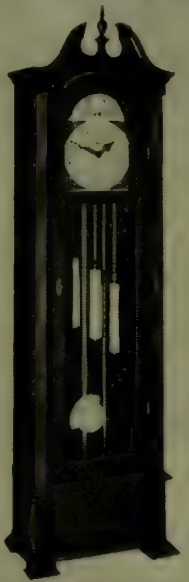


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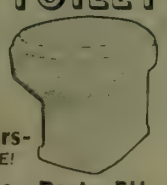
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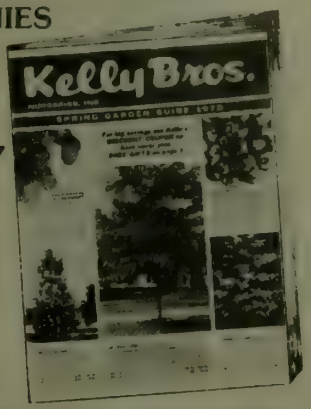
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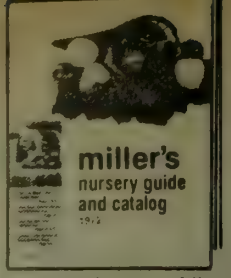
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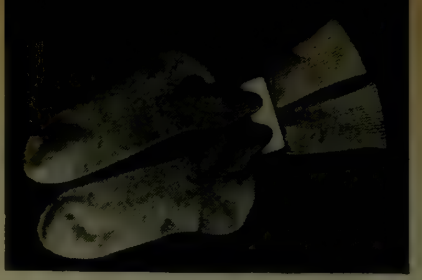
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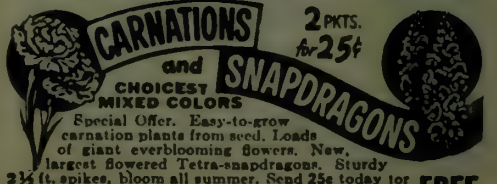
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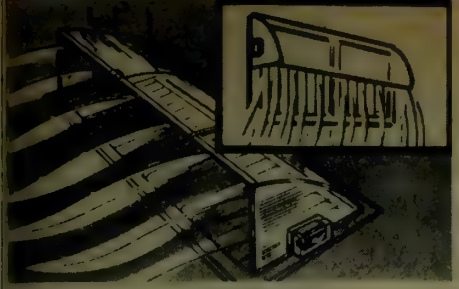
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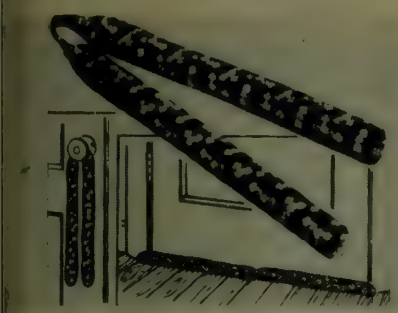
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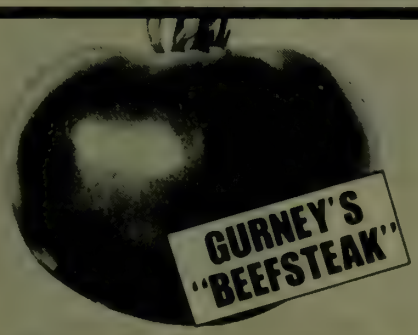
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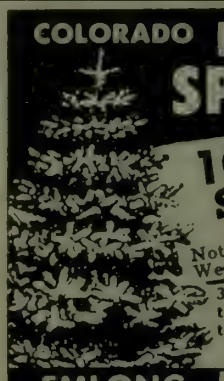
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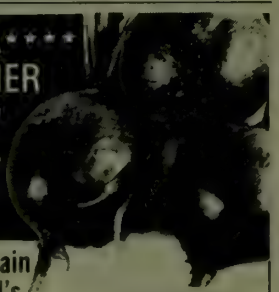
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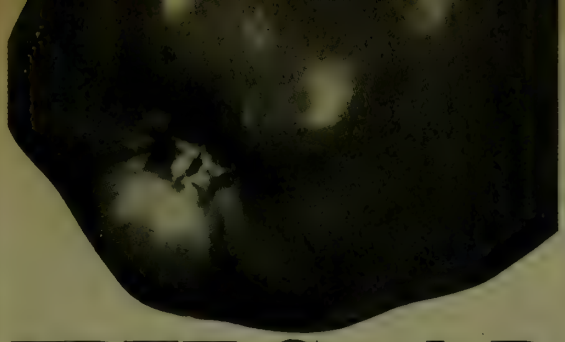


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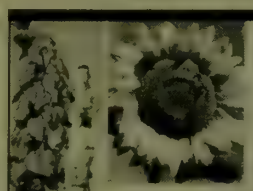
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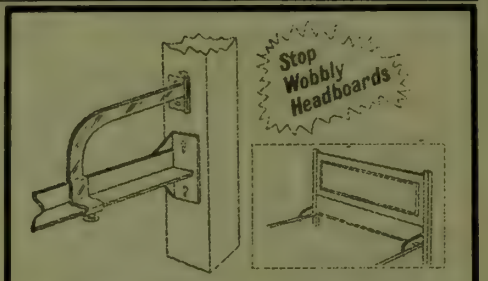
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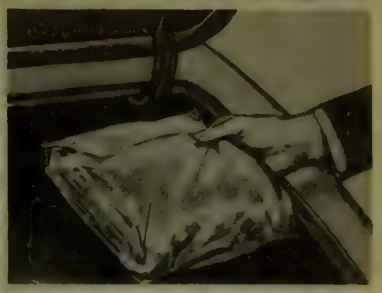
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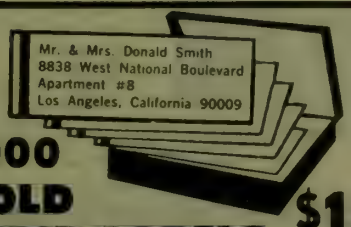
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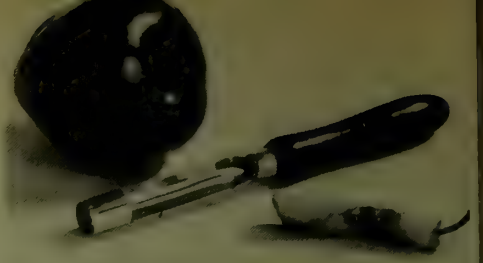
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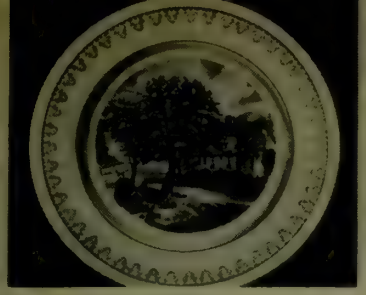
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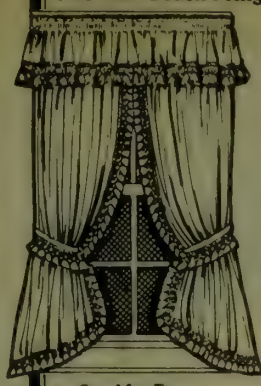
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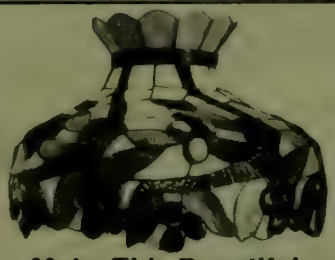
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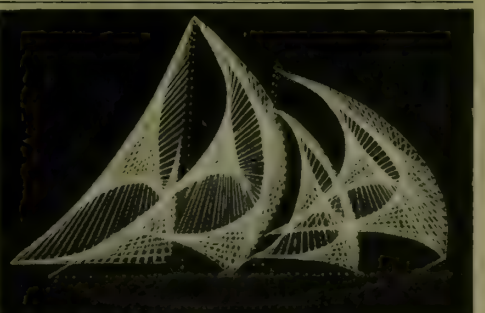
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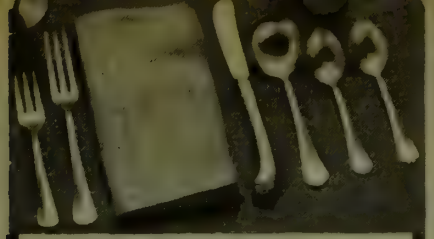
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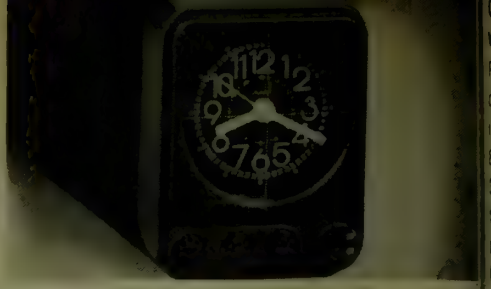
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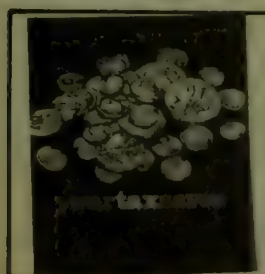


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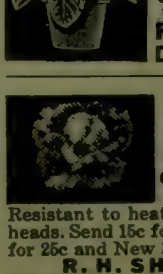


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Martha Ann's quilt rack



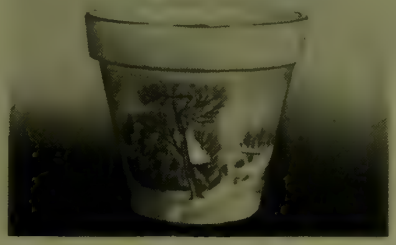
Copy of an antique bought from an 1850 homestead. Curving lyre feet & top; 3 rods display quilt, comforter, afghan, etc. 30" H, 23½" W, 15½" D. Shipped K. D. Easily assembled. Unfin, $19.95; Fin. in antique, $29.95; $3 post. ea. Yield House, Dept D81X, N. Conway, NH 03860.

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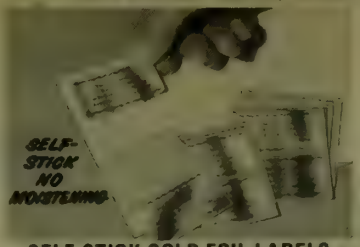
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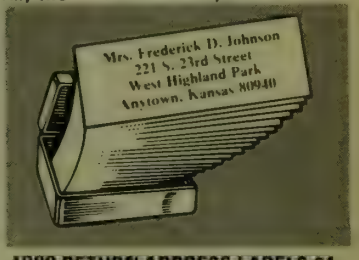


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Send in any b/w or color picture (no negatives) or 35 mm color slide and have it enlarged into a giant 2-ft. x 3-ft. black and white wall poster. Shipped in sturdy mailing tube. Print name & return address on back of original.
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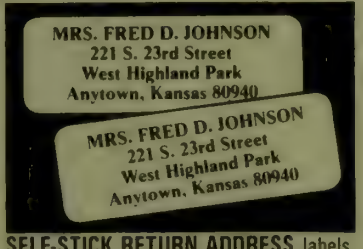
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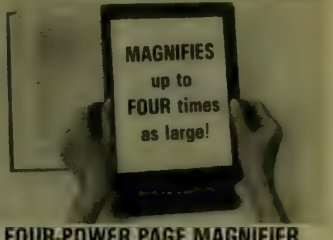
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The Man Next Door®

Fred Tompkins says he has loved this countryside so much over the years that, despite its occasionally ornery weather, he's glad his great-grandparents ran out of money before they got any farther west.

Rosemary's adjustment to college is complete at last. For the first time, she didn't bring a batch of dirty clothes for laundering when she came home last month.

According to Congressman Nick Hanfli, most people want the government to stay off their backs but still stay close enough so they can slip one hand in its pocket.

Mysterious trouble disabled the thermostat in the George and Hazel Hinds household, and the repairman said the problem was caused by some sort of vibration. That's when Hazel decided to give up jogging in the hallway on inclement days and try isometrics instead.



"Before we leap at any opportunity to criticize our children," the Rev. George Hall declared last Sunday, "we should pause for a moment to remember who raised them."

"One mystery I doubt that science will ever be able to solve," observes Lee Bayless, "is what strange process produces the growth of those tag ends of thread that sprout regularly from even the most carefully tended shirt collars and hemlines."



"Streptomycin, sulfa, penicillin, POW! Restore rosy cheeks to Mr. Perkins NOW!"

Several months ago, our neighbors initiated some friendly competition aimed at determining which family would be most successful at conserving energy this winter.

And to make it more challenging, the households involved chipped in five bucks apiece. The jackpot was to go to the family that managed to cut its winter use of gas and electricity by the largest percentage from last year.

We gathered the other evening to assess our progress. Most families had done the obvious, such as turning down the thermostat and making do with fewer lights. Some were more resourceful—they changed filters frequently and reset their water heaters to lower temperatures. One neighbor even discovered that he could actually save energy by not using the fireplace in extremely cold weather.

The efforts meant a 22-percent reduction in energy use for the family next door. The Thompsons down the block reported their energy consumption was cut by 30 percent, and we are using about 20 percent less energy than we did a year ago.

Bill and Isabel Norman tallied up even more impressive savings, though their tactics weren't exactly cricket. They had closed up the house before the holidays, turned down the thermostat, completely cleaned out their refrigerator/freezer, turned off all their appliances, and fled to Florida for a month's vacation.

A postcard from the Normans predicted that their electrical and gas bill would be cut at least 50 percent for the month. Their note even suggested that the neighborhood gang could forward the prize money to their resort if we cared to concede the energy contest.

We unanimously vetoed the suggestion, however, and promptly sent the Normans a telegram saying so—collect, of course!

However, we're still keeping a neighborly eye on the Normans' home until their return—since they even turned off their security lights.

Burton Hillis

CIRCULATION 8,000,000
February 1978 • 95¢

Better Homes and Gardens.



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FROM THE INDOOR WORLD® OF Armstrong

Bobby Woo, the 200 Millionth American ...*10 years later.*



Mr. Woo and Angie 2 and Mrs. Woo and Bobby Jr. 7 months

Meet Bobby Woo, the 200 Millionth American. His diapers are done in a Maytag.

Two weeks before Bobby arrived, Mrs. Woo got a Maytag Washer and Dryer. She was following her mother's example.

When she went to the hospital, Mrs. Robert Woo of Decatur, Georgia, never dreamed she was about to give birth to a celebrity.

Bobby caused quite a stir when he arrived at 11:30 A.M. on November 20, 1967. The census people in Washington, D.C., designated him the 200 Millionth American, and you probably read about him in the newspapers and magazines.

Two weeks before Bobby was born, Mrs. Woo bought a new Maytag Washer and Dryer. The machines have been working time ever since. Diapers, playclothes, dresses, slacks, everything for a young family . . . 10 loads a week, week after week. But Mrs. Woo isn't worried. After all, her mother's Maytags are nine years old and still going strong.

Today you can get New Generation Maytags with many new features. A washer with giant capacity and numerous cycles. A dryer with Electronic Control that's just right for permanent-press.

But one thing hasn't changed. Dependability is what we aim to build into every Maytag.



MAYTAG
THE DEPENDABILITY PEOPLE

Company, Newton, Iowa 50208



e Maytag that washed his diapers in 1967 is now ...shing his baseball uniforms, says Mrs. Woo.



Angie, 11; Bobby, 10
/ Woo; Mr. Robert Woo; Cindy, 8

Whatever became of Bobby Woo, born a celebrity on November 20, 1967, when the Census people in Washington designated him the 200 Millionth American?

Well, since appearing in the Maytag ad reproduced here, "There are many changes in Bobby's life," writes his mother, Mrs. Sally Woo, Tucker, Georgia. "He has two sisters and one brother . . . he is a fifth-grader . . . he plays Little League baseball."

But one thing hasn't changed, states Mrs. Woo. The same Maytag that did Bobby's diapers in 1967 is washing for him today. The family laundry runs about 10 loads a week now. But that washer has only had one repair in 10 hard-working years. This doesn't surprise her, says Mrs. Woo, because she knows Maytag Washers are built to last longer and need fewer repairs.

Of course, we don't say all Maytags will equal that record. But long life with few repairs is what we try to build into every Maytag Washer, Dryer, Dishwasher, and Disposer.

MAYTAG
THE DEPENDABILITY PEOPLE

How to save gas when the heat's on.

Of all the major energies, natural gas is the most efficient. That comes right from the U.S. Council on Environmental Quality.

If you use gas to heat your home, you can save even more energy by using it in the most efficient way. Just follow these conservation tips.



Turn the thermostat down.

This is the simplest and most effective step you can take. If every one of us with gas heat turns down the thermostat, the energy savings will really mount up.



Change the filter.

If you have a hot air system, check the filter and change it whenever it's clogged. This helps your gas heating system work at top efficiency. Also have the system checked each year, preferably ahead of the heating season.



Insulate the attic.

Adequate insulation in your attic floor will keep you from losing heat through the roof. It can give you gas savings of up to 30%, depending on where you live. If you haven't done this ahead of the heating season, do it now. (It will also keep your house cooler in summer.)



Make things weatherproof.

Use weatherstripping and caulking wherever it's needed. Use storm doors and storm windows on your home—they're gas-savers, too. All these gas-saving tips will help you use our country's most efficient fuel even more efficiently.

Conserve gas. AGA American Gas Association

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Take $4.00 from the regular $5.95* price of Hanes Alive® support pantyhose. And what do you get?

A darn good bargain for only $1.95. Why are we doing this? Because we believe that once you wear Alive, you'll find they look so good and make your legs feel so much better, that you'll never want to wear anything else. And that's what we're counting on.

How to get it.

We'll send you our most popular color, Barely There,® (same as in photograph) in our most popular style. Just fill in the form below and send it with check or money order for $1.95 payable to HANES HOSIERY, INC. P.O. Box 847, Rural Hall, N.C. 27045. Allow 4 to 8 weeks for delivery.

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ADDRESS _____

CITY _____ STATE _____

PHONE # _____ ZIP _____

HEIGHT Ft. _____ In _____

WEIGHT _____

H41

Please do not send cash through mail. Offer valid with use of this form only and must include zip code. Limit one per family. Duplicates voided by computer. Offer expires June 30, 1978. Void where prohibited or otherwise restricted.

* Suggested retail price



Hanes Alive Support.
Some women are more alive than others.


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because it wor
in the rinse cyc
This glass was washed with a leading automatic dishwasher detergent.
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JET-DRY
WATER SPOT PREVENTER
STOPS WATER SPOTS
JET-DRY
STOPS WATER SPOTS
This glass was washed with t
same detergent and Jet-Dry
Water Spot Preventer.
Jet-Dry works in the rinse cyc
making rinse water sheet off
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and Solid for machines withou
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months in normal use. Get Jet-D

The Ultimate Cooking Center: Microwave. Self-cleaning. Smoothtop.









Now with Vari-Cook® oven control for even greater cooking versatility.
The Litton Micromatic® double-oven microwave range, now with Vari-Cook oven control, makes it easier to bring out the best in microwave cooked foods. Simply change cooking speeds as you change foods: High, reheat, roast, simmer, warm, defrost or any speed in between. Set different speeds for different foods to bring out old-fashioned slow-cooked goodness, but at time and energy-saving microwave speeds.

Cooks four ways.
The ultimate cooking center gives you all the best ways to cook. Cook with microwave speed in the upper oven. Bake or broil in the lower conventional oven. Stir up something saucy on the smooth top. Or prepare one dish or a complete meal using both ovens for a combination of conventional browning and microwave speed.

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Save clean-up time, too. Litton Micromatics have a self-cleaning oven system that removes even the toughest baked-on stains. And a one-piece smoothtop that keeps spills from dripping away.

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Everything about the Micromatic double-oven range is designed for your convenience. Vari-Cook oven control, Micro-Timer® digital control. Automatic oven timer. Special 8-inch "quick-heat" cooktop element. One-piece smoothtop. Safe push-to-turn infinite heat controls. Black glass see-thru oven doors. And closed door smokeless broiling.

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Because at Litton, innovation means better microwave cooking. You'll find it throughout our full line of energy-saving countertop microwave ovens, combination and double-oven microwave ranges. Your Litton dealer can demonstrate how to save time and energy with all of them. For his name and address, call us right now, toll-free **(800) 328-7777.**

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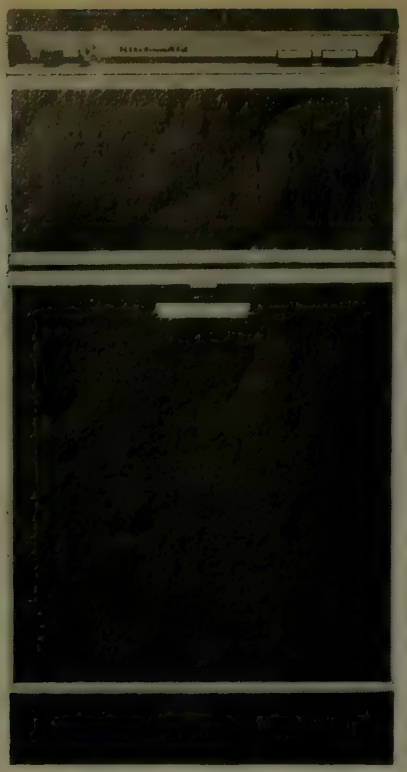
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Hobart Corporation, Troy, Ohio 45374

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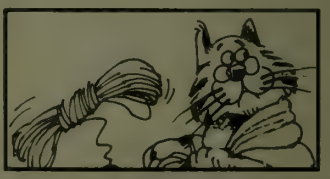
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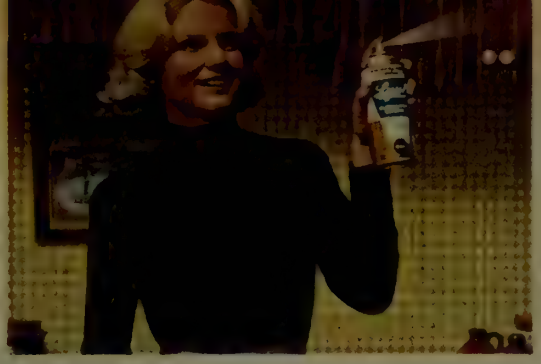
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La Choy® makes Bean Sprouts "Swing American" in

Burger Joes

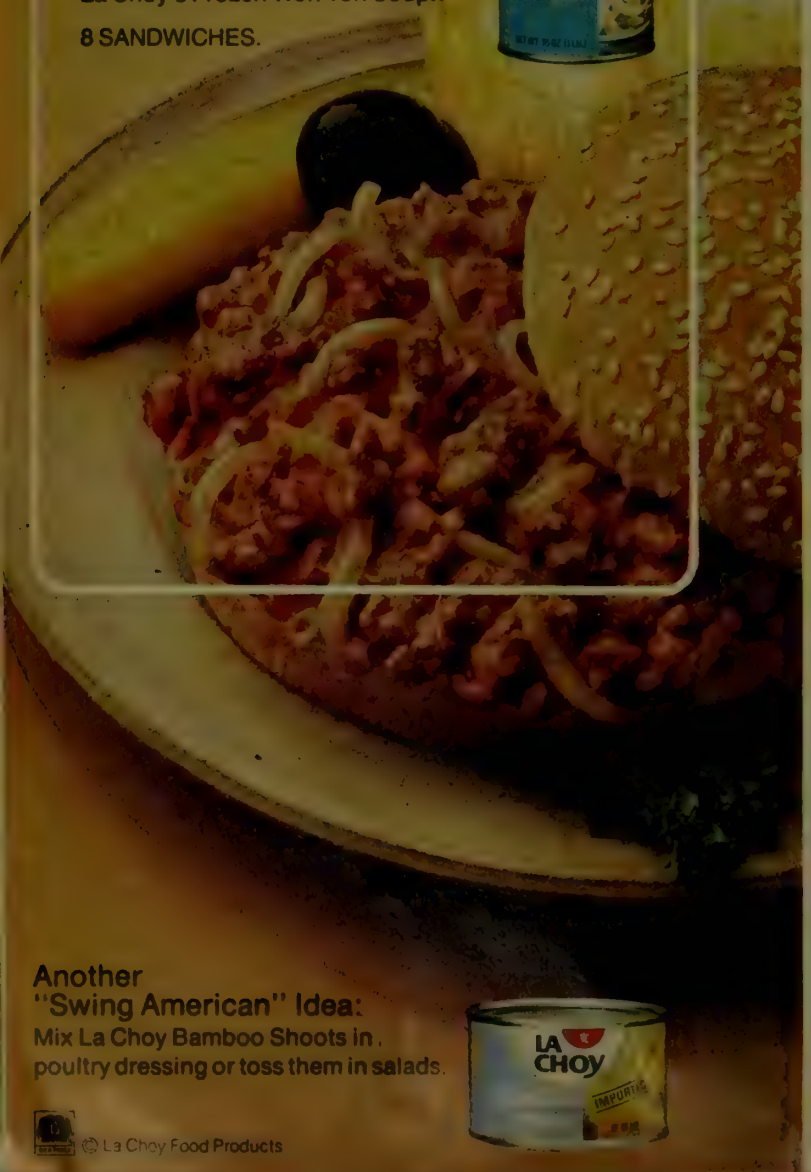
2 tablespoons butter
1 pound ground beef
¼ cup chopped onion
1 tablespoon prepared mustard
2 tablespoons tomato paste
2 tablespoons La Choy Soy Sauce
½ teaspoon garlic powder
¼ teaspoon pepper
1 teaspoon prepared horseradish
1½ cups (one 16-oz. can) La Choy Bean Sprouts, rinsed, drained
½ cup dairy sour cream
8 hamburger buns, toasted, buttered

Melt butter in skillet; add beef and onion, cooking until meat is browned. Stir in mustard, tomato paste, soy sauce, garlic powder, pepper, horseradish and bean sprouts. Simmer, stirring occasionally, 10 minutes. Remove from heat; stir in sour cream. Spoon on buns.

For a great soup and sandwich combination, serve Burger Joes with La Choy's Frozen Won Ton Soup.

8 SANDWICHES.





Another "Swing American" Idea:
Mix La Choy Bamboo Shoots in poultry dressing or toss them in salads.

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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES
FEBRUARY, 1978; VOL. 56, NO. 2

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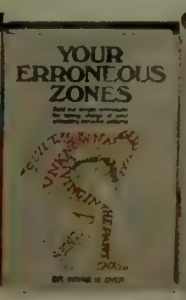
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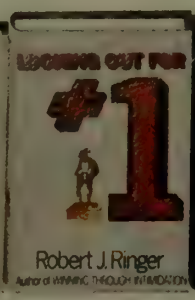
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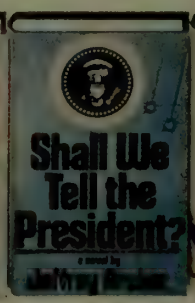
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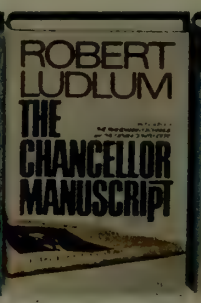
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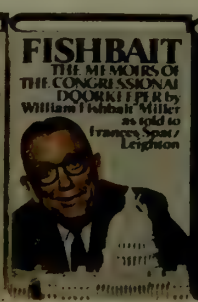
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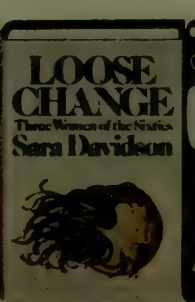
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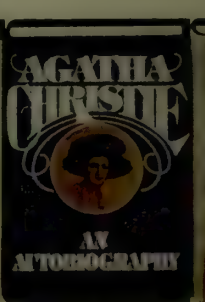
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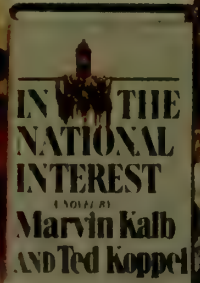
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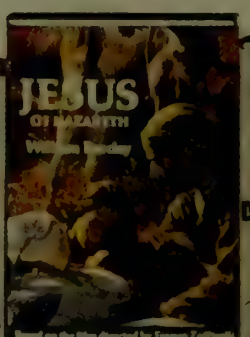
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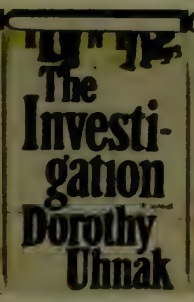
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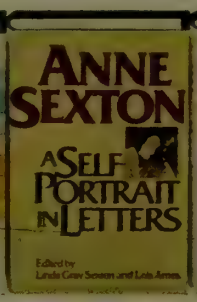
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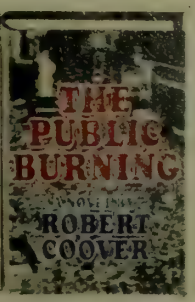
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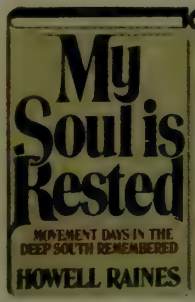
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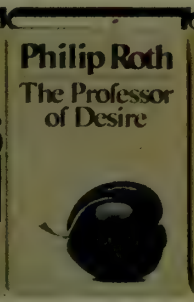
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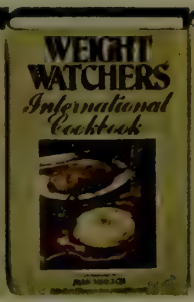
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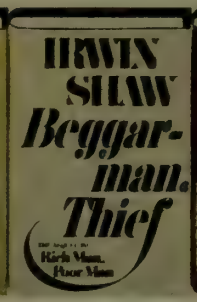
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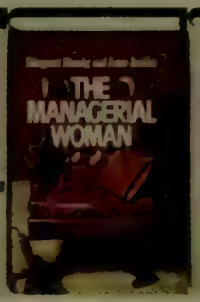
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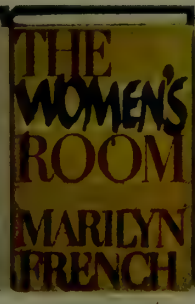
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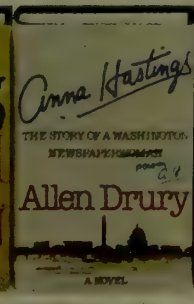
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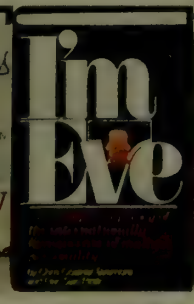
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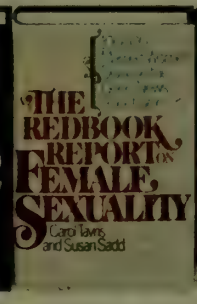
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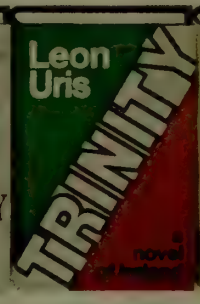
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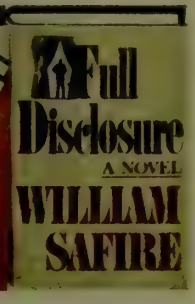
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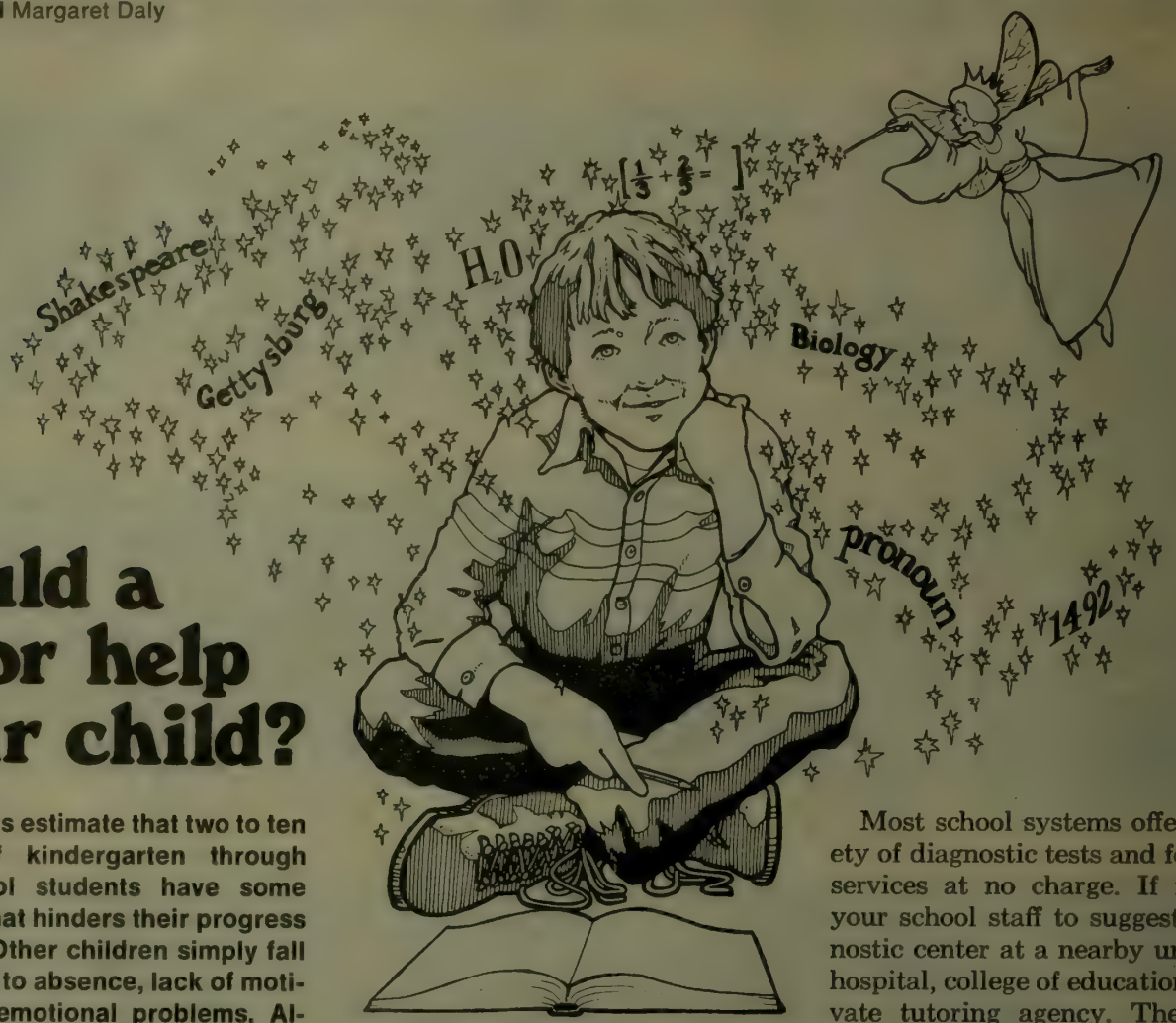
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Could a tutor help your child?

Educators estimate that two to ten percent of kindergarten through high school students have some disability that hinders their progress in school. Other children simply fall behind due to absence, lack of motivation, or emotional problems. Although tutoring cannot solve all learning problems, it can often help build learning skills and overcome minor problems before they become severe. Here are some points to consider before you hire a tutor for your child.

Is a tutor necessary?

If you discover your child is having trouble in school, your first step should be to determine what is causing the problem. Problems in school can be the result of something as simple as time lost because of illness, or as complicated as a neurological or emotional disorder.

Seek the opinion of your child's teacher and principal. Do they think your child needs extra help? Is tutoring the answer to the problem?

Remember, academic achievement is affected by vision, hearing, memory, and motivation, as well as by general intelligence. Thus, a "slow learner" simply may not be able to hear the teacher's instructions. Another student may have excellent vision and hearing but not be mature enough to grasp the concepts of sequence or cause and effect. A third student may refuse to participate in class because of an emotional problem. Each student needs a different kind of help.

For example, if your child is having trouble with reading, don't rush out and hire the same Mrs. Smith who helped your neighbor's kids practice spelling. Your youngster may have a visual handicap that hinders perceiving and remembering letters. If so, Mrs. Smith's simple spelling drill would only make the child repeat the same mistakes made in school, thus reinforcing his sense of failure.

An early diagnosis is crucial. If a child's learning disability is recognized in the first year of school, the problem can be dealt with before repeated frustration and failure take their toll. Even what appears to be a simple vision or hearing problem can lead to more complicated emotional problems later if the child is not able to keep up with the other members of his class.

Most school systems offer a variety of diagnostic tests and follow-up services at no charge. If not, ask your school staff to suggest a diagnostic center at a nearby university hospital, college of education, or private tutoring agency. These tests can help you determine your child's strengths as well as weaknesses. If the results of these tests and your discussion with your child's teachers make you think a tutor would be helpful, select the tutor as carefully as you would your child's doctor. Tutoring should always be tailored to a child's needs and abilities.

Where do you find a tutor?

First find out what kinds of special services are offered in your school district; you may need to look no further. But if your schools don't offer such services, you may have to turn to a private tutor.

Volunteer tutors often work for no charge or a minimal fee through the schools or organizations such as churches, community cultural centers, and city volunteer bureaus. These tutors range in age from young students to senior citizens. Some school districts use cross-age tutoring (older students tutoring younger students) or peer tutoring

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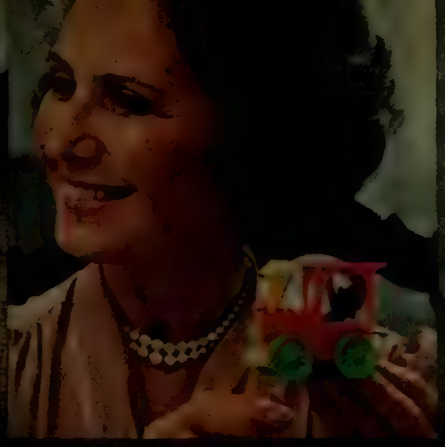
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Brian had a
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rthday party.



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got a kick out of
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Pall Mall Extra Mild . . 7 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

continued

Could a tutor help your child?

(students who tutor other students of the same age) as well as community volunteers. Both student and community volunteers have proved effective, particularly when the problem is one of motivation or mastery of simple skills. Good volunteer programs include training and supervision by professional educators.

Private tutors who work on a fee basis are also available in most communities. Check with your child's teacher or the school administration office for a listing of qualified tutors. Often these are retired or substitute teachers who are familiar with the curriculum at your child's school. You might also check with other parents, a local college, or your pediatrician for references.

What do you look for?

Consider these factors in choosing a tutor:

- **Credentials.** Does the tutor have the background to help your child with his particular problem? "It's not enough just to find some nice high school student, unless it's for simple catch-up work," says a school psychologist. "If the problem is more than just falling behind, parents should look for somebody who knows how to work with visual or auditory problems."

Ask specifically about the tutor's college training and teaching experience. Find out whether he or she has worked with children individually as well as in the classroom.

Teacher certification does not necessarily mean that a particular tutor is right for your child. For example, a high school English teacher may never have taught beginning reading concepts. Ideally, the tutor should have experience in teaching the subject to children of your youngster's age. Special training in learning disabilities can be helpful, too. Some states offer separate teaching credentials in special education.

- **Personality.** The relationship between student and tutor must be positive and relaxed. Does the tutor

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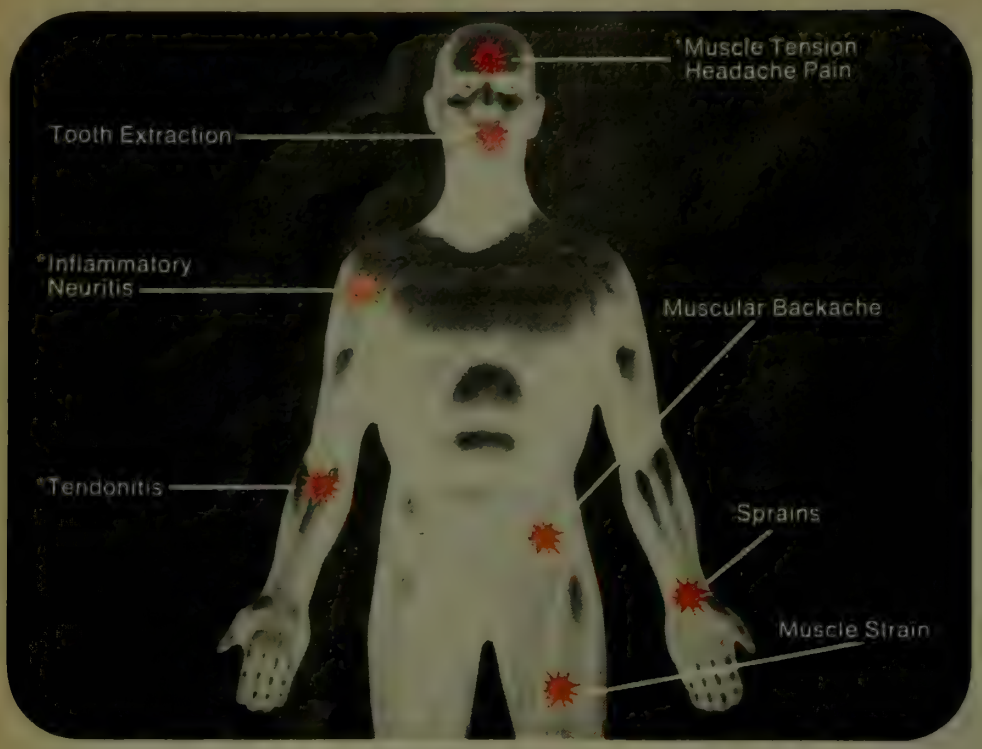


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continued

Could a tutor help your child?

enjoy working with your child's age level? What is the tutor's attitude toward failure in school?

You might observe part of a teaching session involving your child or another student. Does the tutor seem to have a genuine interest in learning? The tutor's attitude—positive or negative—will be communicated to the student.

Don't rely on a phone call to set up the tutoring sessions. Visit the tutor in person first, and look over the room where the sessions will take place. Will your child feel comfortable there?

● **Methods.** Ask whether the tutor is familiar with the curriculum used in your child's classes. Will the tutor reinforce concepts your child learns in school? "The tutor and student should not isolate themselves in a vacuum," cautions a school psychologist. Insist that the tutor meet with your child's teacher before working with the youngster. "It's very important for the teacher to know what the tutor is trying to accomplish and vice versa. They can use different materials but must work on the same concepts."

● **Materials.** What materials does the tutor have on hand? If the student is motivated and just needs practice, paper and pencil or a blackboard may be adequate. But the tutor may need to use a variety of materials and games to stimulate a child who has real difficulty in concentrating or comprehending.

● **Evaluation.** Will you receive a periodic report of your child's progress? How does the tutor plan to determine that your youngster has mastered the skills required? What will the specific goals be (both short and long range) for your child?

How much will it cost?

Tutoring services through the schools or other public agencies are usually free or available on a sliding scale adjusted to the parent's income. Private tutors charge from $5 to $20 for a one-hour session.

Tutors say charges are based on their professional qualifications, overhead costs for facilities and materials, and whether or not the tutor must travel to the student's home. Be sure you have a breakdown of costs before the tutoring begins.

Parent conferences with the tutor may add to the expense. Check whether you'll be charged for a session your child misses when you don't notify the tutor in advance.

Some tutors offer small group sessions for one to four children at a lower rate. Other tutors may suggest combining individual and group instruction. Ask your student's teacher or counselor what approach they think would be best for the child.

Don't be afraid to shop around—but don't let cost be the only criterion. Cost isn't a reliable indicator of a tutor's experience or personality, and they're the important factors in your child's progress. Two $6 sessions with a tutor who makes your child feel comfortable will probably be worth more than one $15 session with an expert your child dislikes.

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Could a tutor help your child?

What makes tutoring work?

Results vary with each student's needs, but you can expect tutoring sessions to improve your child's self-confidence and interest in learning. Remember, your child's progress will probably be measured in small steps, not great leaps.

Educators point out several keys to effective tutoring:

● **The experience of success.** Failure in school can be devastating. When a student has a history of defeats, rebuilding self-confidence often is the first step to academic progress. A tutoring program should be designed to help the child progress through levels of success rather than through levels of failure. Experiencing some success—perhaps for the first time in years—will encourage the student to try something challenging and new. Praise and encouragement help a lot.

● **Individual attention.** Tutoring sessions, whether one-to-one or small group, should be geared to the needs and interests of individual students. A tutor has the freedom to introduce a variety of methods and materials while attempting to find the right combination for particular stages in your child's development. When one approach doesn't succeed, the tutor should try another.

Tutoring often works because there is constant exchange between the student and the teacher, something that is not readily available in the classroom where there are many students. Working closely with a student, the tutor may discover problems a classroom teacher didn't detect. For example, the tutor may pick up a hearing loss or subtle gaps in perception that hamper the child's comprehension.

Similarly, tutors have found that some students fall behind simply because they are disorganized. One student improved remarkably after working with a tutor who helped him organize his notebook and keep a written record of assignments, checking them off when completed.

Your child's tutor should be able to relate schoolwork to the student's private world. For instance, a tutor for a teen-ager may discover the real secret is to relate school subjects to the student's new interest in cars, astronomy, or medicine.

● **Continuity.** Regular sessions with the tutor seem to build the student's confidence and sense of responsibility. If times and locations are changed too frequently, the student may feel the tutor is not seriously interested. The student probably won't be interested either.

Tutors report that two shorter sessions per week are often more effective than one longer session per week. Two sessions a week can provide reinforcement, resulting in better retention of what is learned.

● **Definite goals.** Parents, student, and tutor should all have similar expectations about tutoring sessions. Anxiety can be reduced if the student knows in advance what will happen in the sessions and can see progress as the weeks go by. Charts or logs kept by the student or the tutor are often helpful, and they serve as a valuable reference for parents and teachers.

Early in the tutoring process, a plan of study should be developed (perhaps at a conference including parent, teacher, tutor, and student, if the child is old enough to participate). Make the plan more specific than just "help with math." The plan should include identification of skills, what steps the tutor will use to develop them, and how the student's progress will be evaluated.

How can parents help?

Your child is more likely to benefit from tutoring if you show interest without too much pressure. Often parents or older brothers and sisters can help a child practice new skills at home. The atmosphere should be relaxed and informal. If the sessions become filled with nagging and tension, it's better to stop.

If the tutoring takes place in your home, provide a quiet, private place for the sessions. Avoid the temptation to eavesdrop or otherwise make your presence felt during the tutoring. You can find out how it's going by coming in at the end of the session and visiting with the tutor.

If you take the student to a tutor, be regular and on time. Let the child know you think going to the sessions is an important responsibility.

Don't expect tutoring to provide an immediate cure. If the tutor starts working with your child six weeks before the final report card, that will be too late to correct a problem that has been developing for several months or years. Beginning the tutoring sessions in the summer before the next school year will let your youngster get a head start without the pressure of school activities.

Some tutoring sessions begin after the first report card in the fall. This allows enough time for the student to adjust to the new routine.

Knowing when to end tutoring sessions can be as important as knowing when to start them. Most tutoring sessions end with natural breaks in the school calendar—at the end of a semester, for instance. But there are other times to discontinue tutoring sessions.

For example, if the sessions seem to arouse more anxiety than interest in the child, it's time to stop. It's also time to stop or phase out the session if the student becomes too dependent on the tutor. This can usually be avoided by insisting that the student be responsible for some tasks on his own.

Whatever the reason for discontinuing tutoring sessions, it's a good idea to leave the door open at the last session by letting the child know additional help will be available again if needed.

The plan of study you developed at the beginning of the sessions is also a guide to knowing when to stop. Has the child mastered the skills you specified? Does the student have the momentum to make further improvement on his own? Before you decide to discontinue the tutoring sessions, be sure to get the teacher's opinion of your child's classroom work. Your youngster may be doing very well on a one-to-one basis with the tutor but still have trouble keeping up with a group. Check again with a counselor or teacher to see whether the tutoring needs to be ended or just adapted to your child's changing needs. ■

(Produced in cooperation with Ann Conner.)

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'Enriched Flavor'™ cigarette attracting large numbers of high tar smokers.

Low tar MERIT continues to gain momentum with hard-to-please smokers of higher tar cigarettes.

The reason:

After 12 years of research with tobacco, scientists were able to isolate certain flavor-rich ingredients that deliver taste way out of proportion to tar.

The result: 'Enriched Flavor' tobacco. Perhaps the first major breakthrough in cigarette smoking in 20 years.

The most extensive taste-testing ever conducted proved it.

And now smokers are verifying it. 75% of all MERIT smokers are former high tar cigarette smokers—the toughest taste critics of low tar smoking!



LOW TAR-'ENRICHED FLAVOR'

"Merit cigarettes have converted me from a confirmed high tar cigarette smoker to a low tar smoker."

—Mr. Robin Katz
New York, New York

"It is truly a joy to have found a low tar cigarette that tastes good too."

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Only one cigarette has 'Enriched Flavor' tobacco.

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's



lighting—Lightolier Inc. (address above).
Page 53 (top): Platform bed, storage chests with light bridges, slipper chair and ottoman "Keepers II"—Founders Furniture Ind. (address above). Bedspread "Gilly Foo"—David & Dash Inc., Rian Taggart Assoc., Architects Building, Philadelphia, Pa. 19103. Carpet "Dreamspun"—Armstrong Cork Co. (address above). Bamboo wall covering—Norton Blumenthal Inc., 979 Third Ave., N.Y., N.Y. 10022. Window blinds—Levolor-Lorentzen, Inc. (address above). Parsons table desk—Argo Furniture Co., Inc., 210 Beech St., Reading, Pa. 19601. Arc lamp—Joe Head, Inc., 41 Madison Avenue, N.Y., N.Y. 10010. (Bottom): Carpet "Lattice Weave"—Armstrong Cork Co. (address above). Parsons table on casters—Argo Furniture Co., Inc. (address above). Fabrics on cushions "Able"—David and Dash, Inc (address above). Storage cart "Boby"—Intergraph Ltd., 979 Third Ave., N.Y., N.Y. 10022.

HOW TO MIX WITHOUT MESSING UP
Page 108 and 109: Rattan chair—Pier I Imports. 2520 West Freeway, Fort Worth, Tex. 76102. Coffee table—Drexel Heritage Furniture Co., Drexel, N.C. 28619. All fabrics of Fortrel fiber "Update" collection—Riverdale Fabrics, 295 Fifth Ave., N.Y., N.Y. 10016. Table lamp—Joe Head, Inc., 41 Madison Ave., N.Y., N.Y. 10010. Rug—Pier I Imports (address above). Floor lamp—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322. Table in foreground—Burris Industries, Lincoln-

signs Ltd., Mt. Kisco, N.Y. 10549.
Page 115 (top left): Bone china plate "Palace Court," goblets "Dimension" and "Espresso Brown"—Lenox Inc., Prince & Meade Sts., Trenton, N.J. 08605. Soup bowl, liner, and coffee server "Urbino"—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873. Sterling "Sovereign"—Gorham (address above). China handled spoon "Grill" Rosenthal USA Ltd., 411 E. 76th St., N.Y., N.Y. 10021. Linens—Bob Van Allen, Fallani & Cohn Inc., 14 E. 38th St., N.Y., N.Y. 10016. (Top right): Salad plate, sugar bowl "Kingswood"—Doulton, 400 Paterson Plank Rd., Carlstadt, N.J. 07072. Dinner plate "Foulard"—Fitz & Floyd, 1371 Round Table, Dallas, Tex. 75247. Stainless "Classic Baroque"—Towle Silversmiths, 260 Merrimac St., Newburyport, Mass. 01950. Stemware "Serenity"—Fostoria Glass Co., 1200 First St., Moundsville, W. Va. 26041. Napkin, butterfly napkin ring—Sigma Mkting Co. (address above). Green napkin—Linens by Vera, Inc., 417 Fifth Ave., N.Y., N.Y. 10016. Heart-shaped boxes—Rubel & Co., 225 Fifth Ave., N.Y., N.Y. 10010.
Page 151: Dinner plate "Touch of Blue" My China—Denby Ltd., 41 Madison Ave., N.Y., N.Y. 10010. Blue enamelware—Jacaman Gift Co., Inc., 1212 San Eduardo Ave., Laredo, Tex. 78040. Stainless flatware "Stratford"—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. Napkin "Boquet"—Audrey, 1201 Round Table Dr., Dallas, Tex. 75247. Place mat—Pier I Imports, 2520 West Freeway, Fort Worth, Tex. 76102. Teapot, cups—Fitz & Floyd (address above). Goblet "Country Craft"—Viking Glass Co., 802 Parkway, Martinsville, W. Va. 26155.

FINISH YOUR ATTIC
Page 116 (bottom): Lighting—Lightolier, Inc. 346 Claremont Ave., Jersey City, N.J. 07305. TV—Zenith Radio Corp., 1900 N. Austin Ave., Chicago, Ill. 60639. Sofa cushion fabric—Martex Div., West Point Pepperell, 1221 Ave. of the Americas, N.Y., N.Y. 10020. Canvas chairs—Storehouse, 2737 Apple Valley Rd., Atlanta, Ga. 30319.
Page 117 (bottom): Fixtures—American Standard, 40 W. 40th. N.Y., N.Y. 10018. Lighting strip and can light—Lightolier, Inc. (address above). Window—Andersen Corp., Bayport, Minn. 55003. Wall covering—Java by China Seas, 149 E. 72nd St., N.Y., N.Y. 10021. Plastic laminate—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.
Page 118 (top): Chairs—Claude Bunyard Designs, 10 Thacher St., Boston, Mass. 02187.

COOKING WITH FRESH HERBS
Page 126 (middle): Glasses—Wheaton-Nuline, Wheaton Glass Co., Inc., Millville, N.J. 08332.
Page 127 (top): Metalware bowl—The Country Ware, 4004 New Court Road, Syracuse, N.Y. 13206. (Center): Glass tray—Crate & Barrel, 1510 North Wells St., Chicago, Ill. 60610. (Bottom): Metalware platter—The Country Ware (address above).

PRIZE TESTED RECIPES
Page 137 (left): Bread and butter plate—Trans-Ocean-Bridge, Inc., P.O. Box 386, Reston, Va. 22090. Wicker basket—F. O. Merz & Co., 100-116 N. 63rd St., Philadelphia, Pa. 19139. (Right): Tray—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y., 10549. Casserole—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010.
Page 138 (center right): Glasses—J. C. Durand International, Wade Blvd., Millville, N.J. 08332. (Right): Plate—Denby (address above).

SHOPPING

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

AN OPEN-PLAN HOUSE WE KNOW YOU'LL LIKE
Page 50 (top): Exterior—American Plywood Assoc., 1119 A St., Tacoma, Wash. 98401. (Bottom): Macrame hammock—Weigle's Web, 302 N. Front St., Wormleysburg, Pa. 17043. Canvas chairs—Gold Medal Co., 1700 Packard Ave., Dept. 300, Racine, Wis. 53403.
Page 51: Modular seating "Naturally Yours"—Founders Furniture Ind., P.O. Box 1148, Hickory, N.C. 28601. Cocktail table—Raymor Richards, Morganthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07654. Workbench—Garrett Wade Co., 302 Fifth Ave., N.Y., N.Y. 10001. Triangular graphics (on fireplace)—Greg Copeland, 115 New Dutch Lane, Fairfield, N.J. 07006. Fabric on movable panels—Fabrications, Inc., Scandinavian Cottons, 10 Manor Avenue, Millersville, Pa. 17551.
Page 52 (top left): Window blinds—Levolor-Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030. Track lighting—Progress/L.C.A., Box 12701, Philadelpha, Pa. 19134. Wine bottle picture—Photography by Carl Shuman, 142 S. Broad St., Lititz, Pa. 17543. Wallpaper "Cane"—Vicrtex Sales Division, L. E. Carpenter Inc., 880 Third Ave., N.Y., N.Y. 10022. Floor covering "Coronelle-Quarry Tile"—Armstrong Cork Co., Liberty & Charlotte St., Lancaster, Pa. 17604. Area rug "Dreamspun"—Armstrong Cork Co. (address above). Macrame—Made by Interlude Co. for Armstrong Cork Co. (Top right): Appliances—General Electric Co., Louisville, Ky. 40225. Track lighting (over sink)—Lightolier, Inc., 2101 Center Ave., Reading, Pa. 19603. Globe light fixture—Progress/L.C.A. Corp. (address above). Canisters, mugs, teapot—Sigma Marketing Systems, Inc., 615 South St., Garden City, N.Y. 11530. Ceramic tile "Tuscany"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, Pa. 19446. Kitchen cabinets—Wood-Metal Industries Inc., Kreamer, Snyder County, Pa. 17833. Laminate—Textolite, 1350 South Second St., Coshocton, Ohio 43812. Dining chairs and glass-top table—Thomasville Furniture Ind., P.O. Box 339, Thomasville, N.C. 27360. (Bottom): Seating pieces and ottoman—Founders Furniture Ind. (address above). Bamboo chair, bamboo nesting table—Thomasville Furniture Ind. (address above). Carpet "Dreamspun"—Armstrong Cork Co. (address above). Aquarium—Raymor Richards, Morganthau, 734 Grand Ave., Ridgefield, N.J. 07657. Mini track



ton, N.C. 28092. Paint (custom mix)—Martin-Senour Co., Box 6939 Cleveland, Ohio 44101.
Page 110: Sofa upholstery and draperies—Brunschwig & Fils, Inc., 979 Third Ave., N.Y., N.Y. 10022. Plaid fabric on chairs—& Vice Versa, 979 Third Ave., N.Y., N.Y. 10022. Carpet—Century Carpet Mills, 13155 Railroad St., City of Industry, Calif. 91746.
Page 112 and 113: Sleep sofa—Simmons Co., One Park Ave., N.Y., N.Y. 10016. Bar/bookcase—Baker Furniture Co., 10 Milling Rd., Holland, Mich. 49423. Floor lamp—Akari by H. E. Lauffer Co., Inc., Belmont Dr., Somerset, N.J. 08873.

HOW TO MIX DINNERWARE
Page 114-115: Patterned china "Egyption Palm"—Block China Corp., 11 E. 26 St., N.Y., N.Y. 10010. Brown stoneware "Copper Mountain"—Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094. Pewter goblets—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Glass plate (under wine carafe) "Old Sturbridge Village," goblets "Ribbed Palm"—Imperial Glass Corp., Bellaire, Ohio 43906. Stainless flatware "Act II"—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. Pearl-handled knives—Sigma Marketing Systems, Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Metal shelis—Wilton Brass Co., Columbia, Pa. 17512. Place mats, napkins "Chevron" and "Bulls Eye"—A. Scott Corp., 1202 N. Main St., Ann Arbor, Mich. 48104. Wine carafe—Corning Glass Works, Corning, N.Y. 14830. Candle holders—Dansk International De-



Concept House builders list

The first of three Concept Houses, cosponsored by Better Homes and Gardens® and the Armstrong Cork Company, appears on page 50.

The following builders are duplicating one or more of the three houses and invite you to visit them.

COLORADO
Grand Junction
Centre Construction Co.—Village Nine
FLORIDA
Orange Park
Toney Homes—Oak Hollow
NORTH CAROLINA
Fayetteville
United Realty —Hillendale West
NORTH DAKOTA
Bismarck
Carlson Homes—Prairie Hills
Dickinson
Carlson Homes—New Haven
PENNSYLVANIA
Lancaster
Evans Construction—Mill Mar and Centerville Heights
VIRGINIA
Reston
Gulf Reston, Inc./Katz—Upper Lakes Drive

In addtiion, this group of builders has incorporated the interior ideas and concepts of these houses into their own designs. These Concept Program builders are:

CALIFORNIA
Alta Loma and Cucamonga
Lesny Development Co.—Shadow Peak
Riverside
Republic Development Co.—Mockingbird Canyon
Vacaville
Lewis Homes—Grammercy Park
COLORADO
Westminster
Pinecrest Homes—Cotton Creek
FLORIDA
Longwood
Hunters Point, Inc.—Hunters Point
ILLINOIS
Schaumburg
Levitt Homes, Inc.—Sheffield Ridge
NEBRASKA
Omaha
Pacesetter Homes, Inc.—Millard Highlands South
NEW JERSEY
Howell
U.S. Home Corp. of N.J.—Candlewood
Manchester Township
Investors Development Corp.—Holly Oaks
NORTH CAROLINA
Chapel Hill
Fitch Creations, Inc.—Fearington
OHIO
Columbus
M/I Homes—Woodside Green
PENNSYLVANIA
Grove City
Cornelius Sales and Construction, Inc.—Glenwood Acres
TEXAS
Dallas
Centennial Homes, Inc.—Camelot
Houston
Ryland Homes—Atascocita Trails, Fairwood, Sterling Knoll, Autumn Run, Timber Lane ■



TODAY, DESSERT SHOULD BE THRILLING WITHOUT BEING FILLING.



GENERAL FOODS

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It's not easy being a great dessert these days. You not only have to be delicious in the mouth. You've got to be light in the tummy (seems people don't like feeling stuffed anymore). No wonder you see Jell-O® Gelatin at dessert time so often these days. What else can you think of that tastes so good and yet is oh, so light. If you love delicious desserts, but hate feeling stuffed, let Jell-O® Gelatin light your way.

Rainbow Ribbons
2 packages (3 oz.) JELL-O® Gelatin, any 2 flavors
Boiling water
Ice cubes

Dissolve 1 package gelatin in 1 cup boiling water. Add 2 cups ice cubes; stir until slightly thickened, about 3-5 minutes. Remove unmelted ice. Measure 1⅓ cups; divide into 8 dessert glasses. Whip remaining gelatin until fluffy and thick. Spoon over clear gelatin and refrigerate. Prepare second flavor gelatin as directed for first flavor. Spoon clear, then whipped gelatin over first two layers. Chill to set, 1 hour. Makes 8 servings. Suggested Gelatin Flavors: orange and lemon or lime, strawberry, or lemon and lime.



Jell-O® is thrilling but not filling.
BRAND GELATIN

IF YOU WANT TO CARR

IT'S MORE FUN T

THE 1978 VW BUS.

If you've let the size of your family drive you into a car you can't afford. Or, if you've been squeezing the fun out of your family in a car that fits your budget and nothing else, you've missed the Bus. The 1978 Volkswagen Bus.

ROOM AND COMFORT.

The '78 Bus gives everyone in your family the elbow room they need to relax in comfort. In fact, it gives you up to 14 elbows room. With still enough room left for your luggage, dog, or just about anything you want to get away with.

The Bus gives you 70% more room inside than most full-sized domestic station wagons. And practically as much room as a van.

So when you want to uncramp your family's style nothing compares to the Bus for room and comfort.

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The Bus' rear hatch and big slid ing door mean you can use your Bu like no other vehicle.

One minute you're carrying th Little League team. And the nex you're doing some really big leagu hauling.

Yet because the Volkswagen Bu is shorter than most cars, it's parl able in spaces that regular statio wagons have to pass up.



E MOST FOR THE LEAST,*

TAKE THE BUS.

ECONOMY.

he '78 VW Bus costs only a little e to buy than the average estic sedan and less than most station wagons. And to run, it's in front by miles. The electronic -injected 2 liter engine is not powerful and responsive, it's a fuel-saver. It helps the Bus ver an estimated 25 mpg on the hway, 17 in the city with stand- transmission in the 1978 EPA* tests. (Of course your actual mileage may vary depending on where and how you drive, the condition of your Bus and optional equipment such as an automatic transmission.)

DRIVEABILITY.

Your '78 Bus has full independent suspension on all four wheels and radial tires to give you a smooth ride down the roughest street. It has 10 inch power assisted disc brakes for quick short stops. For excellent road handling and fun driving nothing beats the '78 VW Bus.

So if you want to fit your family into something a little bit more comfortable, bring them to your Volkswagen dealer now. You'll find that the 1978 Volkswagen Bus not only fits comfortably around your big family, it also fits comfortably around your wallet.

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*More than any other station wagon in the world



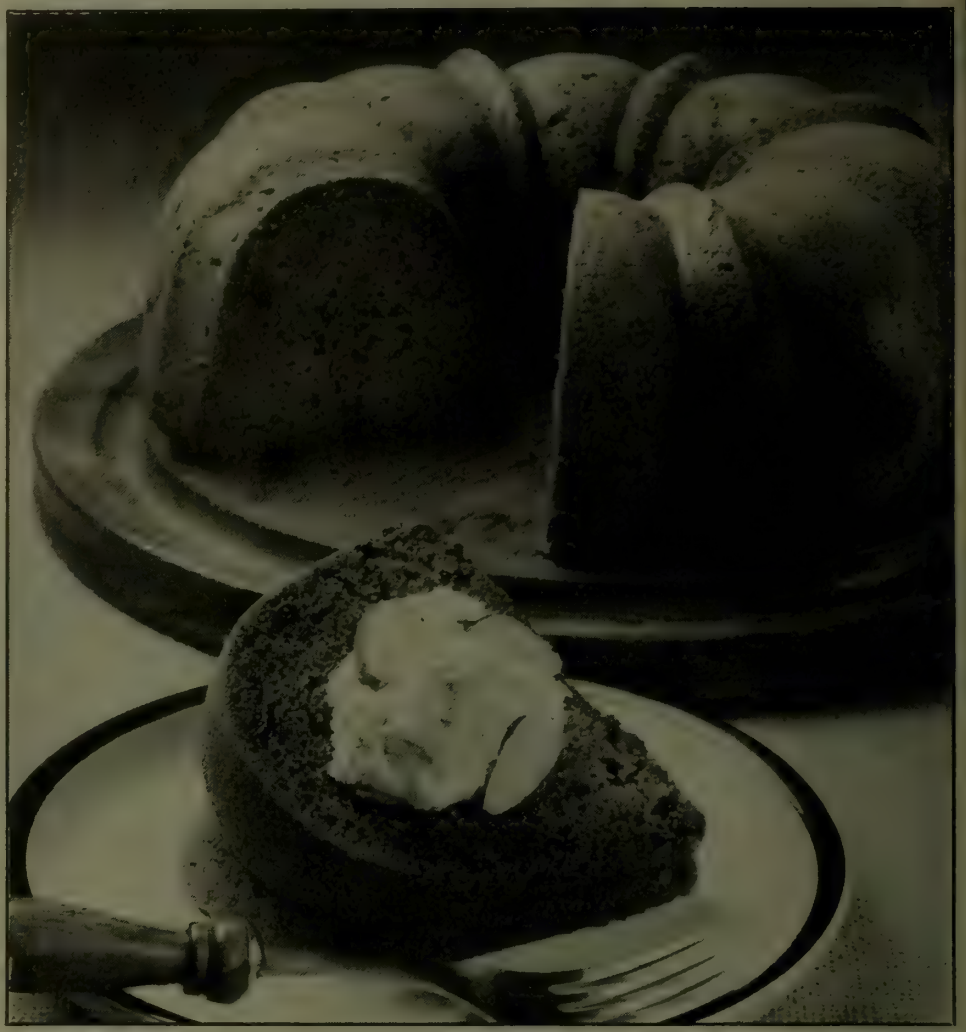
HE COOKS

POPPY SEED CAKE

Art Spelling feels "right at home" in his Madison, Indiana, kitchen because he designed and built it himself. He's a designer/sculptor by profession, and his creativity spills over into his cooking. In his college days Art cooked for "self-sufficiency and survival" but now he cooks for fun. "I enjoy making recipes I can ad-lib on," he says.

Art baked his first cake as a surprise for his wife's birthday. "I used several of her recipes as guidelines, then added lots of poppy seeds." His concoction incorporated whole wheat flour, honey, sesame seed, banana, and raisins, too.

Poppy Seed Cake is both a family favorite and a company specialty. Art tops each slice with fluffy cream cheese and serves hot tea or coffee along with the cake.



Photograph: Dieter

POPPY SEED CAKE

Another time, try lemon sauce in place of the cream cheese topper—

1½ cups honey
¾ cup butter *or* margarine
1 teaspoon vanilla
4 eggs
1½ cups all-purpose flour
1½ cups whole wheat flour
⅓ cup poppy seeds (about 1½ ounces)
2½ teaspoons baking soda
½ teaspoon salt
½ cup buttermilk *or* sour milk
1 medium banana, mashed (⅓ cup)
½ cup raisins

• • •

¼ cup honey
1 3-ounce package cream cheese, softened
2 tablespoons butter *or* margarine
1 teaspoon vanilla
1 cup nonfat dry milk powder
Toasted sliced almonds

In large mixer bowl thoroughly beat together the 1½ cups honey, the ¾ cup butter or margarine, and the 1 teaspoon vanilla till light and fluffy. Add eggs, one at a time, beating the mixture well after each egg is added. Thoroughly stir together the all-purpose flour, whole wheat flour, poppy seed, baking soda, and salt. Combine buttermilk and mashed banana. Alternately add dry ingredients and buttermilk mixture, beating well after each addition. Stir in raisins. Turn into greased and floured 10-inch fluted tube pan, spreading batter evenly. Bake in 350° oven for 50 to 55 minutes or till cake tests done. Cool cake in pan 10 minutes; invert onto wire rack. Cool cake completely.

For cream cheese topper: In small mixing bowl combine the ¼ cup honey, the softened cream cheese, the 2 tablespoons butter or margarine, and the remaining 1 teaspoon vanilla; beat till mixture is fluffy. Add dry milk powder and beat well. To serve, slice cake; spoon a dollop of cream cheese topping and garnish with toasted sliced almonds on each slice. ■

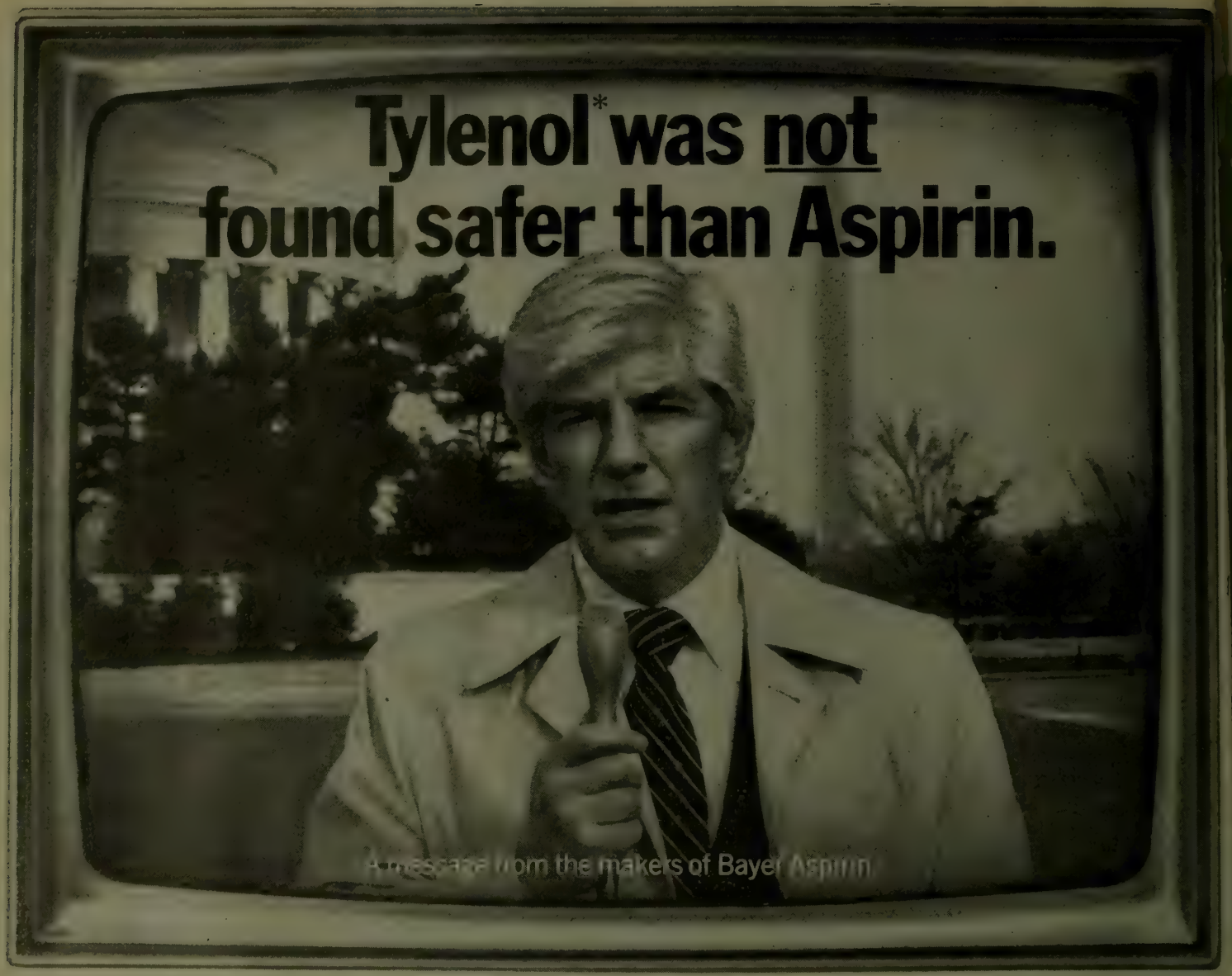
WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.



Of course you can live without Chivas Regal. The question is, how well?

CHIVAS REGAL • 12 YEARS OLD WORLDWIDE • BLENDED SCOTCH WHISKY • 86 PROOF • GENERAL WINE & SPIRITS CO., NEW YORK, N.Y.



Here's what's behind the story you saw on TV.

There's more to the recent report on pain relievers than could be told in a brief 30-second TV message.

In Washington, the Food and Drug Administration issued a news release on the report of a panel of medical experts. The experts were appointed by the U.S. Government agency to study non-prescription pain relievers.

Tylenol was *not* found safer than aspirin, the Food and Drug Administration news release indicated.

Concerning acetaminophen, the active ingredient in Tylenol products, the release reported "the experts found no basis for claims that this ingredient is safer than aspirin and urged labeling to warn against the danger of liver damage from overdoses."

The following warning for all acetaminophen products, including Tylenol, was recommended by the experts:

"Do not exceed recommended dosage because severe liver damage may occur."

And so—no matter what impression the public might have gotten from Tylenol advertising—Tylenol was *not* found to be safer than aspirin.

Aspirin, in fact, has given the medical profession over 78 years of excellent experience. In the conclusions of the AMA Drug Evaluations, aspirin continues to be the "drug of choice." Aspirin! Not Tylenol!

No wonder doctors recommend aspirin 2 to 1 over any other pain reliever.

Bayer Aspirin. It has relieved more pain than any medication in history.

BAYER®
ASPIRIN

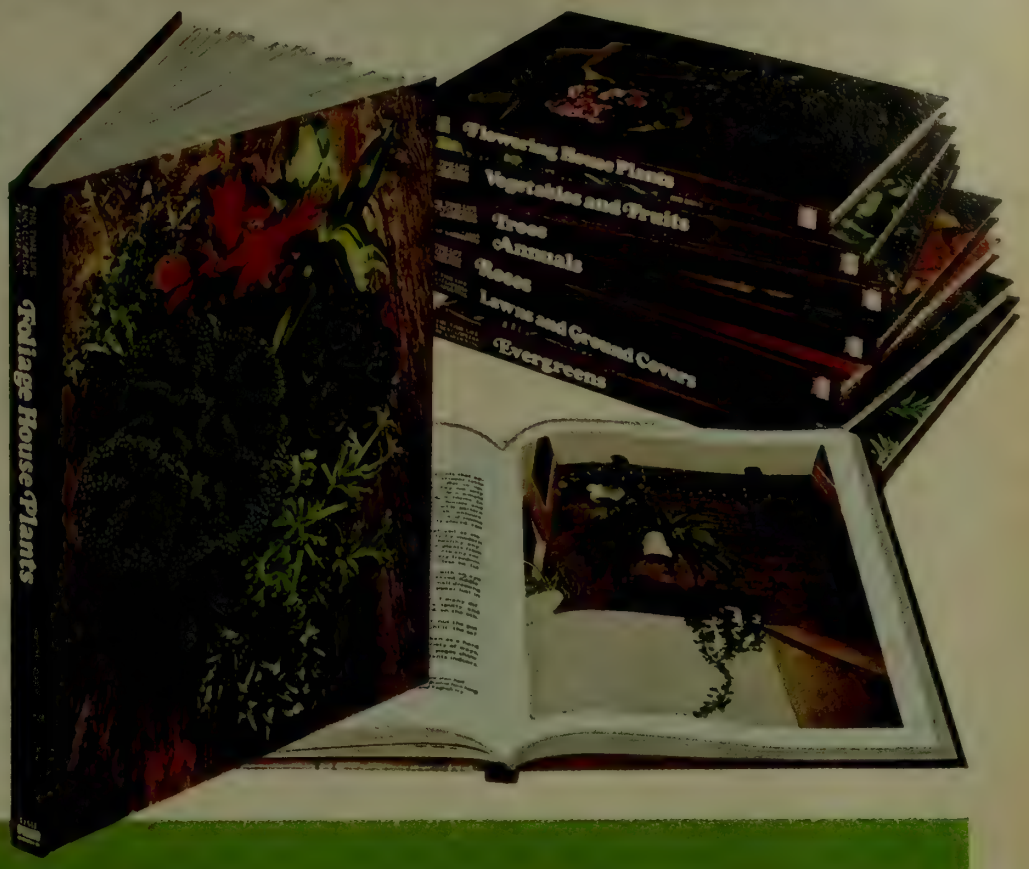
*Tylenol is a registered trademark of McNeil Laboratories, Inc.

Read and follow label directions.

Put your plants to work for you with

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TIME LIFE BOOKS

Book size 8½" x 11"; each volume 160-176 pages, 40,000 words, over 100 full-color photographs, plus dozens of line drawings, charts, diagrams.

The plant boom is on

All across the country—in suburban split-levels and big-city apartments—people are discovering the challenge, the pleasure, the satisfaction of doing something new and exciting with plants. In *Foliage House Plants*, your introductory volume to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING, you'll discover hundreds of ingenious ways to work with plants. Special illustrations show you how to make a bottle terrarium, a window greenhouse. And you'll find solid, no-nonsense advice on how to keep your plants healthy and happy. Here are some of the exciting things you'll discover in *Foliage House Plants*.

Hang It, Trail It, Train It, Bottle It . . .

Foliage House Plants will show you how to use scale, emphasis and repetition to solve key decorating problems. You'll learn how to divide a large room into intimate areas with plants; how to shorten a long, narrow room with plants; how to round out troublesome corners with plants. We've included full-color photographs and how-to drawings to show you exactly what we're talking about.

One Man's Cactus Is Another Man's Schefflera

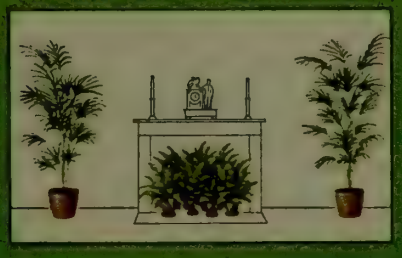
The tremendous variety of house plants available today allows you to create the exact decorating effect you want. There are foliage house plants to suit every taste, every budget. *But how can you tell what they look like from a lot of Latin names?* That's why *Foliage House Plants* includes full-color paintings of 103 genera house plants. You'll also find a six-page chart listing the characteristics and special uses of 239 varieties of house plants.

Getting The Most Out Of Your Green Thumb

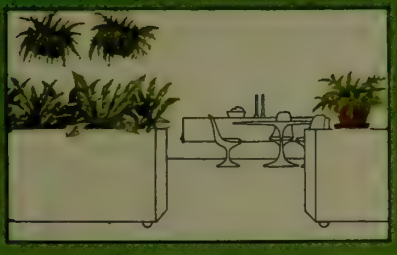
Unlike flowering plants, whose blooms last only a week or two, foliage house plants provide pleasure and beauty year round, year after year. Provided they receive the proper attention. *Foliage House Plants* offers you advice from an expert—James Underwood Crockett, the eminent horticulturist. He'll show you how to start plants from stem cuttings, how to provide the proper light, how to use fertilizer properly.

Try Foliage House Plants FREE For 10 Full Days

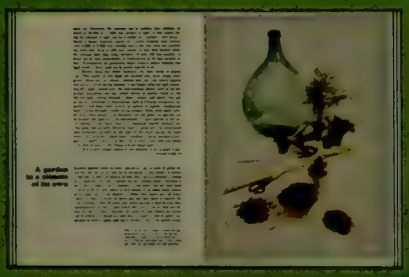
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Massed foliage, like that of bird's-nest ferns, gives an empty fireplace an elegant look in summer, especially when framed by a pair of stately paradise palms.



Plant boxes set on casters can be arranged in a variety of ways to divide a long room or create an entrance hall where none exists.



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"Last winter's cold crunch convinced me to wash in all temperatures with All-Temperature Cheer."

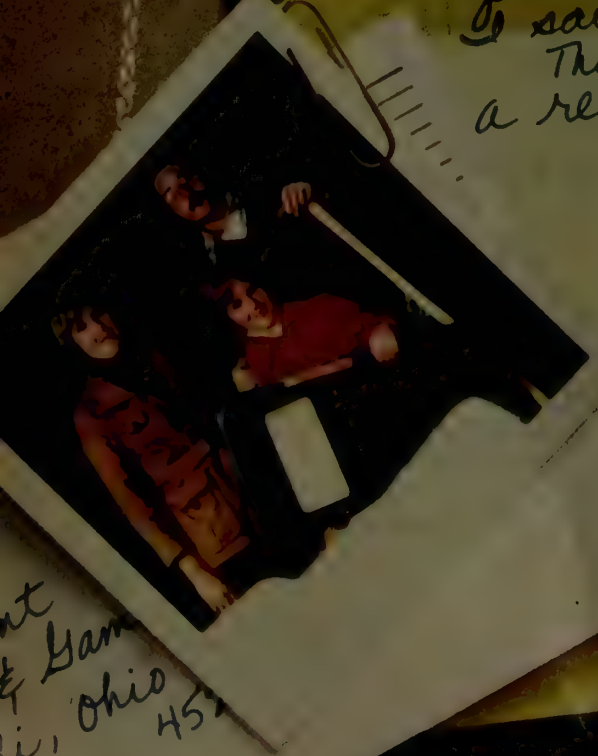
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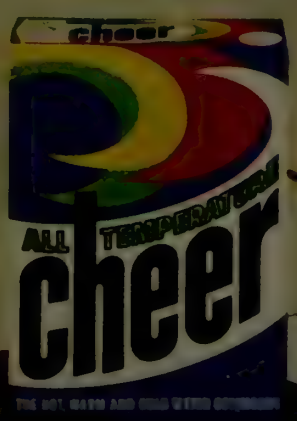
During last year's cold crunch. I wanted to be very careful about using hot water, because with the energy shortage hot water was more precious than ever. So when I did my laundry, I decided to also use warm and cold water (something I had never done). That's when I tried All-Temperature Cheer.

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HOW TO HAVE A FILM FESTIVAL AT HOME

Pass the popcorn and enjoy a good movie—right the cozy comfort of your own home. A private showi of a classic oldie or a contemporary is an Oscar-wi ning party idea for all ages. And, in many cases, t film is absolutely free.

Where to locate films

In many states, all you need is your library card carry home Abbott and Costello films, Charlie Chapl silent movies, Walt Disney cartoons, horror films, ar maybe even newer releases such as *West Side Story* ar *Mutiny On The Bounty*. Films available vary from sta to state, so check your local public library to see wh films are usually on hand.

If your library doesn't have a film service, your sta library commission might. In some states this is an ind pendent agency; in others it is part of the State Depar ment of Education. You can find out what services yo state offers by making a few phone calls.

But make your plans early. Most popular films a reserved for at least a month in advance, so the soon you get your name on the waiting list, the better. An plan to keep the film for just 24 hours, one day's showin

Generally there's no limit to the number of films yo can borrow, but if you ask for more than five, you ma have to write a justification. Some libraries ask that yo plan parties only once or twice a month, to keep the film available for wide circulation.

Most rental films are 16 mm, so make sure you hav the right type of projector. Your library may be able t lend you a projector and screen either free or for a sma charge. Otherwise, you can pick up a projector at a rent shop for under $20.

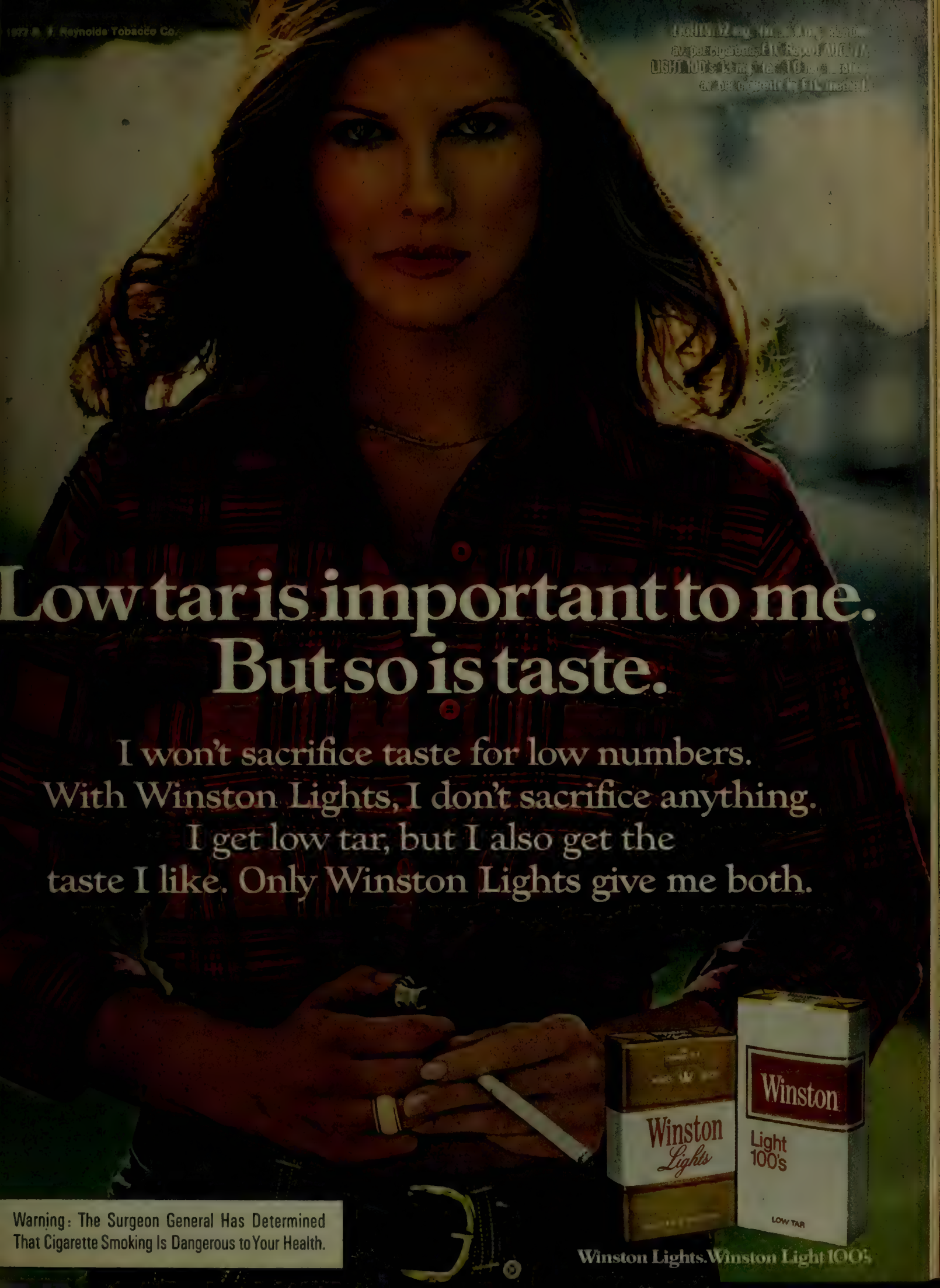
If your state has no film-lending facilities, you can o der from a national firm. Rental prices for films obtaine directly from these companies range from $40 to $300.

Things that go crunch in the dark

Munchies are a favorite with moviegoers, so plan t have lots of goodies on hand for your film fest. For a mosphere, set up a concession stand on your dinin room table or bar and offer the standard movie-hous treats such as hot buttered popcorn, nuts, candy bar and cold drinks. Or try wine and cheese for a winter filr party. Substitute hot mulled cider if you wish.

Before your festival, make the invitations using a sni of your own used photographic film (or movie ad clipped from the newspaper) as part of the announce ment. Enclose a "ticket" or free "pass" for each gues You could even make it a costume party and ask guest to come dressed as their favorite movie stars. ■

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DESIGNS FROM NATURE
INSPIRED BY

A Walk in the Woods

BY NANCY LINDEMEYER
AND CIBA VAUGHAN

To refresh your spirit—and your creative impulses—come along with us on this stitcher's "walk in the woods." Every step of the way on our invigorating "stroll," you'll find spectacular and imaginative needlework views of nature to inspire you to start stitching a natural scene of your own. For example, the designs on the pillows, *below*, offer a breath of fresh air to embroiderers. (For some other stitchery projects, please see the following pages.) To work these captivating woodland scenes, you use a dozen different stitches—as well as intriguing variations on traditional techniques. The result is a brush-like effect that allows you to mimic nature.





How-to begins on page 166

To order pillow kits, see page 41

Photographs: Mike Dieter. Designs: Chieko Hoshiai



A Walk in the Woods

Needleworker Chieko Hoshiai let her imagination wander when she designed this enchanting moment in the woods for you to stitch. Not only did Chieko interpret nature in her own personal way in this impressive 30x60-inch wall hanging, she also invented interesting variations on basic embroidery stitches to achieve extraordinary effects. Note, in particular, the running stitches used to create texture and dimension



on the tree trunks and pond. In the leaf patterns, Chieko shows us how to achieve impact with minimal embroidery.

If you are an experienced embroiderer, this project will allow you to demonstrate your mastery of many different techniques. For beginners, this sampler of stitchery may be challenging, but it's also an excellent way to develop embroidery skills. Essentially, this is a simple project that yields fantastic finished results. The wall hanging is worked on unbleached linen with both wool and cotton thread. And if you are a thrifty type with a cache of leftover embroidery floss and Persian wools, you'll be able to put them to good use here.

How-to begins on page 166

To order transfer pattern, see page 41.





A Walk in the Woods



Photographs: William Hopkins Design: Ocean Beach Quilters, San Francisco

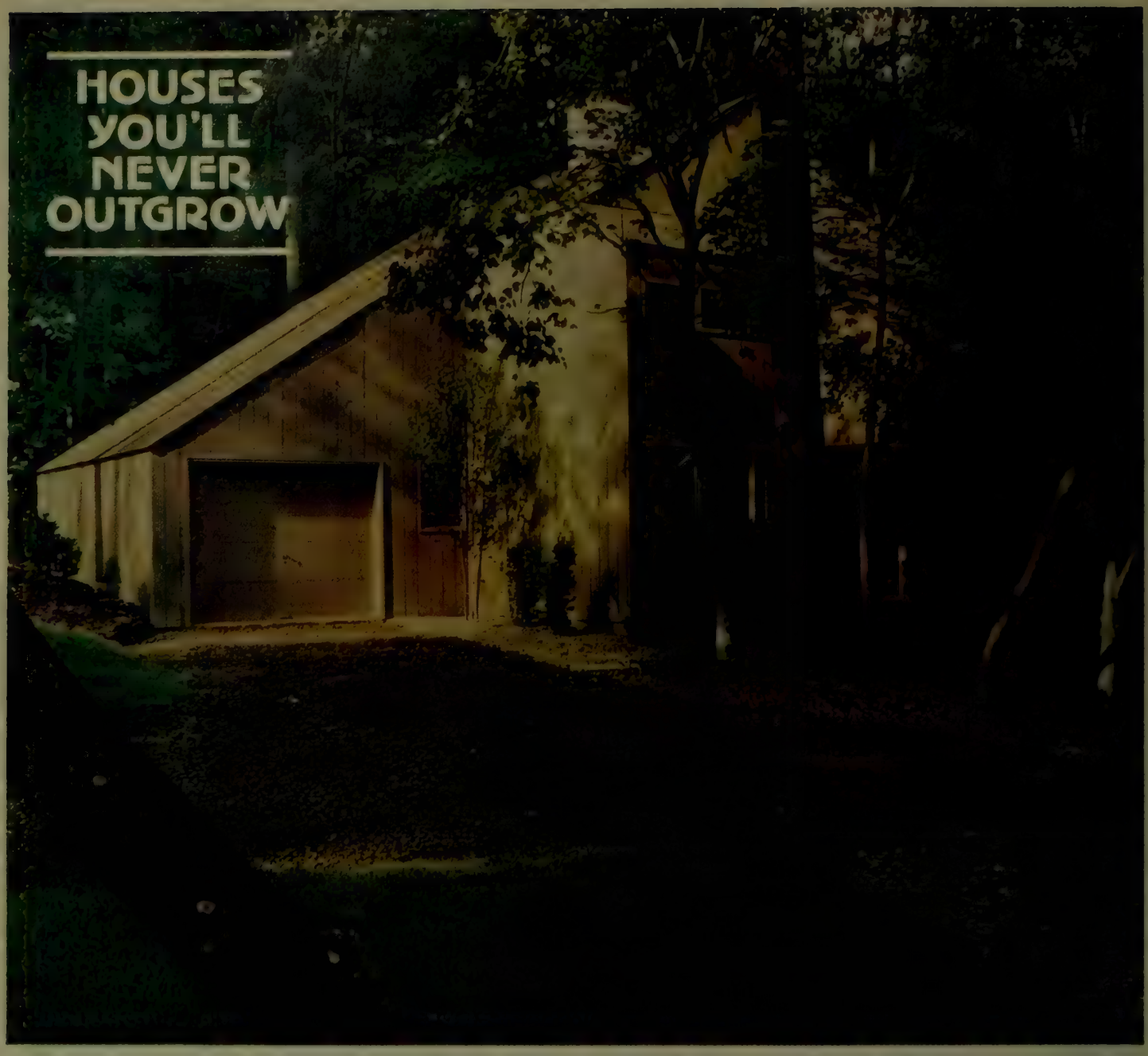
The striking appliquéd comforter, *left and above,* is the natural habitat for a rare flock of brilliantly plumed fantastical birds. You're not very likely to see this group of fine-feathered friends gathered in an honest-to-goodness tree, but on our fantasy walk through the woods any creative combination is possible. This lively contemporary quilt can be either machine or hand stitched, and the design can be adjusted to fit any bed.

The quartet of appliquéd throw pillows pictured at the head of the bed, *above,* features bird's-eye views of several of the motifs on the quilt. These pillows can also be made by either hand or machine. To complete your delightful bedroom ensemble that brings the outdoors inside, you can stitch up coordinating pillow shams using selected fabrics from your quilt like the ones shown here, which combine printed and solid materials in a simple geometric design.

Included in this issue are complete, step-by-step instructions for making the bird quilt, pillows, and shams. Or you may order convenient kits for all three projects.

Complete how-to begins on page 166.

To order quilt, pillow, and pillow sham kits, see page 41.



AN OPEN-PLAN HOUSE WE KNOW YOU'LL LIKE

BY
NOEL SENEY



How do we know you'll like this house? Because we researched what young families wanted and then had the house designed accordingly. This is the first of three houses that we sneak-previewed for you in our October, 1977 issue. Each is the result of a cooperative effort by *Better Homes and Gardens* and the Armstrong Cork Company.

This house was designed by architect Al DeVido of New York with a specific purpose in mind: to demonstrate how interior spaces can function best for today's kind of family.

To bring all three of these innovative houses even closer to you, Armstrong developed their Concept House program and arranged with leading builders to build models in many cities. Check page 30 for locations, then make plans to visit one near you.

The young families participating in our research study told us they wanted an "affordable" house. This house is just that—but its interesting shape is anything but plain Jane.

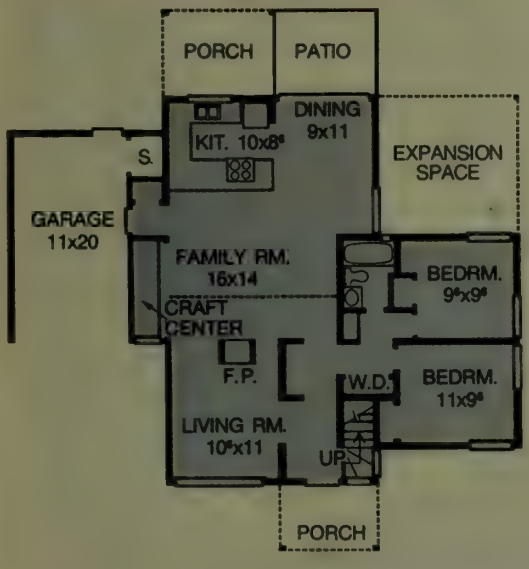
In the rear, a large sliding glass door joins the interior to any kind of outdoor living a site offers. Here, two levels of decks offer plenty of space, with part of it under cover.

The floor plan of this expandable house shows how a family can start small with just the main level, which offers all the basics any house needs. Then the upstairs master bedroom and bath can be finished as the family and budget grow. The garage can start as a carport and be enclosed later, and even turned into another room. The dotted line indicates a great spot for yet another addition.

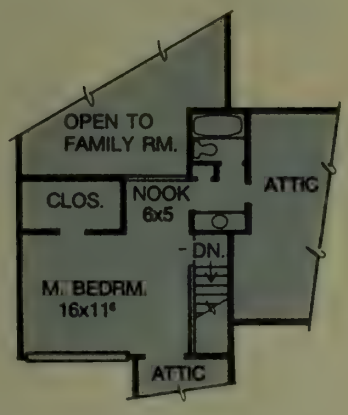
The heart of the plan is a family room (*above right*) that brings excitement to the interior. The high ceiling, the open railing of the upper level nook, and the adjoining crafts activity center make the room seem much larger than its 16x14-foot dimensions. Carpeting, used as an area rug, defines the traffic-free seating area. On the traffic lanes, resilient floor covering shrugs off wear and tear. The crafts center can be used for anything you like—just add hobby equipment or tailor the center with built-ins. Those tall, fabric-covered panels slide down to conceal any "work in progress."



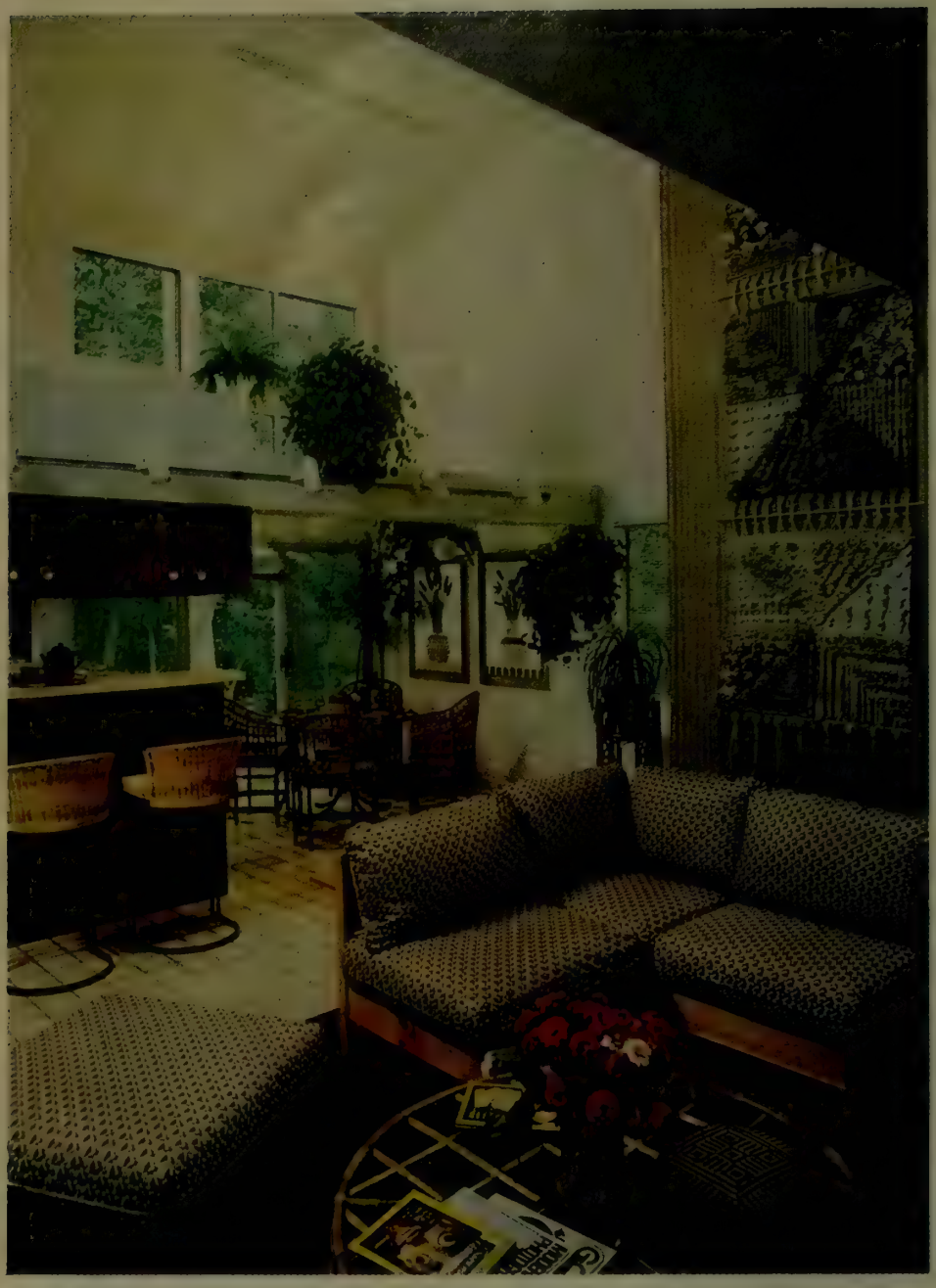
Photographs: Maris/Semel
Architect: Al DeVido, AIA
Interior designer: Linda Newman, ASID
Armstrong Interior Design Center



MAIN LEVEL



UPPER LEVEL





AN OPEN-PLAN HOUSE WE KNOW YOU'LL LIKE



The excitement of the family room extends to the kitchen and dining area (*above, left*). All three areas make this part of the house a true family headquarters with room for everyone and every activity. Tall windows above the sliding glass door add to the feeling of spaciousness, and the beam across the room makes it easy to introduce flexible track lighting.

In the kitchen (*above*) work space and appliances are efficiently lined up in a compact, step-saving arrangement. The high ceiling yields a bonus of storage—that second row of upper cabinets can stash a heap of extras. And the snack counter is tall enough to hide work-counter clutter.

The living room (*left*) is the other side of the coin. Its cozy intimacy contrasts dramatically with the open-



ness of the rear of the house. Although the room is small (just 10½x11 feet), there's space to group plenty of seating around the two-way glass-doored fireplace that shares its warmth with the family room. There's even room for a desk just out of the photograph at left. The bookshelves help create a library-like atmosphere.

When it comes time to finish off the upper level, you can get a master suite (*top*) you'd expect to find only in a larger house. The suite is not only spacious, it's private—and families tell us that's important to them. To compensate for the small windows there's a skylight to scoop in natural light. The adjoining nook makes an away-from-it-all home office or study, with a pleasant view over the railing of the family room below.



The smaller main-level bedroom (*above*) can also be used as a great getaway room. Here, the main pieces of furniture are two roll-around platforms—with bolsters and lots of cushions, the platforms can be used for various functions. And when the extra cushions aren't in use, they add to the decor by becoming wall hangings. Or you could fit out this room as an exercise center, a guest room, or whatever your family needs the most.

The main-level plan totals 1,057 square feet of living space, and the upper expansion level adds another 325 square feet when finished. This compactness adds to the energy efficiency that is built into the house. Triple-glazed windows, optimum insulation, and a heat pump system are the major fuel-savers that help keep the heating and cooling bills low.

Now, turn to page 000 for a list of open houses you can visit.
Buying information, page 29.

Better Homes and Gardens® House Plan 19817.
To order, see page 41.

HEALTH Michael P. Scott



THE NURSING HOME DILEMMA

As Americans, we generally count among our blessings an increasing life expectancy, now averaging 73 years. A boy born in 1977 can expect to live to about age 69; a girl, to 77.

But blessed as we are with long life, we're beset with problems because of it, too. Nearly 11 percent of the population are at least age 65. That means, among other things, that more and more people in their 40s and 50s are faced with the problem of how best to care for their aging parents.

The problem, compounded by succeeding generations, isn't likely to go away either.

One solution many families consider is a nursing home for the aging parent. In 1964, there were 500,000 nursing home beds in the country; a decade later, the number had grown to 1,300,000. This rapid growth has been caused in part by:

● An increasing life expectancy. In the past if a parent lived to an advanced age the family provided for him or her. But today our parents are likely to live longer, and thus be subjected to the natural infirmities of age. Also, the mobility of society today makes it less likely that aging parents can move "just around the corner" and be cared for by their offspring. Even if distance is not a factor, in many families today both adults work, leaving no one at home to care for the aging parent.

● No family to provide care. The profile of the average nursing home patient is: a 79-year-old white female patient with three or more chronic conditions, no surviving

Drawing: Hellman Design Assoc.

The Cream of Cheese.



next of kin, and an income below the poverty level. Many nursing home residents have never married, many have no close relatives to care for them, and many others have only relatives as old as themselves.

● Medicare and Medicaid. The most rapid spurt in nursing home growth over the past several years began, not coincidentally, in 1965 with the inception of Medicare and Medicaid, which can provide, among other things, nursing home care for the elderly.

This three-article series will explore the problems faced by families who make the decision to place their aging relatives in a nursing home.

The first article will examine the problems an adult son or daughter and aging parent may face if the time comes for the older person to enter a nursing home. It will discuss how to broach the subject, and what role the older person should play in the decision.

The second article, in the March issue, will deal with how to find a good nursing home, and the third in the series, in April, will explore the problem of financing nursing home care for the aged.

Part 1: Facing up to the problem

When should a family raise the issue of moving an aging parent into a nursing home?

Most experts say the ideal time for an adult son or daughter to broach the sensitive subject of nursing home care is years before the need arises —when the parent (or parents) is still in full control of his or her faculties, but is simply growing older. During this period, when the parent is relatively healthy, occasions will arise when the issue can easily, and naturally, be brought up—for instance, after an elderly parent has been seriously ill.

After Mrs. L.'s first mild stroke, for example, her daughter might say: "Mom, John and I have been wondering, since you've just been quite sick, what you might want to do if you needed a good deal of expert care some day, and Dad wasn't here to manage things."

If you think your mother or father would never discuss such matters, stop a minute. Are you transferring your own feelings of anxiety to your parent? Even middle-aged children frequently fail to realize the strengths of their parents who, simply by living into old age, have grappled with more of life's difficult problems than their children have. The fact is, elderly parents are often ready to talk about their future.

Prepare yourself

Nevertheless, before bringing up the subject for the first time, familiarize yourself with the facilities for the aged in your area. You might

continued

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4 cups KRAFT Miniature Marshmallows
Milk
2 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese
¼ cup sifted confectioners' sugar
1-oz. square unsweetened chocolate, melted
1 cup heavy cream, whipped

Melt marshmallows with ¼ cup milk in saucepan over low heat; stir occasionally until smooth. Chill until slightly thickened; mix until well blended. Gradually add marshmallow mixture to softened cream cheese, mixing until well blended. Add sugar, chocolate and 1 tablespoon milk to 1 cup of cream cheese mixture; mix well. Divide whipped cream in half. Fold half of the whipped cream into the chocolate mixture and half into the remaining cream cheese mixture. For each parfait, alternately layer each cream cheese mixture in parfait glasses. 6 servings

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continued

Nursing homes

start by contacting your city or state agency on aging, your family physician, or one of the private social service agencies in your town, many of which are run by churches or other religious organizations. Another way to get information is to read about the subject; a third is to work as a volunteer in a nursing home or other facility for older people.

Many communities—even some nursing homes—provide services to help the elderly stay in their homes and maintain their physical independence. As you look into the matter, you may find such services are available to your parents.

Meals on Wheels is a program that arranges the delivery of at least one hot meal a day to elderly people living alone. Home health services, which may be reimbursed by Medicare, send nurses regularly to an old person's residence to perform nursing services, and sometimes provide "homemakers" who do housekeeping chores. Also, some communities have day-care centers where the elderly spend the day in a planned program of activities and return to their homes in the evening.

Those are the *ideal* approaches to the problem, and hopefully they will become commonplace as all of us learn more about the aging process. But to learn, we must talk about the problem, and today there is scant discussion prior to need. As a result, both aged parents and their adult children all too often find themselves in a state of crisis when the time comes to think about nursing homes. Then it may be too late for community services to be effective.

Most people enter a nursing home from their own homes (56 percent) or from an acute care hospital (31 percent). Each of these entry points must be looked at separately.

From home to nursing home

Let's go back and see what has become of Mrs. L. Ten years later, at age 76, she is living with her daughter's family and has shown signs of decline that have become severe. She recently attempted to fix lunch for herself, but the stove's pilot light was off. Mrs. L. didn't realize it, and gas escaped into the kitchen. She has fallen several times, and last week she went outside for a walk and forgot the way home. Luckily, a neighbor recognized Mrs. L. and brought her back.

Clearly she has reached the critical stage where serious discussion of nursing homes must take place. She is a danger to herself and others.

A physician must now enter the picture (if she has not been seeing one all along) to determine the true state of her health. After surgery, or as a result of depression or malnutrition, old people can become confused. Laymen commonly refer to this condition as "senility" but gerontologists call that a "wastebasket term" because it often is used as an excuse for not treating the condition. In the elderly, for instance, depression and malnutrition often go hand in hand. An old person who

continued

Souped up meat loaf.



Lipton shows you how to beef up ground beef.

Here are three tasty ways to make the most of meat loaf. All it takes is a little imagination, and the special flavors you get only from Lipton® Recipe & Soup Mixes. Pick some up today.

Souperior Meat Loaf

1 envelope Lipton Onion or Beef Flavor Mushroom Soup Mix
2 pounds ground beef
1½ cups soft bread crumbs
2 eggs
¾ cup water
⅓ cup catsup

Preheat oven to 350°.

In large bowl, combine all ingredients. Pack into 5-cup ring mold and invert onto jelly-roll pan (or shape into loaf in shallow baking pan). Bake 1 hour or until done. Makes 6 to 8 servings.

Frosted Meat Loaf

1 envelope Lipton Onion-Mushroom or Beefy Onion Soup Mix
1 cup soft bread crumbs
1 egg
½ cup water
¼ cup catsup
Hot mashed potatoes

Preheat oven to 350°.

In large bowl, combine all ingredients. In shallow baking pan, shape into loaf and bake 45 minutes. Frost with potatoes; sprinkle, if desired, with shredded cheese and cooked bacon bits. Bake 5 minutes or until cheese is melted. Makes 4 to 6 servings.

South Of The Border Loaf

1 envelope Lipton Onion-Mushroom or Beefy Onion Soup Mix
1½ pounds ground beef
½ cup soft bread crumbs
1 egg
½ cup catsup
1 can (7 oz.) whole kernel corn, drained
1 tablespoon chili powder

In large bowl, combine all ingredients. In shallow baking pan, shape into loaf (or press into 8-inch round baking pan); top, if desired, with crushed corn chips. Bake 45 minutes or until done. Makes 4 to 6 servings.

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continued

Nursing homes

lives alone may become depressed and cease eating properly, because it has become too difficult to fix balanced meals, or any meals at all.

Sometimes such conditions can be reversed, and a good physician should be able to pinpoint the real reasons for the trouble. A physician's advice is especially important when the old person lives alone and the onset of confusion is sudden.

In Mrs. L.'s case, little can be done to improve her general condition, and she clearly needs continuous care and supervision. But her daughter works and cannot provide around-the-clock care. And her community doesn't offer services for the elderly, such as meals delivered to the home, homemakers, or day-care centers. Even if these services were available, they would probably be inadequate because of the extent of Mrs. L.'s disabilities. The need to consider a nursing home is imminent. What should the family do? And what part, if any, in the decision should Mrs. L. take?

Help from other relatives

Perhaps the first thing Mrs. L.'s daughter should do after the physician has made his report is to get in touch with other relatives (probably other adult children) who have been closest to her mother. If distance precludes a family get-together in this situation, a telephone conference call can be scheduled between adult children and the elderly parent. Even on the telephone, the parent will sense the love and concern of her children at a time when she needs it most. In addition, sharing the burden should help allay feelings of anxiety, sadness, and very often of guilt that may arise in the children of a parent who is about to move into a nursing home. Sometimes, the family is unable to agree on what course to take. Consequently the old person feels that whatever he or she does, it will make one side of the family mad. In such situations, it may be wise for the relatives involved to sit down with a family therapist, counselor, or a specially

continued



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For richer, moister, better chocolate desserts—bake 'em with Hershey's Cocoa!

Hershey's Prize Chocolate Cake

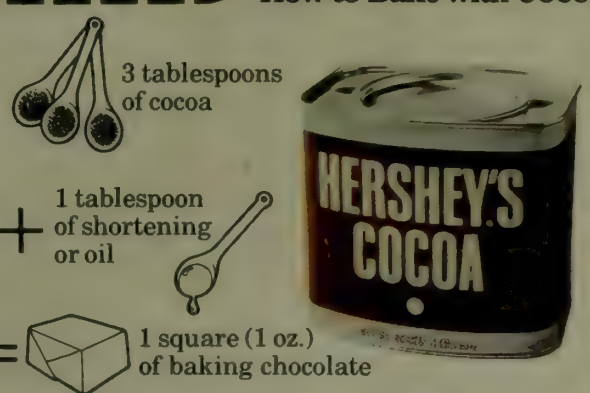
- 1/4 cup butter
- 1/4 cup shortening
- 2 cups sugar
- 1 teaspoon vanilla
- 2 eggs
- 3/4 teaspoon baking soda
- 3/4 cup Hershey's Cocoa
- 1-3/4 cups unsifted all-purpose flour
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1-3/4 cups milk

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until light and fluffy; blend in eggs.

Combine baking soda, cocoa, flour, baking powder and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.

And use cocoa in your favorite frosting recipe, too!

How to Bake with Cocoa



Use this handy formula in all your chocolate recipes: cakes, frosting, fudge, and cookies.

Other margarines vs. Squeeze™ Parkay.



Fight Delight

(coauthor with her psychiatrist husband of the prize-winning *Basic Principles of Long-Term Patient Care*, Thomas, 1976) says, "I've seen it over and over. The very fact that the *process* of discussion is going on, even if the *content* gets lost, is very reassuring to the old people. It's very important for older persons to have someone they can trust in charge."

The discussion should be repeated because the parent's level of comprehension may vary from time to time. If your parent tends to be forgetful, you might say: "You were at the meeting, but if you don't remember, I'll tell you again. And don't worry; if you forget, I'll be happy to tell you again, and still again, if necessary."

This process helps build a lasting bridge of trust,and when the parent is in a nursing home, you'll be able to talk about subjects that matter more to both of you than the weather—how she feels, how the day went, what her grandchildren are doing.

Also, when you have discussed the nursing home question in advance with your parent, you will both know that you have not manipulated your parent in any way. Further, should she become angry and demand to leave soon after she arrives in the nursing home, the staff can gently remind her of her own role in the decision.

Some nursing home residents are able to leave and return to something like their former style of living once they have been sufficiently rehabilitated. But if your mother's physician says there is little or no chance for her to regain basic functions, then don't try to build

continued

Nursing homes

trained clergyman, who will help them work out their differences.

Involve the parent

If possible, include your parent in family conferences about his or her future. In any event, it is essential that you speak to your parent about the situation.

Here are three things to remember as you go about this difficult task:

- Deal with your parent in a loving manner.
- Be honest with him or her.
- Involve your parent in the decision as much as possible, no matter how confused he or she may be.

Dr. Jerome M. Grunes, a consulting psychiatrist at the Drexel Home for the Aged in Chicago, emphasizes the importance of including the parent in the decision: "The closer the old person is to the decision making, the better he or she will adjust to the nursing home, because the parent will be more involved in the move."

When an elderly person enters a nursing home, he or she usually experiences a severe loss of self-esteem because personal freedom is necessarily curtailed. But the loss won't be as great if the elderly parent took part in the decision making.

There are other reasons why it's critical to discuss the problem with elderly parents. Jeannette R. Kramer

Other margarines vs. Squeeze™ Parkay.



Gone Right On

Other margarines vs. Squeeze™ Parkay.



Scrape

Ship Shape

where he no longer needs these services daily, or if he fails to meet other requirements, his Medicare benefits will be stopped. These federal regulations are designed to keep hospital stays and costs down. But to Mr. O. and his relatives the rules mean he will have a relatively short hospital stay. In fact, the average stay in U.S. hospitals is 7.5 days; 11 days for persons 65 or over. As a result, no sooner has the family come to grips with the crisis that brought Mr. O. to the hospital in the first place than they must begin to think about where he will go after discharge. In such situations, families like Mr. O.'s often have only days to find the best location for the elderly relative—which surely is piling one crisis on top of another.

How does a family best handle such a situation, especially with a patient like Mr. O., whose humiliation over his loss of faculties makes him furious with everyone—physicians, nurses, family?

There are resources that families should know about and make use of. One is the physician who will explain to Mr. O. his physical condition and needs; another is Mr. O.'s social worker (most hospitals have social service departments) who will work with him and his family to help find a suitable nursing home.

Even if the decision to place Mr. O. in a nursing home is made hastily because of the federal regulations, the same love, affection, and patient communication Mrs. L.'s family gave her must be given to Mr. O. The family

continued

up her hopes by saying she will be coming home in a few weeks. You will simply be setting her up for long bouts of depression once she realizes she's been manipulated.

In short, don't make the crisis more difficult than it need be for either you or your parent, since some difficulty is inevitable. Gerontological research has shown that simply moving from one environment to another is extremely difficult for old people, partly because their reflexes are not what they used to be, their sight and hearing are doubtless impaired, and they aren't as able to adapt to stress as they once were. Try to imagine yourself, with poor vision and hearing, having to adjust to a greatly altered way of life.

From hospital to nursing home

The situations of old people like Mrs. L., difficult though they are, may be easier than that of an old person who enters a nursing home from a hospital.

Take the case of Mr. O., for example. He is a patient in an acute care hospital, is 78 years old, and has suffered a stroke that has left him paralyzed on the left side. His speech is slurred, he is confined to a wheelchair, and there is no one to care for him at home. His mind is clear but he is a demanding and difficult patient.

Mr. O. is not a private-pay patient; he is on Medicare and to qualify for Medicare benefits must meet a complex series of regulations that include the need for physicians, nurses, and high-powered medical gear 24 hours a day. As soon as his condition improves to the point



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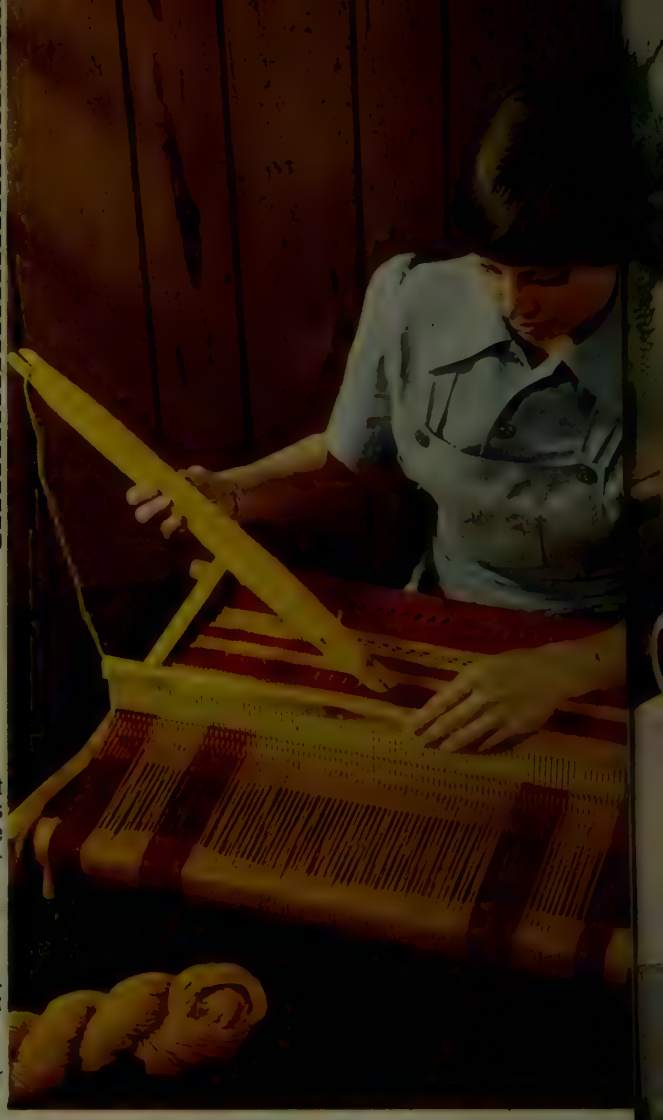
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continued

Nursing homes

members still need to consult with each other and speak lovingly—but honestly—with the parent. And they still need to involve him in the decision, perhaps even more so if patients like Mr. O. are to make a good adjustment to the nursing home.

The angry parent

But how can the family best present the case to Mr. O, who can be expected to snap in response: "Of course! I never expected anything better from the lot of you!" The answer from Mr. O.'s son or daughter might be: "But Dad, Dr. Smith says you need around-the-clock care that we can't give you at home. I know it's difficult, but we just have to try this solution. If there were anything else we could do, we'd do it. I know you're angry, but remember we love you, and we're going to work things out together."

Family members must show their concern, even when Mr. O. rejects them, as he is likely to do for a time. He is going through an emotional, as well as a physical, crisis and he has few resources for coping.

Mr. O.'s family should tell him they are going to look at nursing homes and they will report to Mr. O. tomorrow. There should be no whispering behind Mr. O.'s back; that would only make him more suspicious of their motives.

The next day, the son might tell his father the family ruled out one facility: "We knew you wouldn't be happy there because . . ." Then the son should describe two others and try to get Mr. O. to choose one.

And remember, if these discussions are distressing to the father, upsetting him is not the worst thing. Tricking him would be.

When the hour comes to transfer Mr. O. from the hospital to the nursing home, his children should go with him and remain with him during the admission procedure and for the rest of the day. During his first weeks in the new environment, they should visit him frequently.

After the move

While putting a parent in a nursing home is never an easy experience, the procedures we've suggested can lessen the difficulty for both family and parent. More important, they can make it possible for the family to maintain a loving, healthy relationship with their aged parent after he or she enters the nursing home. Of course, the relationship can't be the same as it was in the days before the parent became ill or infirm. But adult children should try to make the relationship with their parent the best possible under the circumstances. It may take some work on the part of the son or daughter but it will help the parent to lead as full a life as possible in the nursing home. And the children can take comfort in knowing they have done the best they could for their aging mother or father.

NEXT MONTH: Selecting the right nursing home. ■

(Produced in cooperation with Mark Perlberg.)

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MONEY Margaret Daly

TAXES: How do your deductions compare with other people's?

The IRS figures shown below can give you a good idea of how your tax picture stacks up against the national averages for your income group. Though family situations vary, and you should take every deduction you're entitled to, the averages shown in the chart below can provide some general guidelines.

If any of your deductions stand far above the norm, that probably ups the odds that you'll be audited. So be prepared with plenty of evidence to back up your claims. On the other hand, if your deductions fall far below the average, that could be a good sign that you may have overlooked legitimate deductions.

AVERAGE TAX DEDUCTIONS

Adjusted gross income	Taxes	Interest	Contributions	Medical
$ 9- 10,000	$ 873	$ 1,164	$ 382	$ 833
10- 15,000	1,068	1,274	405	570
15- 20,000	1,446	1,540	469	506
20- 25,000	1,793	1,679	534	439
25- 30,000	2,215	1,849	683	300
30- 50,000	2,971	2,369	930	499
50-100,000	5,264	3,940	2,007	687
100,000 up	13,002	10,445	10,538	1,058

Source: Internal Revenue Service. Figures for the year 1975, latest available.

You'll note that the IRS does not break down the categories further—into property taxes versus local income taxes, for example, or mortgage interest versus interest on personal loans. Still, the figures can give you guidance. To make sure you get the highest deductions you're entitled to, keep these specific tips in mind:

Taxes

• **Sales tax deductions.** When you use the IRS tables for sales taxes, take the full deduction allowed. (Take more, of course, if you spent the money legitimately and can back up your figures with receipts.) The higher your income, the greater the sales tax expenditure the government figures you made, so count up every bit of income —your adjusted gross income, *plus* any nontaxable receipts, such as social security benefits and tax-exempt interest on municipal bonds.

Also remember that the deduction allowed by the tables can be increased by sales taxes you paid for certain big-ticket purchases, like a car or boat, even if you'll be paying for the item through a loan over several years. If you include such an item, be sure that you explain the higher sales tax figure on your return.

• **State and city income taxes.** In addition to claiming taxes withheld from your paycheck, list any estimated tax payments you made during 1977, including any amount allowed as a credit from your 1976 return. Payment of any balance due on your 1977 state or city returns does not count, however; take it as an itemized deduction on your 1978 Form 1040.

Note: Any refund received in 1977 for state or city income taxes paid for 1976 must be reported as income on your 1977 return—but only if you claimed an itemized deduction for those taxes on your 1976 return.

Interest

Interest deductions may include more than just payments on a home mortgage, bank loan, or charge account. Don't forget to include penalties for prepaying your mortgage, or any late payment charge tacked onto your bills by a store or public utility for interest due on your unpaid balance. Also deduct interest on late taxes and credit card charges.

One tip for the future: Does your youngster plan to take out a loan for tuition or a car? Be sure to co-sign the note if you plan to make the interest payments. Otherwise, you can't take them as an income tax deduction.

Contributions

Did you volunteer to raise money for charity or to perform other tasks, such as teaching Sunday school? Though a charitable deduction is not allowed for the value of your time and services, your volunteer work does entitle you to deduct unreimbursed, out-of-pocket expenses. These include such items as telephone calls, postage and stationery, supplies used in making baked goods for a charity sale, as well as the cost and cleaning of uniforms not suitable for ordinary wear—provided you're required to wear them while performing services. Not allowable, according to an IRS ruling, are payments to sitters hired to mind the children so that you can do volunteer work.

Many people overlook a deduction for travel to and from volunteer work. For train or taxi rides, simply record your fares and claim them as charitable travel. If you drive, claim the actual cost of gas and oil or seven cents a mile

(whichever is greater), plus a separate deduction for parking fees and highway tolls. You also can deduct the cost of meals, lodging, and travel expenses on out-of-town trips that were required by your organization.

Medical

Expenses for medicines and drugs count only to the extent that they exceed one percent of your adjusted gross income. Other medical payments—including any medicine and drug expenses that top the one percent figure—are allowable only to the extent that they exceed three percent of your adjusted gross income.

However, don't overlook the special break for medical insurance payments. This allows you to ignore the three percent rule and deduct half of the premium payments anyway—up to a ceiling of $150. Any insurance payments not deductible under this special break can be added to your other medical expenses that are subject to the three-percent rule.

Also remember any charge for health care items for your child's school or camp. So long as you can get an itemized breakdown for the medical portion of your bill, it's a legitimate deduction.

Be sure to figure in the cost of travel to and from doctors, hospitals, and so forth; many people forget to include that expense in their deductions, yet every bit counts to get you over the three-percent mark.

To determine medical deductibles, you can count payments you made for your children, parents, and other dependents, so long as you provide more than half their total support for the year. This holds true even though you are ineligible to claim an exemption for them because their reportable income topped the $750 ceiling for a dependent.

Miscellaneous tax adjustments

The IRS average figures for itemized deductions don't include facts about several items that also can serve to lower your tax bill. For example:

● **Political contributions.** If you put your money where your mouth was last year and donated to a political candidate or campaign committee, you're in for a tax break up to certain limits. You can take a tax credit—a dollar-for-dollar subtraction from your tax bill—whether you itemize or take the standard deduction. If you prefer to take a tax deduction (reduction of your taxable income) instead of the credit, you must itemize. (Generally, the higher your income bracket, the greater the value of a tax deduction.)

With a tax credit, you're allowed to claim one-half the amount of your contributions, up to $25 on a single return, $50 on a joint return. If you take a deduction instead, simply include it with your other itemized deductions. The top deduction allowed is $100 if you file by yourself, $200 on a joint return.

The tax break applies for contributions to any candidate who sought nomination or election to office—even candidates who eventually dropped out of the campaign. You also can count contributions to a campaign committee—local or national—that sponsored a particular candidate, or to a committee or a national party.

The IRS does not ask you to identify the candidate or party when you file. If you are audited, canceled checks are usually proof enough. Even better, hang on to IRS-approved receipts from candidates or committees.

● **Casualty and theft losses.** You can take a deduction if your property was damaged or destroyed due to theft, vandalism, fire, storm, auto accident, and the like. But you get no deduction for the first $100 of each casualty or theft loss. You also must subtract any amount reimbursed by insurance.

If, say, two unrelated burglaries cause losses of $400 and $600, you must reduce each loss by $100. That leaves deductions of $300 for the first loss and $500 for the second, if uninsured. Suppose, though, that a storm does $400 damage to your car and $600 damage to your home. Count that as a single loss and subtract only $100. You can deduct $900.

If your loss resulted from a natural disaster in an area later declared by the President to be an official disaster area, you can choose between taking a deduction for the damage on your return for 1977 or on an amended 1976 return.

● **Moving expenses.** Did you move last year to take a new job, or to work at a new location for the same employer or for yourself? Revised rules may allow a greater tax break than in previous years. Since unreimbursed moving expenses are figured as an adjustment to your gross income, they'll count whether or not you itemize. Here are the rules:

1. The new job location must be at least 35 miles farther from your old residence than your old job was. Say the distance between your old home and your old job is five miles; then the distance between your old home and your job must be at least 40 miles. If there is no old job, the new job must be at least 35 miles from your old residence.

2. There is an unlimited deduction for "direct" moving expenses: the cost of moving all of your belongings (include crating, packing, in-transit storage, and insurance expenses in your figures); and travel expenses for yourself and your family from the old to the new residence (figure meals and lodging while en route as part of this outlay). There is a deduction of up to $3,000 for certain "indirect" moving expenses, including pre-move house hunting trips, temporary living expenses for you and your family at the new location, and costs of selling the old residence or buying the new one, or breaking or acquiring a lease. In no case can house hunting or temporary living expenses exceed $1,500 or the total exceed $3,000.

3. To qualify for a moving deduction, you must work full time for at least 39 weeks in the new area in the 12-month period after the move. (Those weeks need not be consecutive, and you need not work for the same employer.) Or, if you are self-employed, you must conduct your business full time for at least 78 weeks in the 24-month period after the move, including at least 39 weeks during the first 12 months.

● **Forfeited interest penalties.** This is another potential adjustment to your gross income which you can use even if you don't itemize. If you had to cash in savings certificates prematurely last year, so that you lost some interest on the deal, that loss is deductible from your gross income.

● **Other income adjustments.** Whether you itemize or not, you also may adjust your gross income downward by subtracting employee business expenses; alimony payments; and payments to individual retirement accounts (IRAs) or Keogh retirement plans. ■

(Produced in cooperation with Julian Block.)

CARDIOPULMONARY RESUSCITATION:
FIRST AID FOR HEART ATTACK VICTIMS



A AIRWAY **B** BREATHING **C** COMPRESSION

Imagine yourself in a crowd—at a basketball game, concert, or play. Suddenly the person next to you collapses. What do you do?

If the person has suffered a cardiac arrest and receives no aid, he could die in the time it takes you to read this article.

What CPR does

Many victims of heart-stopping disorders could be saved by an easily learned, modern life-support technique called CPR, short for *cardiopulmonary resuscitation.* In fact, it's estimated that 100,000 lives could be saved each year if CPR were immediately applied.

CPR is being taught to tens of thousands of people throughout the country. One of the most successful citizen-training programs is in Seattle, Washington. Since the Seattle program's start in 1971, more than 158,000 citizens, or one in every five, have received CPR training.

The results of the Seattle CPR training program are encouraging. More than 40 percent of the cardiac arrest victims live if they receive CPR from a bystander. Only 20 percent live if CPR is delayed until trained rescue teams arrive.

The differing survival rates are directly related to the amount of time that elapses between the heart stoppage and the beginning of CPR. The immediate and overwhelming danger for the heart attack victim is brain damage caused by a lack of oxygen and interruption of blood flow. Blood carries oxygen to the brain, and brain cells die rapidly when they don't have oxygen.

Resuscitation efforts started within the first four to six minutes after the heart stops reduce the danger of brain damage. The possibility of partial brain damage increases after four to six minutes. After six minutes, permanent brain damage is likely and death almost surely follows.

In an Alabama study, the death rate for patients who had received prompt resuscitation was more than two-thirds lower than the death rate for persons who received aid after five minutes had elapsed. The study results were conclusive: The victim has a better chance of survival without suffering brain damage if life support begins promptly.

Who should learn CPR

The American Heart Association estimates that 1,000,000 Americans will have a heart attack this year and that 650,000 of them will die—350,000 before they can get trained medical help. CPR might save the life of a family member or friend. You might need CPR yourself. So, you, and at least one other family member, should learn CPR.

It takes only four to six hours to learn basic CPR techniques. Classes provide an understanding of how CPR works, when it is most useful, and how it should be applied. Information about CPR and life-support classes can be obtained from your local Heart Association and the American Red Cross. For additional information on CPR, you can write to the Advanced Coronary Treatment (ACT) Foundation, Basking Ridge, New Jersey 07920.

After reading this article, don't assume you know enough about CPR to perform it properly. Motor skills like airway clearing, rescue breathing, and external cardiac compression are the core of CPR training. To attain certain performance standards, you must practice these skills on a training mannequin. Like any other skill, CPR proficiency comes only with practice.

When to use CPR

Just as important as learning the technique is knowing when a victim needs life support. In any class you take, you'll be taught "when" before you learn "how."

continued

Photographs: William Hopkins



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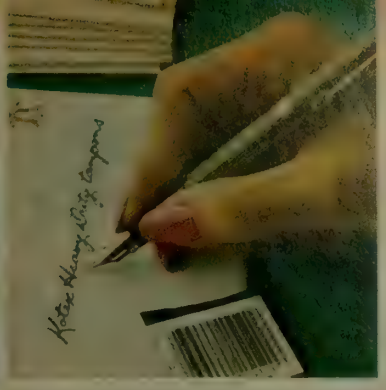
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We think a tampon should give you the protection you need all by itself—without any help from a napkin. That's why we designed the Kotex® Heavy Duty™ tampon.

It comes in two sizes, regular and super, both incredibly absorbent.

In fact, our super is twice as absorbent as the best-selling super—which means it can hold twice as much. It also means you'll probably never wear another napkin.

That says a lot for the Kotex Heavy Duty tampon. But it doesn't say enough. Look above, for more good news.





Available in Regular and Super size. Product available in limited areas only.
Another quality product of Kimberly-Clark Corporation.

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions.

Right now there's a free gift of handy refrigerator magnets in specially marked packages of Vivarin.

continued

Cardiopulmonary resuscitation

Cardiac arrest is only one of a number of conditions that can cause a person to pass out, so it's important to know when CPR is actually called for. If a person doesn't need CPR, you run the risk of injuring him or her if you apply it.

What should you do if you become involved in a rescue situation? First, determine whether CPR is needed. Approach the victim, shake him, and shout, "Are you OK? Can you hear me?"

If you get no response, shout for help, then place the victim on his back and determine if he is breathing. Look at his chest to see if it is rising and falling. Then, place your ear very close to the victim's mouth so you can hear any sounds of breathing and feel the warmth of exhaled breath. If he is not breathing and there is no pulse, you'll have to begin CPR.

The ABC's of CPR

There's a good way to remember the CPR process. Just think of ABC, for airway, breathing, and circulation. *See photographs on page 74.*

- **Airway.** Clearing the victim's airway is the first step in CPR. The most frequently recommended method is a simple head tilt. Merely slide your hand under the victim's neck and lift. Then, place the heel of your other hand on the victim's forehead and press down. This maneuver stretches the soft portions of the victim's throat and opens the airways. Next, look in the victim's mouth to see if the airway has been blocked by food or another foreign object.

Tilting or moving the victim's head can be dangerous if he has a head or neck injury. If you suspect such an injury, clear the airway with the jaw thrust technique. To do this, find the back of the jawbone and lift or push it forward without moving the rest of the head.

- **Breathing.** Once an airway has been established, you can begin the next step in CPR: rescue breathing.

Sometimes a victim will begin breathing on his own once the airway has been opened. If breathing does begin, the victim may not hav suffered a cardiac arrest. (Breath ing stops shortly after the hea stops, but a clogged airway won immediately stop the heart.)

If breathing doesn't start spon taneously, start rescue breathing im mediately. Perform it by clearin the airway (using the head tilt o the jaw thrust) and pinching the vic tim's nostrils shut. The nose pinc ensures that air breathed into th victim's mouth will reach the lungs

Then, make an airtight sea around the victim's mouth with you lips and blow into his lungs. Whil you blow, watch for the chest to rise This indicates that the air is reach ing the lungs. If it is, continue to giv three more quick breaths withou waiting for the lungs to fully deflat between breaths. These four initia breaths raise the pressure within th lungs and expand the spaces where oxygen exchange takes place.

You might wonder if the air enter ing the victim's lungs from your carries enough oxygen. Normally only about 20 percent of the oxygen you breathe in is used, so the amount remaining and exhaled is adequate to sustain the victim.

A mouth-to-nose technique can be used if the victim's jaws are locked or the oral airway is obstructed. In this case, seal the mouth with your hand. Then, blow into the nose the same way you would into the mouth.

A mouth-to-nose-and-mouth tech nique is sometimes used for children. Simply place your mouth over both the nose and mouth of the victim and breathe through the openings.

Whenever you perform artificial respiration, match the strength and volume of your breaths with the lung capacity of the victim. You don't have to blow as hard into a child's lungs as you do into a 200-pound man's. *(In CPR courses you learn the exact force of breathing needed for adults and children by practicing on a mannequin.)*

After you've given the four quick breaths, you must begin external heart compressions if the heart has stopped. Check the victim's pulse by gently feeling (with the first two fingers of your hand) for the pulse in one of the carotid arteries located

continued on page 80

How 2,000 children proved the leading fluoride could not beat Aim at fighting cavities.



In one of the largest clinical tests ever held in this country, dentists compared Aim® to the original fluoride toothpaste. What they found could change your mind about toothpaste.

It took three years and thousands upon thousands of check-ups. But when it was over, dentists had discovered that children who used Aim fluoride toothpaste had *significantly fewer cavities* than children who used non-fluoride toothpaste.

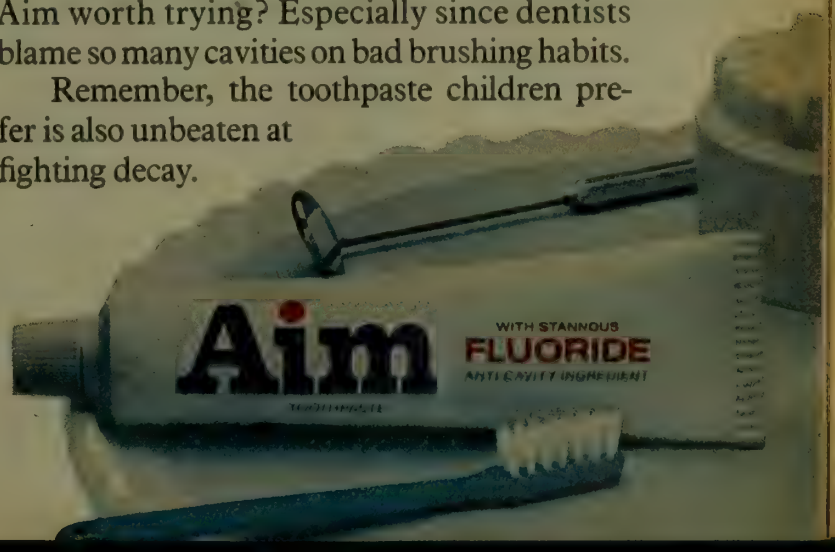
Cavity reduction with Aim was so significant, even the leading fluoride could not beat it.

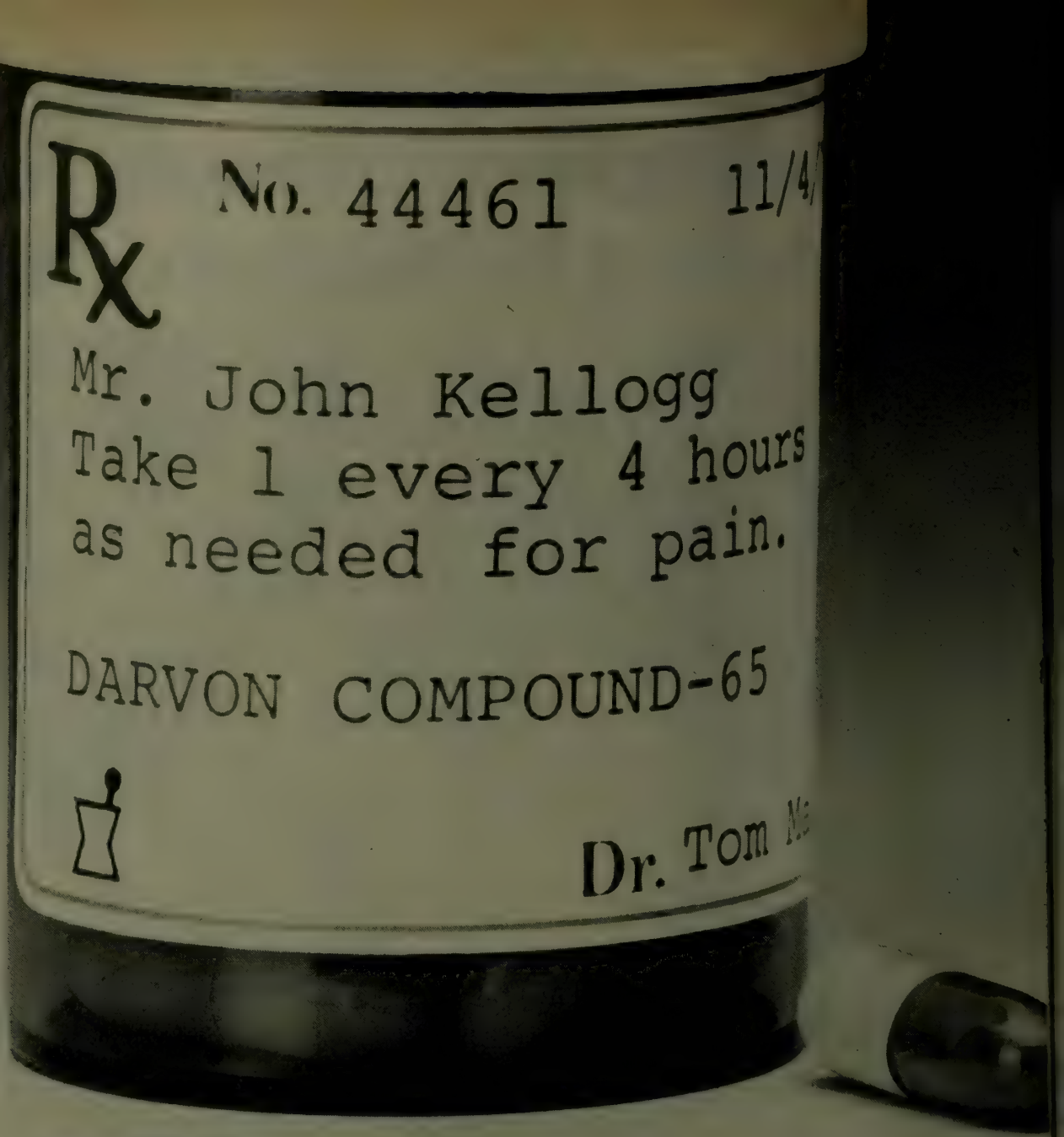
Aim has stannous fluoride plus something the other leading fluorides don't have: a taste children prefer by nearly 2 to 1. And this might improve a child's brushing habits.

We can't promise any miracles. But isn't Aim worth trying? Especially since dentists blame so many cavities on bad brushing habits.

Remember, the toothpaste children prefer is also unbeaten at fighting decay.

Take Aim against cavities!





Effective.

The extra-strength non-aspirin in Datril®500™ worke

*Hopkinson, J.H. et al: "Effective Pain Relief Comparative Results With Acetaminophen In A New Dose Formulation, Propoxyphene Napsylate-Acetaminophen Combination, And Placebo:" Cu
[illegible] Compound-65 Versus Placebo: A Double-blind Study of Effectiveness And Safety." *Curr Therap Res* 17 452-459 1975. The kind and amount of analgesic (acetaminophen) employe



More effective.

better than two leading prescription pain relievers.

Datril 500 is a non-aspirin pain reliever from Bristol-Myers for the relief of headaches, minor aches and pains.

You can buy it without a prescription. Yet, in tests against two leading prescription pain relievers, here's what two major medical studies reported: *The extra-strength amount of non-aspirin in Datril 500 was significantly more effective in relieving pain. More effective than both Darvon® Compound-65 and Darvocet-N® 100.

These prescription products are effective. But the 1000 milligrams of pain reliever Datril 500 puts into two tablets were even more effective. Use only as directed.

Try Datril 500. From Bristol-Myers.

Therap. Res. 19:622-630, 1976. Smith, M.T. et al: "Acetaminophen Extra Strength Capsules Versus
in the tests are the same as that contained in two tablets of Datril 500.

STORE COUPON
BHG-78



SAVE 15¢

ON DATRIL 500

TO THE CONSUMER: CAUTION! Don't embarrass your dealer by asking him to redeem coupons without making the required purchase. He must redeem coupons properly to get his money back. REMEMBER, coupons are good only on the brands called for. Any other use constitutes fraud.

TO THE DEALER: You are authorized to act as our agent for the redemption of this coupon on specified size(s), brand(s). We will reimburse you for the full value of the coupon plus 5¢ for handling, provided you and the consumer have complied with the terms of the offer. Any other use constitutes fraud. Mint condition and gang cut coupons (coupons not circulated to, and redeemed by, the consumer) will not be redeemed. Any failure to enforce any terms or conditions hereof shall not be deemed a waiver of them. Consumer must pay any sales tax involved. Invoices proving purchase of sufficient stocks of our brand(s) to cover coupons presented must be shown on request. Coupon void when presented by an outside agency, or broker, or otherwise abused, or where prohibited, taxed or otherwise restricted. Good only in continental U.S.A., Alaska and Hawaii and all APO/FPO addresses. For payment, mail coupons to BRISTOL-MYERS COMPANY, P.O. Box R-7090, El Paso, Texas, 79975. **Cash value 1/20 of 1¢.** © **1977 Bristol-Myers Co.**

LIMIT ONE COUPON PER PURCHASE.

Are you constipated again?

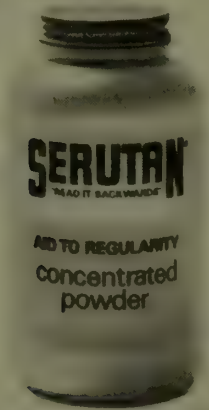
If you are, you should do something that will be of real help. Sure, you've probably been trying lots of things. Maybe even harsh chemical laxatives that can irritate your system. But they haven't given you the relief you've been looking for.

What you need is a gentle laxative that regulates your system. And that laxative is Serutan.

Serutan works by adding the roughage your system needs to retain vital moisture. Then, Serutan's bulk forms the soft stools that enable you to eliminate gently and comfortably.

There are no strong chemicals in Serutan to cause cramps or irritation. Serutan has natural ingredients for smooth, easy results.

So if you're constipated, take Serutan—you'll get the relief you've been looking for.



Read label for directions.

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

continued from page 76

Cardiopulmonary resuscitation

alongside the Adam's apple. There is a carotid artery on each side of the neck. Search for the pulse in the artery nearest you.

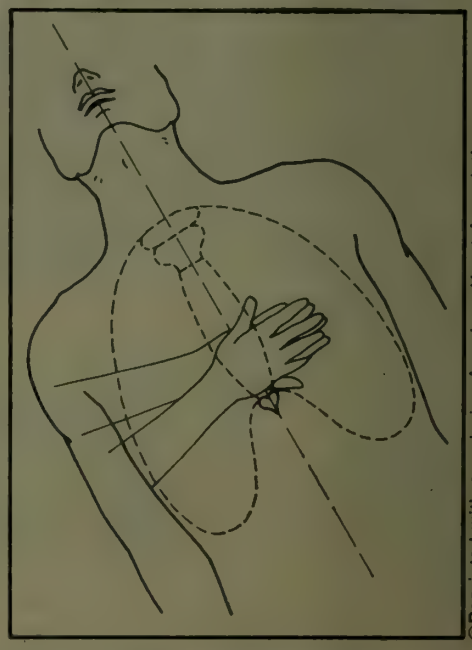


The procedure for rescue breathing during heart compression differs according to the number of rescuers available. For example, if you're working with another rescuer, a breath should be inserted after very fifth heart compression. If you perform the technique alone, two quick breaths should be inserted after every 15 compressions.

● **Compression.** The technique of external heart compression, the third and last part of the CPR process, is difficult to describe. It should be learned by practicing on a training mannequin under the direction of a certified CPR instructor. If you take a class, the instructor will demand perfection when you perform external heart compression. Here's why. Even when properly performed, cardiac compressions are no more than holding actions that provide only about 25 to 30 percent of normal blood circulation—enough to sustain life. But if the compressions aren't done just right, the amount of blood in circulation decreases.

Artificial circulation through external heart compression is possible because of the heart's location in the chest between the spinal column and the sternum (breastbone). The heart can be squeezed by pressure applied to the sternum, and this squeezing moves the blood.

Here's how external heart compression should be performed. First, any heavy clothing should be pulled back from the victim's chest so the rescuer can identify the sternal notch, or the place where the bottoms of the rib cage meet in a V in the front of the chest. Then, the rescuer should touch the apex of the V with his middle fingertip and place the *heel* of the other hand on the sternum next to the index finger. The hand used to identify the sternal notch should then be placed on top of the first to provide the most effective compression of the heart. The compressions should depress the victim's chest about an inch and a half to two inches.



©Reprinted with permission American Heart Association

About 80 compressions should be performed in a minute (a little more than one per second) and when one person is performing CPR, the rescuer must provide both circulation and breathing for the victim. This combination—breathing and cardiac compression—may keep a victim alive until help arrives with advanced life support. **Under no circumstances should you attempt to practice CPR on a friend or relative. Serious damage to the heart and other organs can result if you try to assist the circulation and breathing of someone who doesn't need help! The photographs on page 74 were taken under the supervision of a trained CPR instructor. These photographs only show basic positions, and no cardiac pressure was in-**

continued

Sears says, let your spirit soar!

Discover the glorious difference a carpet can make, with Sears Flying Colors carpeting.

$8.99 sq. yd.



Color. The decorator's secret to breathing new life into old rooms. Color. Wall to wall, high spirited color. Color so vibrant it makes a walk through your home an exhilarating experience.

Flying Colors thirty-two fresh, clean hues are as practical as they are gorgeous. Its dense Saxony plush is 35 oz. per sq. yd. of 100% nylon pile treated with SCOTCHGARD® Brand Fabric Protector.

Flying Colors is backed by the Sears Label of Confidence, the label that appears on the back of every piece of Sears floor covering. It reveals important information like fiber content, construction and wear ability...and most everything else you need to know before you make that all important purchase.

Come in and share our excitement about Flying Colors, available, right now, in most larger Sears retail stores.

Only at

Sears

©Sears, Roebuck and Co. 1978

Prices higher in Alaska and Hawaii.



© General Foods Corporation, 1977

At last, decaffeinated drinkers can get perfect coffee from their automatic drip coffee makers.

SANKA® Brand Decaffeinated Coffee introduces new Drip-Matic.™
It's the first decaffeinated coffee made especially for automatic drip coffee makers.

Now there's new Drip-Matic™ from the makers of SANKA® Brand... a rich blend of premium quality beans roasted and ground expressly for all automatic drip coffee makers.

Try new Drip-Matic.™ See for yourself how delicious decaffeinated coffee can be.

continued

Cardiopulmonary resuscitation

volved. The only way to practice CPR is on a mannequin.

A word of caution. Every time a rescuer takes his hands off the victim's chest, the hands must be repositioned by using the sternal notch as a landmark. If this isn't done, the next compressions could cause injuries as well as inefficient heart compressions.

Legal obligations

If you begin CPR, you are responsible for the victim until trained medical help arrives. This raises a knotty legal problem, however. To what extent are you liable should your efforts at resuscitation fail? Or what if you succeed and the victim revives, but with brain damage or some other injury?

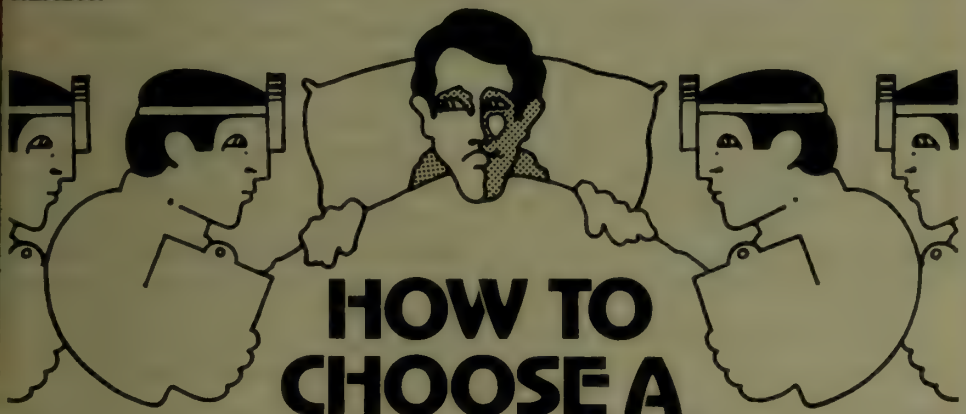
The problem hasn't been resolved in all states yet, but so far, 40 states have some form of a Good Samaritan statute. These laws ensure that lay persons who provide life support cannot be held liable should a victim either fail to recover or recover with some impairment.

In all states, however, regardless of whether or not they have Good Samaritan statutes, there is little risk of civil damages for the person who provides CPR. Even so, for your own peace of mind, you should know where your legal and moral obligations begin and end.

First, you are not legally obligated to perform CPR. But if you do give CPR, you are obligated to perform it to the best of your ability. Once you begin CPR, you are obligated to continue until the victim recovers, or you are relieved by another competent individual, or a physician tells you to stop, or you are utterly exhausted and cannot continue. The decision to halt CPR is a medical one and, unless you are a physician, it is a decision that you as a lay person cannot and should not make. ■

(Produced in cooperation with Dave Sonnenburg.)

HEALTH



HOW TO CHOOSE A DOCTOR

Your doctor can be the most important friend you have, so it makes sense to choose one carefully. But the fact is, lots of people choose their doctors for patently absurd reasons. A doctor may be selected because he is young and therefore must be "up on all the new things"; because he is old enough to have lots of experience; or because he charges less than another doctor.

Why doesn't the average person base his choice on more solid and relevant facts? Primarily because those facts are hard, if not impossible, for the layman to come by.

Here are some tips to help you find the right family physician.

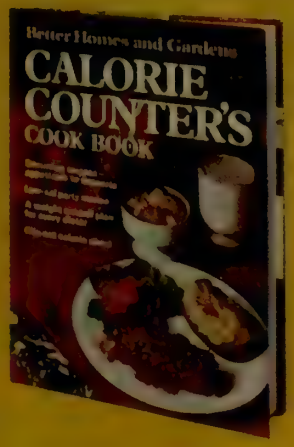
Who to ask

If you have a doctor friend, ask which doctor *he* consults when someone in *his* family is sick.

continued

A healthy offer

(Better Homes and Gardens hardcover book)



$2.95 value for only **$1.99**

From the makers of

Aim Toothpaste
Anacin
Serutan
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You can save nearly $1 on this hardcover Better Homes and Gardens Calorie Counter's Cook Book by sending a proof of purchase of one of the above brands along with $1.99 and the coupon below. This book presents a sensible approach to dieting. Weekly meal plans using 1,000, 1,200, 1,500 or 1,800 calories per day are featured, plus menus and calorie charts. 56 illustrations, 96 pages. If you wish to order more than one copy, send one proof of purchase for each book.

For your health's sake — and your pocketbook's — act today!

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Enclosed is $_____ and _____ proof(s) of purchase. Please send me _____ copy (copies) of the Calorie Counter's Cook Book.

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Only Tampax tampons have an applicator that is flushable and biodegradable



The applicator on the left is plastic and its manufacturer clearly warns "do not flush." You can throw it into a waste receptacle, but no matter how you dispose of a plastic applicator, it remains hard, non-biodegradable material indefinitely. That is why plastic applicators pollute our land, rivers, lakes and beaches.

The Tampax tampon container-applicator—like the tampon itself—is completely disposable and biodegradable. It is made of spirally wound strips of paper that quickly begin to delaminate and unwind when they come in contact with water. (See the illustration above at the right.) The paper strips are as easy to dispose of as a few sheets of bathroom or facial tissue.

Tampax tampons offer you hygienic menstrual protection without the worry of environmental pollution.

TAMPAX® tampons

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

The internal protection more women trust

continued

How to choose a doctor

If you're moving out of town, ask your doctor to recommend another doctor in your new community.

If you need a doctor in a hurry to handle an emergency illness, the best thing to do is go to the nearest hospital emergency room. There you can get treatment for the immediate problem and the doctor on duty can tell you which doctors in the community are accepting new patients.

Your local medical society can also give you that information, but they'll be reluctant to recommend just one doctor (although they may recommend two or three).

What kind of doctor to choose

An orthopedic surgeon doesn't want to treat a sore throat, and a family practitioner won't replace a joint. So, unless there's a reason to see another kind of specialist (to care for a pregnancy, heart problem, kidney disease, etc.), your best bet is to look for a family physician. He can treat most of the medical problems your family encounters.

A good family practitioner will call in outside help when he feels the illness is beyond his competence.

The initial visit

If you can't decide which of two doctors to choose, you may want to schedule appointments just to talk to them, or for a physical exam.

During the initial visit you should ask the doctor about office hours, how to reach him by phone, his choice of hospital, and his fees.

The ideal doctor will take his time examining you and will ask many questions. He'll also listen to your questions, and answer them.

Hundreds of diagnostic procedures are at your doctor's disposal. Some may be complicated, uncomfortable, and expensive. A good doctor will not hesitate to use them if he wants to confirm a diagnosis.

There are no precise rules for weighing the personal and professional merits of doctors. The friendliness and sympathy of one physician may outweigh the superior training of another. A brusque bedside manner may be outweighed by the physician's skill.

If you come away from your initial visit not quite satisfied with the account you have been given of your present physicial condition, or if you feel the doctor isn't really willing to take enough time with you, respect your hunches and look elsewhere. Remember, you don't have to stay with a doctor you don't like.

Once you've found a doctor you like, keep these four points in mind:

- Ask questions. It's your right and obligation to know what the doctor is doing.
- Follow his advice. It's up to you to carry out your doctor's recommendations. If you don't, you may destroy your relationship.
- See him while you're healthy. Many diseases can be detected by your doctor (and treated) before they become serious.
- Respect his time. Don't hesitate to call your doctor in the middle of the night, but if your problem isn't urgent, wait until morning. ■

When does a dog outgrow his dog food?



It depends. On his age, his condition and importantly on what he's fed. As your dog goes through life, his nutritional needs change. And no single dog food is designed to meet these changing needs the way the Cycle® dog foods can.

For growing puppies, **Cycle 1** contains extra protein and vitamins; extra calcium for developing teeth and bones. All concentrated for a puppy's smaller stomach.

For dogs in their active years (ages 1 to 7), there's **Cycle 2.** Specifically formulated with the correct balance of protein, vitamins and minerals to help them stay lively and alert.

Cycle 3 is made *with less fat and 20% fewer calories than the leading canned dog food.* To help the overweight dog return to his proper, healthy weight.

Finally, there's **Cycle 4.** Formulated for the special needs of the older dog. With extra calcium for his older bones; and high-quality protein in an amount his aging kidneys can easily handle.

Every Cycle canned dinner comes in a choice of meaty flavors: chicken and beef. For a meal that's as satisfying as it is nutritious.

Remember: *your dog never outgrows the Cycle foods. There's one for each important stage in his life.*



Gaines®

Cycle® Nutrition...for the life of your dog.

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DOG FOOD

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Enjoy Salem Lights



The only low tar menthol cigarette with Salem satisfaction.

Enjoy the satisfying cool taste you expect from Salem. Salem Lights and Lights 100's, the Lights that say enjoy.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHT 100's: 9 mg. "tar" 0.7 mg. nicotine, LIGHTS: 11 mg. "tar" 0.8 mg. nicotine, av. per cigarette, FTC Report AUG. '77.

CARS Robert A. Dickelman

SHOPPING THE FULL-SERVICE AUTO CLUBS

If you travel a lot—or if you feel more secure knowing there's someone you can call if your car breaks down—a full-service auto club might be a good choice for you. Some "auto clubs" are really just fronts for insurance agencies or merchandising programs, but the following full-service auto clubs offer a wide range of benefits and services: American Automobile Association (AAA), Amoco Motor Club (Amoco), Allstate Motor Club (Allstate), ARCOtravel Club (ARCO), Montgomery Ward Auto Club (MWAC), and United States Auto Club/Motoring Division (USAC).

Here are some basic features to consider when you're shopping for a full-service auto club.



Membership rates

Only one of the full-service auto clubs (AAA) requires an entrance fee. The cost ranges from $2 to $10 per person, depending on regulations set by each local AAA Club.

All of the clubs charge an annual membership fee (it's usually less than the cost of having your car towed once to a garage). AAA's and Amoco's annual dues provide coverage for the member in any car he's driving. Allstate's and Amoco's annual dues also include coverage for the spouse. MWAC and USAC cover both the member and spouse, but only when driving a family-owned car. ARCO offers three different membership rates: One provides full benefits for the member and some benefits for the spouse; another provides full coverage for both the member and spouse; the third is a family membership that includes the member, spouse, and all dependent children up to the age of 19 (or 25 if they're full-time college students). To join MWAC, you must be a qualified credit customer.

If you want full coverage for other members of your family, Allstate, MWAC, and USAC require the full annual membership fee for each additional person. However, AAA and Amoco offer annual associate memberships for $5 to $15 per person.

Emergency road service

Emergency road service is included as a benefit in all the full-service auto clubs. It covers towing to a garage, fixing a flat tire, delivering gasoline, jumping a dead battery, or making minor repairs wherever your car breaks down. You only pay for parts or gasoline.

For AAA, Allstate, and Amoco members, certain garages or service stations throughout the country directly bill the clubs for emergency roadside help. ARCO, MWAC, and USAC don't bill directly, so members can get help anywhere and submit a receipt for reimbursement. AAA, Allstate, and Amoco use the same procedure if you receive emergency service from a nonparticipating garage.

Trip planning

All of the auto clubs will help you plan automobile trips. When requesting this information, you need to specify whether you wish to take the scenic or direct route. AAA can also give you the most fuel-efficient route.

The clubs also provide you with an information packet that contains such material as maps of your route, a full map of the United States, and a travel tips booklet that usually points out places of interest along your route.

Emergency travel expenses

If you have an accident that disables your car, the full-service club you belong to will reimburse you for the inconvenience of having your trip interrupted. AAA, Amoco, MWAC, and USAC cover accidents occurring more than 50 miles away from your home. ARCO has no minimum mileage and Allstate covers only accidents occurring more than 100 miles from home.

ARCO offers reimbursement for commercial transportation or auto rental to either your destination or home—within the 24 hours following the accident. All of the other clubs compensate for car rental or local lodging and meals—or commercial transportation expenses incurred up to 72 hours following the accident. Be sure to check the maxi-

continued on page 106

Drawing: Handelan Pedersen Inc.





Come inside and discover the values in Sears Open Hearth Country Home.

Courtship Rose bedroom and bath. Bedspread just $36.99 twin. Sheet just $5.99 twin.

Sears has created the Open Hearth collection to reflect the glowing warmth of an old-fashioned country home. A home that Grandpa designed for sturdiness and durability and Grandma decorated for comfort and coziness.



Start in the Courtship Rose bedroom with its lush romantic feeling. Sheets are a practical 50% combed cotton and 50% polyester Perma-Prest® percale. Comforters take the same percale sheeting then get filled with plump polyester fill.

But Courtship Rose is only the beginning. Come along with us through the many pages of Sears country collection. It's available now in most larger Sears retail stores.

Courtship Rose linens:

Full bedspread	$39.99
Twin bedspread	$36.99
Full sheet (flat or fitted)	$ 6.99
Twin sheet (flat or fitted)	$ 5.99
Full comforter	$35.99
Twin comforter	$29.99
Full bed ruffle	$14.99
Twin bed ruffle	$13.99

Courtship Rose accessories:

Lined pinch pleat drapery (48-in. x 84-in.)	$19.99
Rod pocket panel (60-in. x 84-in.)	$ 7.99
Bath towel	$ 4.99
Double shower draperies	$24.99
Patterned rug (24-in. x 36-in.)	$ 9.99
14-in. sq. Emperor pillow	reg. $5.99 Sale 2 for $10.00

Save on Open Hearth bedroom furniture:

Full size genuine brass bed (including rails)	reg. $519.95	Sale $459
Queen size genuine brass bed (including rails)	reg. $572.95	Sale $499

Prices higher in Alaska and Hawaii.

Prices good from January 22 thru February 25, 1978.

Sears Open Hearth Country Home.

Only at Sears









Come inside and save on Sears coordinated country kitchen.

Cape Cod curtain now just $2.99.

(84-in. x 24-in.)

Sears country kitchen has the warm, sun-splashed look you'll love to surround your family with. Cheerful patterns play across dinnerware and lamps, while complementary patterns on the curtains add a happy accent.

Inheritance Cape Cod curtain has six sizes and sixteen colors on sale. In dinnerware, you can save on 45-piece sets in three patterns. Casualware that matches up with the four patterned lamps in either table or accent sizes. And it's all available now in most larger Sears retail stores.

Save on Open Hearth accessories:

Cape Cod curtain (84-in. x 24-in.)	reg. $ 4.99	Sale $ 2.99
Inheritance priscilla (100-in. x 81-in.)	reg. $16.99	Sale $11.99
Petit Flora priscilla (100-in. x 81-in.)	reg. $19.99	Sale $16.99
Country French curtain (68-in. x 24-in.)	reg. $ 4.99	Sale $ 3.99
Tablecloth (52-in. x 70-in.)	reg. $ 9.99	Sale $ 7.99



45-piece Federalist dinnerware sets:

White Federalist	at regular price	$49.99
Buttercup Yellow	reg. $59.99	Sale $49.99
Country French	reg. $79.99	Sale $59.99
Petit Flora	reg. $69.99	Sale $59.99

Petit Flora and Country French accessories:

Dish towel	at regular price	$ 1.89
Dishcloth	at regular price	$ 1.19
Pot holder	at regular price	$ 1.29
Placemat	at regular price	$ 2.49

Save on Federalist lamps:

White Federalist accent lamp	reg. $19.99	Sale $15.99
White Federalist table lamp	reg. $29.99	Sale $24.99
Buttercup Yellow accent lamp	reg. $19.99	Sale $15.99
Buttercup Yellow table lamp	reg. $29.99	Sale $24.99
Country French accent lamp	reg. $29.99	Sale $24.99
Country French table lamp	reg. $39.99	Sale $34.99
Petit Flora accent lamp	reg. $29.99	Sale $24.99
Petit Flora table lamp	reg. $39.99	Sale $34.99

Save on Open Hearth kitchen furniture:

Round table and four chairs	reg. $529.95	Sale $469

Save on Open Hearth floors:

Footlights Supreme carpeting sq. yd.	reg. $8.99	Sale $7.99

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.

Only at Sears

©Sears, Roebuck and Co. 1978



Come inside and save on Sears Lyric drapery. Now just $10.99.

(48-in.x 84-in.)

Build a living room as warm as a family gathering, as cozy as a winter's evening around a crackling fireplace.

Start with the nubby textured Lyric drapery, available in nine rich shades. And as easy to machine wash as it is to dry clean. Go on from there to save on the Open Hearth sofa sleeper, a terrific way to put up overnight guests with ease and style. It's all available in most larger Sears retail stores.

Save on Open Hearth draperies:

Lync drapery
(48-in. x 84-in.)_____reg. $14.99 Sale $10.99

Open Hearth traverse rod
(30-in. to 48-in.)_____reg. $19.99 Sale $16.99

Save on Open Hearth furniture:

Queen size sofa sleeper____reg. $619.95 Sale $549

Save on Open Hearth accessories:

18-cup cabinet_____reg. $49.99 Sale $39.99
Country picture_____reg. $29.99 Sale $24.99
Magazine rack_____reg. $29.99 Sale $14.99
Queen Medley sheet_____at regular price $ 8.49
Full Medley sheet_____at regular price $ 4.99

Prices higher in Alaska and Hawaii.



Save 20% on Sears Colormate bath towels. Now just $3.19.

(Bath Size)

Sears plump, thirsty Colormate towels are luxurious cotton velour on one side and thick cotton terry on the other. And they come in up to fifteen colors plus many coordinating stripes and patterns.

Colormate accessories—bath rugs to hampers to other towel sizes—are also on sale for 10-25% off in most larger Sears retail stores.

Save on Open Hearth accessories:

Colormate towel (bath size)	reg. $3.99	Sale $ 3.19
Bath rug (24-in. x 36-in.)	reg. $5.49	Sale $ 3.99
Bath carpet (5-ft. x 6-ft.)	reg. $28.99	Sale $22.99

(Other Colormate towels and rugs plus other bath shop accessories also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home. Only at **Sears**

©Sears, Roebuck and Co 1978



Come inside to Sears Danberry bedroom.

Bedspread just $24.99 full, $21.99 twin
Sheet just $3.79 full, $2.79 twin.



A bedroom filled with the look of springtime in bloom. Light hearted florals dress a complete collection of bedroom linens, from the Perma-Prest® sheets on the bed to the airy curtains at the window.

Danberry. As fresh as a bouquet of just cut flowers in blue or rose. Patterned to delight the eye (and at these prices, the pocketbook as well), Danberry is available in most larger Sears retail stores.

Danberry linens:

Full Danberry Garden bedspread	$24.99
Twin Danberry Garden bedspread	$21.99
Muslin full sheet (flat or fitted)	$ 3.79
Muslin twin sheet (flat or fitted)	$ 2.79
Full comforter	$26.99
Twin comforter	$21.99

Danberry accessories:

Fashion curtain (68-in. x 24-in.)	$ 3.99
Ruffle round curtain (84-in. x 24-in.)	$ 5.99
Priscilla curtain (100-in. x 81-in.)	$16.99
Sheer panel (40-in. x 84-in.)	$ 4.99
Full Medley bed ruffle	$ 8.99
Twin Medley bed ruffle	$ 7.99

Save on Open Hearth rug:

Georgetown rug (42-in. x 70-in.) reg. $29.99 Sale $24.99

Prices higher in Alaska and Hawaii.

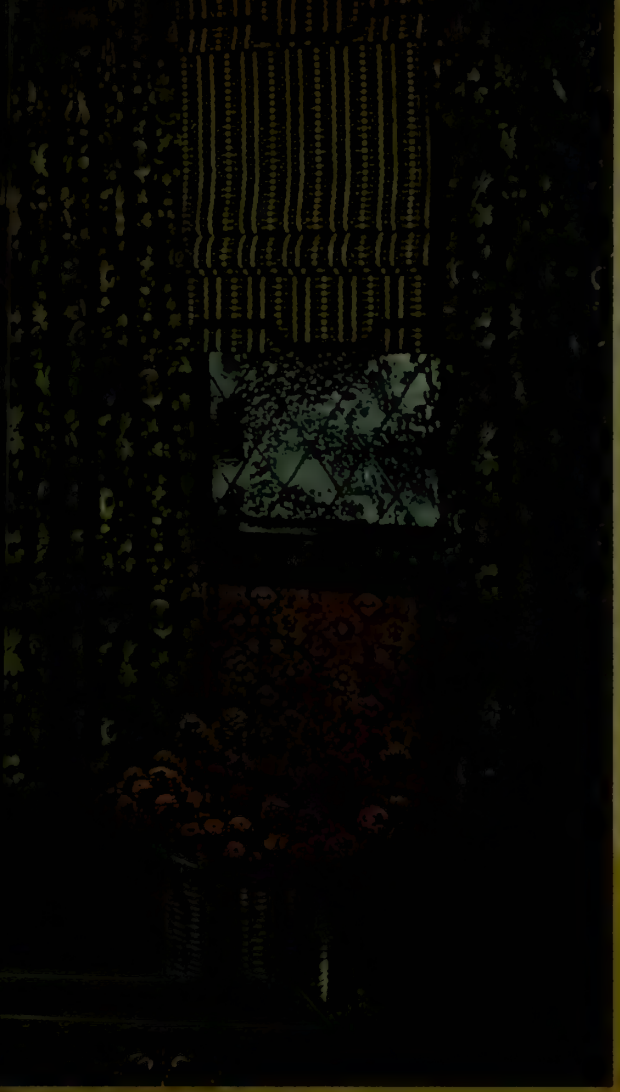
Prices good from January 22 through February 25, 1978.

Sears Open Hearth Country Home.

Only at Sears

©Sears, Roebuck and Co. 1978


SALE
January 22
through
February 25, 1978





Come inside and save on Sears lumberjack bedroom and family room. Lumberjack bed, now $499. Save $100.

Bold. Massive. Dramatic. Choose the lumberjack furniture from Sears. A tribute to the rugged individuality of our ancestors, the lumberjack bedroom is sure to become heirloom furniture for your family.

And from Sears Custom Shop, the luxuriously quilted Chandler bedspread, with 6 oz. per sq. yd. of polyester fiberfill. Lined with 100% polyester challis.

Save on Open Hearth furniture:

Lumberjack bed	reg. $599.95	Sale $499
72-in. triple dresser	reg. $445.00	Sale $395
Chest on chest	reg. $380.00	Sale $310
Large hutch mirror	reg. $275.00	Sale $245

Save on Open Hearth accessories:

Queen custom bedspread (Chandler)	reg. $175.00	Sale $150
Full custom bedspread (Chandler)	reg. $150.00	Sale $125
Woven wood window treatment (48-in. x 60-in.)	reg. $120.00	Sale $ 96

Also on sale:

Supreme antique satin fabric, 73% rayon and 27% acetate	reg. $6.00 yd.	Sale $4.50 yd.
Matching sheer drapery fabric	reg. $4.00 yd.	Sale $3.00 yd.
Chandler room darkening shade (37¼-in. x 72-in.)	reg. $ 55.00	Sale $ 44

Lumberjack sofa, now $499. Save $100.

The lumberjack look takes bold steps towards the family room with great success. It's all available, right now, in most larger Sears retail stores and on special order.

Save on Open Hearth furniture:

Lumberjack sofa	reg. $599.95	Sale $499
Lumberjack chair	reg. $359.95	Sale $299
Lumberjack ottoman	reg. $159.95	Sale $139
Cocktail table	reg. $179.95	Sale $159
End table	reg. $159.95	Sale $139

Open Hearth accessories:

Country Plaid drapery (50-in. x 84-in.)		$ 16.99
Kismet Country rug (8-ft. 3-in. x 11-ft. 6-in.)	reg. $599.99	Sale $449.99

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.

Only at **Sears**



Come inside and save $2.00 sq. yd. on Soft Shadows III carpeting. Now just $8.99.

Also save $20 to $120 on many living room pieces.

Sears creates a comfortable Country American setting in the Open Hearth living room. And most everything is on sale now.

Soft Shadows III carpeting is 100% nylon pile, the most durable carpet fiber there is. And it's available in eighteen colors (you'll see more of Soft Shadows III on other Open Hearth pages).

Also save $50 on the three-cushioned living room sofa. It's accented with pine and pine veneers and covered in a wide selection of colors and fabrics. Then it's treated with SCOTCHGARD® Brand Fabric Protector.

So let us entertain you with savings throughout the Open Hearth living room, available now in most larger Sears retail stores.



ave on Open Hearth living room furniture:

loral sofa	reg. $499.95	Sale $449
loral chair	reg. $329.95	Sale $299
loral ottoman	reg. $139.95	Sale $119
ofa sleeper (not shown)	reg. $619.95	Sale $549
ecliner	reg. $299.95	Sale $279
rawer end table	reg. $159.95	Sale $139
ocktail table	reg. $159.95	Sale $139
oll-top desk	reg. $429.95	Sale $399
randmother clock	reg. $639.95	Sale $579

Save on Open Hearth accessories:

Soft Shadows III (per sq. yd.)	reg. $10.99	Sale $ 8.99
Rustique drapery (50-in. x 84-in.)	reg. $19.99	Sale $16.99

(Other drapery sizes also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.
Only at Sears

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SALE
January 22
through
February 25, 1978



Come inside and save $200 on Sears Open Hearth Bedroom. Now just $799.

In keeping with well-designed Country American furnishings, Sears presents the Open Hearth bedroom. It's furniture built for durability with tongue-in-groove and mortise-and-tenon construction. Plus 26-step finishing, from staining through hand rubbing for a smooth and glossy finish.

The bedroom sale price includes the cannonball bed (full/queen size), a triple dresser with deck mirror and the large chest. It's available now in most larger Sears retail stores.

Sears Best

Save on Open Hearth bedroom furniture:

Sale set includes cannonball bed (full/queen size), 60-in. triple dresser with deck mirror and large chest ____ reg. $999.95 Sale $799
Nightstand ____ reg. $149.95 Sale $139
Rocking chair ____ reg. $149.95 Sale $129

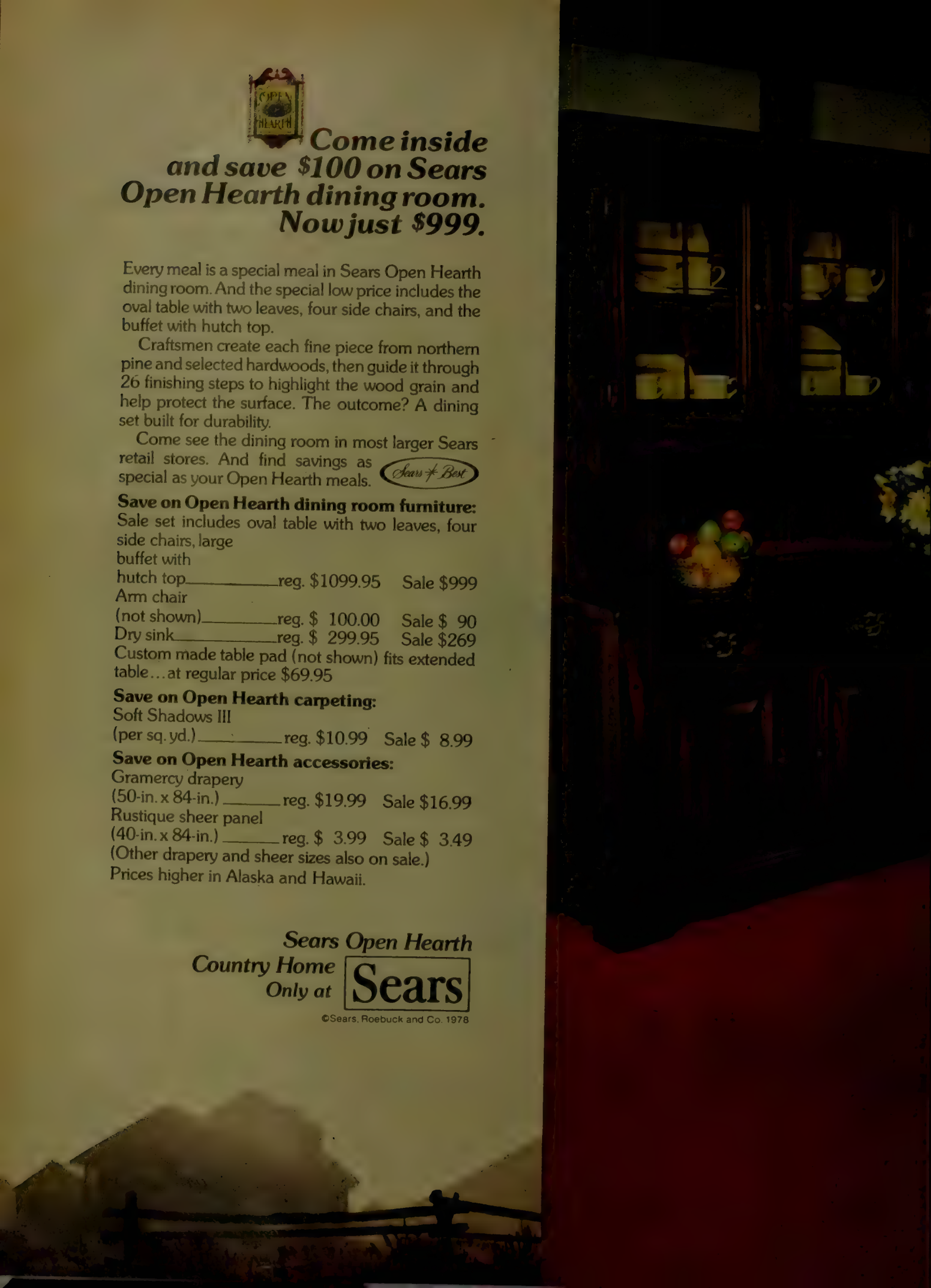
Save on Open Hearth accessories:

Lancaster Patch drapery (48-in. x 84-in.) ____ reg. $18.99 Sale $14.99
Lancaster Patch comforter (full size) ____ reg. $32.99 Sale $27.99
Lancaster Patch pillow sham (standard size, each) ____ reg. $ 7.49 Sale $ 5.99
Lancaster Calico bed ruffle (full size) ____ reg. $14.99 Sale $12.99
(Other sizes of Lancaster Patch and Lancaster Calico merchandise are also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home Only at **Sears**

©Sears, Roebuck and Co 1978





Come inside and save $100 on Sears Open Hearth dining room. Now just $999.

Every meal is a special meal in Sears Open Hearth dining room. And the special low price includes the oval table with two leaves, four side chairs, and the buffet with hutch top.

Craftsmen create each fine piece from northern pine and selected hardwoods, then guide it through 26 finishing steps to highlight the wood grain and help protect the surface. The outcome? A dining set built for durability.

Come see the dining room in most larger Sears retail stores. And find savings as special as your Open Hearth meals. Sears ✱ Best

Save on Open Hearth dining room furniture:

Sale set includes oval table with two leaves, four side chairs, large buffet with hutch top	reg. $1099.95	Sale $999
Arm chair (not shown)	reg. $ 100.00	Sale $ 90
Dry sink	reg. $ 299.95	Sale $269

Custom made table pad (not shown) fits extended table...at regular price $69.95

Save on Open Hearth carpeting:

Soft Shadows III (per sq. yd.)	reg. $10.99	Sale $ 8.99

Save on Open Hearth accessories:

Gramercy drapery (50-in. x 84-in.)	reg. $19.99	Sale $16.99
Rustique sheer panel (40-in. x 84-in.)	reg. $ 3.99	Sale $ 3.49

(Other drapery and sheer sizes also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home
Only at Sears

©Sears, Roebuck and Co. 1978


SALE
January 22
through
February 25, 1978



Come inside and save $30 on Sears Open Hearth family room sofa. Now just $399.

The Open Hearth family room sofa is built to stand up to the active family's lifestyle. That means a thick-cushioned, pine-accented sofa covered in Herculon® olefin for time-resistant wear (available in five colors).

Many other family room pieces are also sale priced. They, too, are built for durability with laminated table tops for easy upkeep. Come see the livable, durable family room, available now in most larger Sears retail stores.

Sears ✦ Best

Save on Open Hearth family room furniture:

Sofa	reg. $429.95	Sale $399
Matching chair	reg. $239.95	Sale $219
Cocktail table	reg. $ 99.95	Sale $ 94
End table	reg. $ 89.95	Sale $ 84
Game table and four chairs	reg. $599.95	Sale $565
Bar and two bar stools	reg. $429.95	Sale $397
Door bookcase	reg. $229.95	Sale $209
Open bookcase	reg. $199.95	Sale $179
Mate's desk	reg. $239.95	Sale $219

Save on Open Hearth lamps:

Accent lamp	reg. $49.99	Sale $39.99
Table lamp	reg. $79.99	Sale $59.99

Prices higher in Alaska and Hawaii.



Save $40 on the mate's bed. Now just $199.

Save $10 on many other pieces.
Sears has created a very special room to delight your children with its design and you with its durability.

The mate's bed is as tough and sturdy as your kids. And its two roomy drawers will please you both with extra storage. Or choose from many other teen bedroom pieces, on sale now in most larger Sears retail stores.

Save on Open Hearth teen bedroom furniture:

Mate's bed with two drawers and mattress board	reg. $239.95	Sale $199
Four-drawer chest	reg. $149.95	Sale $139
Student desk	reg. $149.95	Sale $139
Desk hutch top	reg. $149.95	Sale $139
Single dresser	reg. $149.95	Sale $139

Save on Open Hearth accessories:

Accent lamp	reg. $ 49.99	Sale $ 39.99
Rustique bedspread (bunk size)	reg. $ 29.99	Sale $ 26.99
Rustique drapery (50-in. x 84-in.)	reg. $ 19.99	Sale $ 16.99

(Other bedspread and drapery sizes also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.
Only at Sears

begins on page 87

Auto clubs

mum dollar amount allowed by each club.

Accidental death and dismemberment

Insurance is an integral part of membership in any of the full-service clubs. With AAA, Allstate, and Amoco, the amount of your insurance coverage increases to a maximum after three years with the club and is limited to travel-related accidents. The insurance policies of ARCO, MWAC, and USAC aren't limited to travel, and you're immediately covered by the maximum amount. (For example, only MWAC has a no-exclusions policy.) The policies of each club vary considerably, so make sure you examine them carefully.

Reward for stolen-car information

With the exception of ARCO, all of the full-service auto clubs offer a reward ranging from $200 to $500 for information leading to the arrest and conviction of someone stealing or breaking into a member's car. Some of the full-service auto clubs even extend this reward for information offered in regard to hit-and-run accidents.

Arrest/bail bond certificates

In some states, you can present your membership card in lieu of posting a cash bond or giving u your driver's license after arrest fo a traffic violation. For more seriou traffic offenses, most of the clubs wi assist you in obtaining larger ba bond certificates. These bonds ar not good for arrests involving felon offenses or for driving while you'r under the influence of alcohol o narcotics.

Legal defense fees

If you have to appear in court fo a traffic violation, all of the full-ser vice clubs will help you pay you legal fees up to a specified schedule amount. All you do is choose you own lawyer, and submit the arres citation along with the bill for reim bursement. ■

Club Name	Membership rates	Emergency road service	Emergency travel expenses	Accidental death and dismemberment insurance	Car theft info rewards	Arrest/bail bond certificates	Legal defense fees
AAA 8111 Gatehouse Road Falls Church, Va. 22042	$15 to $25 for 1 person	Varies depending upon circumstances	$100 to $200	$1,000 to $5,000	$200	$200 arrest; $5,000 bail bond	$25 to $600
Allstate Motor Club 30 Allstate Plaza Northbrook, Ill. 60062	$19.50 to $25 for member & spouse*	$25	$200 maximum	$1,000 each 1st year; $1,250 each 2nd year; $1,500 each 3rd year	$500	$500 arrest	$500 maximum
Amoco Motor Club 200 East Randolph Drive Chicago, Ill. 60601	$19.75 to $24 for member & spouse**	$25	$100 per adult; $200 maximum	$1,500 each 1st year; $1,750 each 2nd year; $2,000 each 3rd year	$500	$200 arrest	$50 minimum to $500 maximum
ARCOtravel Club P.O. Box 100017 Atlanta, Ga. 30348	$18 to $54.60 for member, member & spouse, or family membership***	$25	$50 maximum	$2,000-$25,000 depending on dues paid; not limited to travel	None	$200 arrest; $5,000 bail bond	$500 maximum
Montgomery Ward Auto Club P.O. Box 330 South Bend, Ind. 46604	$27 for member & spouse; all cars owned	$30	$100 maximum	$5,000 can be divided; no exclusions; not limited to travel	$200	$200 arrest; $5,000 bail bond	$500 maximum
United States Auto Club P.O. Box 1997 South Bend, Ind. 46604	$30 for member & spouse; all cars owned	$30	$100 maximum	$5,000 maximum can be divided; not limited to travel	$200	$200 arrest; $5,000 bail bond	$500 maximum

***$19.50 in Western and Southern states; $22.50 in Midwestern and Eastern states; $25 in Michigan and California.**

****$24 in the states of Missouri, North Dakota, and California.**

*****Memberships not available in the states of Colorado, Mississippi, New Hampshire, Nevada, North Carolina, and Oklahoma.**

YOUTH CONSERVATION CORPS: summer jobs for high schoolers

If you have a teen-age son or daughter, you're probably aware of how tough it can be for high schoolers to find summer jobs. And getting interesting summer employment is even tougher. The federal Youth Conservation Corps (YCC), which is now accepting applications for jobs this summer, may be the answer for your youngster.

YCC, now in its eighth year, provides summer employment for youngsters 15 through 18. Teen-agers work primarily to upgrade outdoor recreation facilities on public lands.

Unlike other work programs you may have heard about, YCC isn't restricted to youngsters from low-income or poverty-level families. It's open to young people from all economic levels in all 50 states and the District of Columbia, plus Puerto Rico, Guam, the Virgin Islands, American Samoa, and trust territories of the Pacific. Last summer, YCC put over 39,000 youngsters to work.

What about options?

YCC offers youngsters two employment options: residential camps, where young people eat, sleep, and work at locations away from home (but within their respective states); and nonresidential camps, for youngsters who work in the area where they already live. Work projects are administered by the U.S. Forest Service and U.S. Department of the Interior, with state and local agencies joining in.

Generally, YCCers take "potluck" when it comes to the work they'll be doing—from trail building to general cleanup and maintenance, even to banding wildlife. In Pennsylvania, for example, YCCers built picnic tables for the handicapped, pitched in with cleanup after the Johnstown flood, and restored a portion of a railroad that's now a National Historic Landmark. Illinois YCC groups renovated Lake Michigan's Grosse Point Lighthouse and built a floating boardwalk in one state park. In Washington and Oregon, YCC youth rebuilt range fences on public lands and worked to improve timber stands. Many of the projects get under way in state and national parks and forests.

Pay isn't high—youngsters get the prevailing national minimum wage for a 30-hour week. They also are expected to participate in ten additional hours of environmental education activities weekly. When meals and lodgings are provided, a small deduction is made from youngsters' wages.

How does YCC stack up?

Hard work and good times are the mainstays of YCC. Youngsters should be prepared for jobs that are physically demanding. In fact, blisters and sore muscles are common among new YCCers. The typical "uniform" consists of blue work shirts and jeans, hard-toed shoes, and hard hats. The hard hats are provided, but youngsters furnish the rest of their own gear.

As part of the trade-off, YCCers get instruction in using hand tools (saws, shovels, mauls, etc.), along with basic first-aid training. They also can expect to enjoy good times with their peers, to gain a better understanding of the environment, and to learn how to work with others.

You can count on competent adult supervision. Instructors and work leaders are recruited primarily from the ranks of school science teachers and guidance counselors. Work crews usually consist of eight youngsters and an adult leader.

What are your youngster's chances?

YCC jobs aren't particularly easy to come by. Since participation is limited, young people are selected through random drawings. Nationally, one out of about every ten applicants gets accepted. Most projects are coeducational, with equal numbers of young men and women taking part. Random selection provides a good social, economic, and racial mix of youth.

If your youngster is interested in signing up, you should contact his or her local high school guidance counselor or your local State Employment Security Office, or write YCC directly: U.S. Youth Conservation Corps, Box 2975, Washington, D.C. 20013. In most states, the deadline for applications for this summer is March 15.

(Produced in cooperation with Bill Horine.)

MORE JOBS IN THE MAKING

The Young Adult Conservation Corps (YACC) is a new employment program for young people this year. The YACC offers young adults 16 through 23 year-round conservation-related jobs on public lands.

Since the only restriction to employment is that applicants can work for YACC only 12 months, the program provides excellent stop-gap jobs for young people temporarily out of work. If a YACCer finds a more suitable job after a month or two, for example, he or she can leave the program without jeopardizing chances of joining up again later on.

Though young people can't be guaranteed employment in a specific location, most YACCers are matched up with job in their home states. In fact, the majority are assigned to programs in communities where they live, though some go to residential camps outside the area. Pay is based on the current minimum wage.

The U.S. Department of Labor, which administers the YACC program, expects to hire some 23,000 this year. Quotas are assigned states according to their numbers of young people. Like YCC, YACC accepts applications from all economic levels.

You can get more information or make an application at your local State Employment Security Office. ■

HOW TO MIX WITHOUT MESSING UP

By Shirley Van Zante, P. Wilson Cullison, Robert E. Dittmer



It's all very well for the decorating pros to say the eclectic look is in and the carefully matched look is out, but admittedly it's not all that simple. Turning a mix of furniture pieces (and that's what many of us have acquired over the years) into a pleasingly coherent whole does call for some know-how. Here and on the next four pages we'll show you how to use the power of pattern and color to pull together a miscellany of sofas, tables, chairs, what have you. Once you learn to be a good mixer, you'll see potential in furniture pieces you may have banished to the attic or back porch—and that's when the fun begins!

Here's graphic proof of what color-coordinated pattern can do to salvage a lost-cause collection of furniture. Having nothing more to work with than the disparate pieces pictured above, we created the congenial grouping at far right. We relied on the unifying effects of mix-and-match fabrics—and we cut out the guesswork of *which* patterns to use by choosing fabrics that were pre-coordinated by the company that designed them. Here we used combinations of blue, biscuit, and white fabrics for slipcovers, shades, table skirts, cushions, and pillows. But if this scheme doesn't suit you, you can find the same patterns (and others) in a variety of color combinations.

With pattern, even built-ins can be brought into harmony with the rest of a room. We integrated the shelf system below by facing it with fabric to match the sofa.



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Photographs: Mike Dieter Design: Suzy Taylor, ASID. All fabrics from Riverdale



HOW TO MIX WITHOUT MESSING UP

For some people, marriage means furnishing a house from scratch. For others, it means trying to meld two households of furniture into one. This can spell confusion—especially when two people's tastes differ. Fortunately, pattern is capable of unifying even the most incompatible of pieces.

Here a rolled-arm tuxedo sofa and two slipper chairs were decoratively wedded with bold, colorful prints. Set against the expanse of dark green carpet, the stylized floral and the punchy plaid divert your attention from the miscellany of tables and lamps, and make you focus instead on the conversation grouping.

What makes two patterns like these work so harmoniously together? In addition to sharing the same combination of colors, the two patterns are similar in scale. Although the plaid is visually stronger, it doesn't dominate the grouping because it's balanced by the open, airy design of the companionable floral print.

Are you an incurable collector who can't resist the allure of antique shops, flea markets, and secondhand stores? If so, your house is no doubt filled with a magpie assortment of "treasures." Such is the case with this homeowner. Her dining room is furnished with a potpourri of things she's picked up on her hunts. To make sense of her mismatched finds (the chandelier is Venetian, the chest-cum-sideboard is Victorian, and the table and chairs are anybody's guess) she did several simple but effective things. First, she melded the table into the mix by masking it with an old quilt from a flea market. Her table accessories span years and continents, but everything works together because of the classic elegance of all the designs—plus their color correlation. The window treatment and the chair cushions also help unify the diverse elements in this dining room. Both the tieback curtains and the chair cushions are made of inexpensive canvas trimmed with bands of colorful grosgrain ribbon.

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Photograph: Fred Lyon. Design: Virginia Ingham. Source: Barbara East Cathcart

HOW TO MIX WITHOUT MESSING UP

Some people wind up with a mix of furniture without really meaning to. Others *choose* to combine furniture of various vintages and styles, and this type of decorating—when done well—is called eclecticism. To bring off a successful eclectic scheme, it's necessary that the random elements be tied together with at least one common denominator—scale, balance, shape, texture, color and/or pattern.

What makes the mix work in this cozy den/guest room is the predominance of a single strong color. Making its major impact on the walls, the vibrant orangy red repeats itself throughout the room: in the patterned Tunisian rug, the painting over the sofa, the handmade floor pillows and quilt, the paisley draperies, and the upholstery used on the two open-arm chairs. Despite the diversity of furniture styles—the chairs are French and English, the floor lamp is Japanese, the pull-up wicker tables are Far Eastern, and the contemporary sleep sofa is American—all of the elements blend beautifully together to form a singularly pleasing whole.



Photograph Jim Hedrich, Hedrich-Blessing Design Minky Morfit Source Estelle Bond Guralnick

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HOW TO MIX DINNERWARE WITHOUT MESSING UP

Combine fine china and pottery on the same table? Why not! The days of peas-in-a-pod place settings are gone (and good riddance). Today you can play your hunches and come up with winning one-of-a-kind combinations.

To pull it off, all you need is an idea, plus a cache of changeabout china. Pick one basic dinnerware pattern—then make it unique with a mix of accessories. A one-color scheme is the common denominator of the table below, which combines porcelain and stoneware.

By Patricia Pollock



Below—Patterned china: Block Stoneware Mikasa. Pewter goblets: Gorham. Glass stemware: Imperial. Stainless: Oneida Shells. Wilton. Linens: A. Scott. *Near right*—Dinner plate, crystal: Lenox. Soup service, coffee server: Lauffer. Sterling: Gorham. Soup spoon: Rosenthal. Linens: Fallani & Cohn. *Far right*—Salad plate, sugar bowl: Doulton. Dinner plate: Fitz and Floyd. Stainless: Towle. Stemware: Fostoria.





Photographs: William Hopkins

The place settings above prove the point: informal pottery needn't be paired with casual pieces, and formal china doesn't require ornate accessories. You can play your basic choice up or down. For more information on mixing dinnerware, turn to page 151 Buying information, page 43

FINISH YOUR ATTIC...FOR YOURSELVES ...FOR THE KIDS

By David Haupert and Cheryl Scott

Attics have a lot going for them: dramatic shapes, cozy angles, sky-high views, and away-from-it-all excitement, to name just four assets. But an even bigger plus is the fact that attics make cheap "additions," compared to most alternatives. So, if the top story of your house is high enough for you to stand without knocking your noggin on the rafters, you may have the makings of some valuable living space. How you use it, of course, depends on your family's needs. For ideas, check these projects.



...FOR YOURSELVES

Like most attics, this one began as an unheated, one-room-wide clutter collector. But careful planning and hard work turned this untapped resource of space into a classy retreat.

The photos on this page show what you see from the stairway. Note the large beams needed to support the heavy tile roof. Built-ins add dimension and storage. The double doors at the end eventually will open onto a new master bedroom.

The photos on the opposite page show what's going on at the other end of the attic. Note how the stair wall breaks up the long, narrow lines of the room. A skylight directly above the stairs brightens both the attic and the hallway below.

The bath is set off by peaked windows, angled lighting, and a light scoop in the tub area.

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Photographs: Marrs/Semel Architect: Kemp Mooney Interior Designer: Michael E. Collins, ASID Source: Ruth L. Grenci





BEFORE YOU START...

Not all attics are salvageable, of course, but if the headroom is there, that topside space is a good candidate for a remodeling.

PLAN HOW TO GET THERE

Once the height requirement is satisfied, there's only one other major obstacle that could keep you from converting your attic to everyday use: *access*. Of course, if you already have attic stairs—though they may be steep and narrow—chances are you can find the few extra square feet you'll need to bring that stairway up to snuff. But if you're starting with just a hatch opening, you may be hard-pressed to carve enough space from the level below to provide comfortable access. You'll need at least a 3x10-foot rectangle for a standard stairway, a 5½-foot square for an average spiral unit. Look for locations away from sidewalls so you won't run into headroom problems where the roof cuts into the attic.

CHECK FOR FLOOR SWAY

Once you've found access space, your big battle is over. But you'll still need to check out the attic floor, because it may be only strong enough to hold up the ceiling beneath it. If you have any doubts about the floor's stability, call in a pro.

DON'T FORGET MECHANICAL NEEDS

Be sure to map out your mechanical requirements—heating, cooling, wiring, and plumbing—ahead of time so you can install the equipment as you go. If you can't extend heat from the house proper, you'll have to install an auxiliary unit in the attic, so be sure to include this extra in your plans.



FINISH YOUR ATTIC...FOR THE KIDS

This lively bedroom/playroom area for the kids was carved out of the attic of a 55-year-old house. About one-third of the attic space was reserved for storage, while the 700-square-foot balance was turned into nifty nooks and crannies for the family's two boys.

The room's cozy niches follow the shapes dictated by the existing rafters. Whether sleeping, studying, or reading, the brothers can coexist in one large space, yet still enjoy personal privacy.



Photographs: Bill Helms. Architect: Amisano & Stegmaier, AIA. Source: Bonnie Maharam





A variety of built-ins and carpet-covered seating platforms lines the perimeter of the attic room, *opposite above*. Having a preestablished place for everything makes it easy for the boys to clean up their areas. Mom and Dad approve of the setup, too, because the only additional furniture that they had to buy was a couple of wooden study chairs.

Eleven-year-old Timothy likes his privacy, so the nook adjacent to the stairwell, *opposite below*, is just his cup of tea. (In the overall photo, *opposite above*, Tim's area is just beyond camera view, at lower left.) Half hidden by the low stairwell wall are Tim's step-up bookcase and built-in bed. The absence of vertical walls ruled out the use of a standard window, but an operable skylight unit mounted in the hip roof substituted nicely. A laminate-topped desk, also a handsome built-in framed with varnished white pine, gives Tim plenty of elbowroom for doing homework, building models, or enjoying other activities that require a tabletop surface.

Like Tim's area, older brother Michael's sleeping niche, *above*, packs a lot of activity into a small space. Desk, bed, and storage for books and games are built in. The stepped storage unit also acts as a privacy screen to separate Mike's bed from the rest of the room. Baseboard heating nestles neatly beneath the carpet-over-plywood seating platform.

The dugout, *left*, offers a cozy retreat for reading or daydreaming. A varnished white pine beam supports the canopy of hanging plants overhead. The fellas can park their snacks on the laminate-covered windowsill and flop down among colorful throw pillows. And when Tim's and Mike's friends sleep over, the guys just toss their sleeping bags anywhere because the attic floor, the seating nook, and the adjoining platforms all are covered with rugged commercial carpeting.

Buying information, page 43.



HERBS WE'VE GROWN TO LOVE

By Steven Coulter and Douglas A. Jimerson

Let's hear it for herbs! Many of these reliable and versatile plants have been serving mankind for centuries as medicinal and culinary aids. Others were and are grown exclusively for their delicate and distinctive fragrances.

Traditionally, herbs were grown in formal gardens where the plants were arranged in ordered geometric patterns, but most herbs will thrive in any sunny location. Many are hardy perennials that will perform for years. Some herbs, in fact, spread so rapidly they tend to become pestiferous if not kept within bounds.



HERBS INDOORS IN POTS

A sunny window is the perfect place to grow herbs indoors. In this old-fashioned pantry a large bay tree and potted rosemary plants flank scented geraniums and other herb cuttings. All of these herbs are in easy reach for last-minute mealtime snipping. The jars hold fresh herb jellies; the jug and bottle contain herb vinegars.

THE 18TH-CENTURY GARDEN REVISITED

Herbs have been planted in formal arrangements since medieval times. The style most popular during the 18th century, ***left,*** is being revived today. Here a few medicinal herbs, such as





Photographed (above, below, below right, and opposite bottom) at Caprilands Herb Farm





Photographs: Bill Helms, Bill Maris, and George de Gennaro. Source: Pauline Graves; Bonnie Maharam

lamb's-ears and horehound, team with some of the edible herbs: sage, thyme, marjoram, and creeping thyme. Santolina and lavender are planted at the base of the decorative beehive centerpiece to add both color and fragrance.

THE INFORMAL GARDEN

Herbs transform even the humblest of settings into a wonderland of scents and sights. Here, ***top left,*** cedar posts were laid horizontally at random in the garden to edge informal planting beds of scented geraniums, lemon balm, mint, and southernwood artemisia. Loose-leaf lettuce and chamomile border the cobblestone walk to produce both color and fragrance.

HERBS AND FLOWERS

Mix herbs with flowers for a medley of colors, shapes, and textures. In this garden, ***above left,*** yellow flowering annuals and perennials mingle with various herbs to bring sunny color to a backyard. Choose plants with different foliages—some broad-leaved and others finely cut—and diverse habits—some ground-hugging and others bushy or upright. Try a dramatic one- or two-color garden border or splash a showy rainbow of colors throughout the area.

HERBS AND VEGETABLES

Herbs belong in every vegetable garden. In this bed, ***above right,*** camphor-scented southernwood makes tending summer squash an olfactory delight.

Don't place perennial herbs,or those that reseed themselves easily,in main garden areas where they would be disturbed yearly by major cultivating.

HERBS OUTDOORS IN POTS

If your yard space is limited, you can plant in pots and get splendid results. The fiber pots, ***top right,*** are filled with mint, celery, dill, parsley, lavender, hyssop, oregano, and candytuft. The pots are lightweight and portable. Individual pots of marguerites, felicia, and marigolds add color.

For special Better Homes and Gardens® herb offer, see page 41.

OUR PICK OF THE HERBS



SAGE



SCENTED GERANIUM



PURPLE BASIL



CORIANDER



PARSLEY



TANSY



ANISE

Pimpinella anisum

Annual. Grows to 24 inches tall. Plant in a sunny location in the spring after all danger of frost has passed. Seedlings do not transplant well, so be sure to sow the seeds where the plants are to remain. When the flower clusters turn gray brown, harvest the seeds by clipping them into a paper bag. Store the dried seeds in an airtight container.

ARTEMISIA

***Artemisia* sp.**

Perennial. Heights vary with the variety. This family consists of two major plant groups—wormwood and southernwood. Both of these are grown for their attractive gray green foliage and delicate scent. Southernwood has lemon-, camphor-, and citrus-scented varieties. Start plants of both groups from root divisions or stem cuttings. Wormwood can be grown from seeds sown in a sunny location in late fall or early spring. Use Silver King variety for a background in your garden and for wreath making. Use Silver Mound for edging your flower garden.

To harvest, cut back the plants in the fall and hang stems upside down in a shady, well-ventilated area. Use dried stems whole in decorative arrangements or wreaths. In cold climate areas, mulch with two to three inches of leaves or straw for winter protection.

BASIL, SWEET

Ocimum basilicum

Annual. Grows to 24 inches tall. Leaves are various shades of green; one variety sports purple leaves. Start seeds indoors six to eight weeks early or sow directly outside in a sunny location after all danger of frost has passed. Harvest leaves before flower buds

HARVESTING DECORATIVE HERBS

In the early fall, most herbs grown for dried arrangements should be cut. The freshly clipped collection at left includes yarrow, tansy, lady's-mantle, joe-pye weed, and Silver King artemisia, all ready to be bundled and hung in a shady, well-ventilated area until dry. To keep colors from fading, don't place arrangements in direct sunlight.

open. Keep plants pinched back for continuous growth. To harvest, pinch the leaves off the stem and spread in a shady, well-ventilated area until dry. Store dried leaves in airtight jars.

BORAGE

Borago officinalis

Annual. Grows to 18 inches high. Sow seeds in early spring in a sunny location. Plants produce handsome starlike blue or white blossoms in early summer and continue blooming until fall. Blossoms are very attractive to bees. Harvest young leaves as needed. Use blossoms to decorate beverages.

CARAWAY

Carum carvi

Biennial. Grows to eight inches high the first year and 24 inches the second. Sow seeds in a sunny location in late fall or early spring. The second year, after the flower clusters turn brown, clip them into a paper sack. Store seeds in an airtight container.

CATNIP

Nepeta cataria

Perennial. Grows to 36 inches high. Plant seeds or divisions in fall or early spring. Grows well in full sun or partial shade. Plants spread rapidly. To harvest, pinch the leaves off the stem and spread in a shady, well-ventilated area until dry to the touch. Store dried leaves in an airtight container.

CHAMOMILE

Chamaemelum nobile

Perennial. Start seeds indoors in the spring eight to ten weeks early or in the garden after all danger of frost has passed. Plants spread rapidly. Chamomile can also be started from root divisions or runners. To harvest, clip the flower heads off the stem when the petals curl backward, and spread in a shady, well-ventilated area until dry.

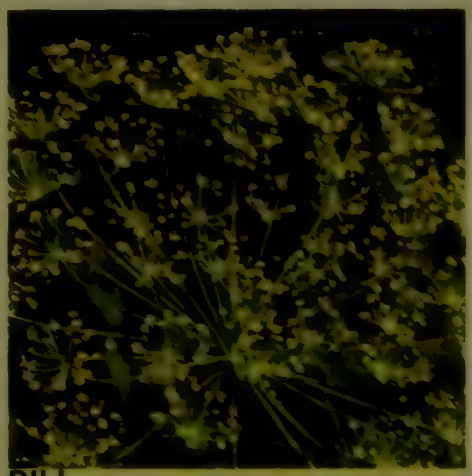
continued on page 156



GARLIC CHIVES



THYME



DILL



MARJORAM



LAVENDER



BORAGE

HERBS FOR TEA

Many herbs or combinations of herbs can be made into refreshing teas. When the white petals of chamomile, *right,* begin to curl backward, cut the flower heads and hang them in bundles to dry. Brew one teaspoonful of dried flower heads for every cup of water. Other tea herbs include catnip, comfrey, hyssop, lemon balm, mints, rosemary, and scented geraniums.





OREGANO









Designer: (opposite) Borghild Gillam

The aromatic herbs have a charm and mystique all their own. They provide ingredients for sweet-scented potpourris, sachets, and pomander balls.

POMANDER BALLS

The pomander or spice ball is an orange pierced with whole cloves and rolled in a mixture of cinnamon, nutmeg, allspice, and orrisroot (a scent preservative that is available at most pharmacies). Place pomander balls in clothes closets or trunks.

HERB WREATHS

Bend a piece of wire into a circle and crimp the ends together. Insert the cut ends of dried Silver King artemisia into this crimped base and gradually weave the plants around the wire, fastening every few inches with string. Continue to add artemisia, then tie on bits of cinnamon stick, nutmeg, gingerroot, bay leaf, and rosemary.

SACHETS

Tuck sachets of sweet-scented herbs into bureau drawers or linen closets. In these sachets, a dried mixture of lavender, rose geranium, and lemon verbena was used to fill the pillows.

POTPOURRIS

To make a potpourri, you will need dried rose petals. Clip petals during the summer and dry them in a shady, well-ventilated place. Store the dried petals in airtight containers until you are ready to make the potpourri. Stir the petals every few days.

Next, crush a mixture of herbs such as lavender, orrisroot, tonka bean, sandalwood, lemon verbena, frankincense, and myrrh until you get a scent combination that pleases you.

Thoroughly mix these ingredients with the dried rose petals and cure in a covered container for five or six weeks, stirring the mixture every few days.

After curing the potpourri mix, use it in sachets or store it in jars (open the jars occasionally to add fragrance to a room). Potpourri can be placed in open bowls for a continuous fragrance, but the scent will soon dissipate.

THE FRAGRANT HARVEST

To make a potpourri mix pleasing to the eye as well as the nose, add some dried whole flowers for color. The bowl below is filled with a potpourri mix attractively concealed beneath a layer of camellias, pansies, alyssum, rue, apricot geraniums, azaleas, nasturtiums, and forsythia.

For information on how to dry flowers, see page 152



If you've eaten pizza, you know oregano, pizza's chief seasoning. Now discover how these herb leaves can add punch to other robust foods—such as meats, game, and pasta. You'll also like what oregano does for mild foods such as chicken and eggs. OREGANO CHEESE PUFFS, a take-off on a favorite French egg bread, reveals this herb's subtler side.

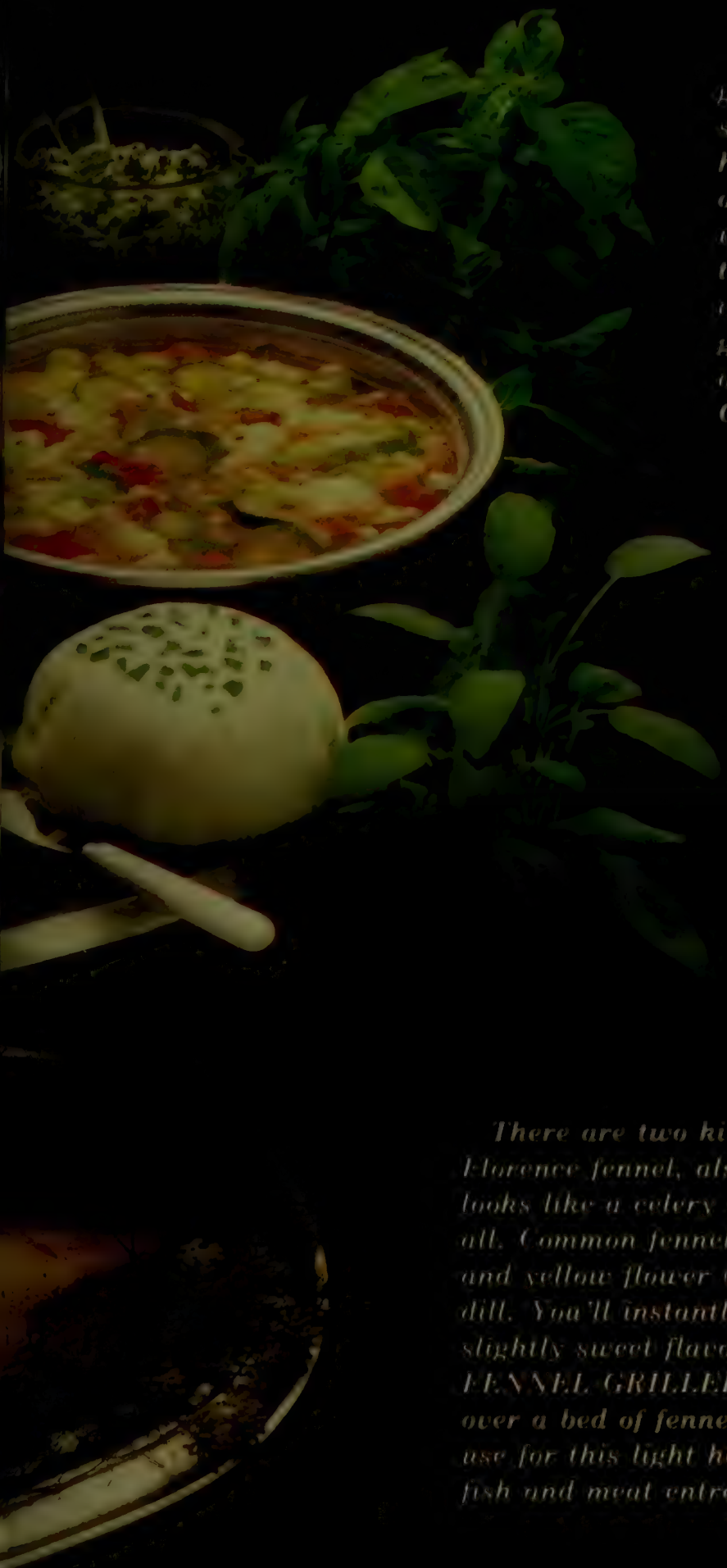
Both dainty-leaved thyme and needle-shaped rosemary are complementary herbs for meats. Besides using them in meat marinades, stuffings, and gravies, stir one or the other into sparkling HERB JELLY. Spoon the jelly atop the meat as you would mint jelly with lamb, or serve along with the dinner bread. (P.S. You'll want to save some jelly for gift giving, too.)

COOKING WITH FRESH HERBS

By Nancy Byal

Chances are you have a well-stocked shelf of dried herbs. But how well do you know fresh herbs? Getting to know them is like getting to know people—each herb has a distinct personality. Some herbs are assertive and must be handled with care; some are subtle and blend unobtrusively with other seasonings. The fragrance of each herb provides a clue to its unique character. But if you're unfamiliar with an herb, take the direct approach. Pull off a leaf (or some seeds) and taste it. Then experiment, adding a few snips of one or a sprinkling of another to your favorite recipes. To launch your taste adventure, we've featured six choice herbs—oregano, thyme, rosemary, basil, sage, and fennel—in these five recipes. They're a tasty incentive to grow your own herbs.

Recipes begin on page 133 Buying information page 43



Fresh basil and fresh vegetables go hand in hand. To see for yourself, snip some basil atop slices of ***homegrown tomatoes. It's basil that adds the characteristic flavor to a*** *variety of Mediterranean-style dishes, too. One of them,* ***BASIL PISTOU,*** *consists of fresh basil pounded or* ***ground to a paste with garlic, cheese,*** *and olive oil and spooned atop* ***GARDEN VEGETABLE SOUP.***

You can pin down the flavor of sage instantly once you know it's the predominant seasoning in many poultry stuffings. But this fragrant herb is also a great flavor booster for all kinds of meats, sausages, fish, and vegetables. We've borrowed an idea from the Swiss cheese makers and added sage to this creamy homemade ***FRESH SAGE CHEESE.***

There are two kinds of fennel used in cooking. *Florence fennel, also called finnochio, looks like a celery stalk and is used bulb and all. Common fennel (shown) has feathery leaves and yellow flower (seed) heads closely resembling dill. You'll instantly recognize that fennel's slightly sweet flavor mimics that of anise.* ***FENNEL GRILLED FISH,*** *whole fish barbecued* ***over a bed of fennel, demonstrates a classic*** *use for this light herb. Try fennel with other fish and meat entrees as well as breads.*

HOW TO *Jazz up* EVERYDAY FOOD

By Nancy Byal

With a little culinary abracadabra, you can turn everyday hamburgers, chicken, or what have you into a something-special meal. Revving up your in-house standbys is easy. Just add an unexpected sauce or seasoning, combine ingredients a new way, or incorporate ideas from foreign dishes. For openers, here are six recipes that make "the same old thing" look and taste deliciously different.

Beef Stew with Oriental Dumplings

Mushrooms, bok choy, pea pods, and Oriental seasonings turn a dinner-time cliche into a Far Eastern delicacy. The dumplings are wonton pockets filled with shrimp and vegetables.

Meal-making ideas: pineapple-mandarin orange salad, hot cooked rice, almond cookies.



Oven-fried Chicken Monterey



Opposites are the big attraction in this bold remake of fried chicken. Smooth cheese sauce points up the crisp texture of shredded lettuce and tortilla-coated chicken. Since the chicken is piping hot and the greens are icy cold, you get a dramatic temperature contrast, too.

Meal-making ideas: refried beans, warm tortillas, caramel flan.

Recipes begin on page 140.

Buying information, page 43.

Inside-out Pork Chops



Here's an easy way to give plain pork chops pizzazz: instead of stuffing pork chop pockets, coat precooked chops with the "stuffing"—a chili-corn bread batter. Then fast-fry the chops and spoon on a little Snappy Tomato Sauce for invigorating sweet-sour flavor.

Meal-making ideas: carrot-raisin salad, lemon-buttered cut broccoli, deep-dish fruit pie.

HOW TO

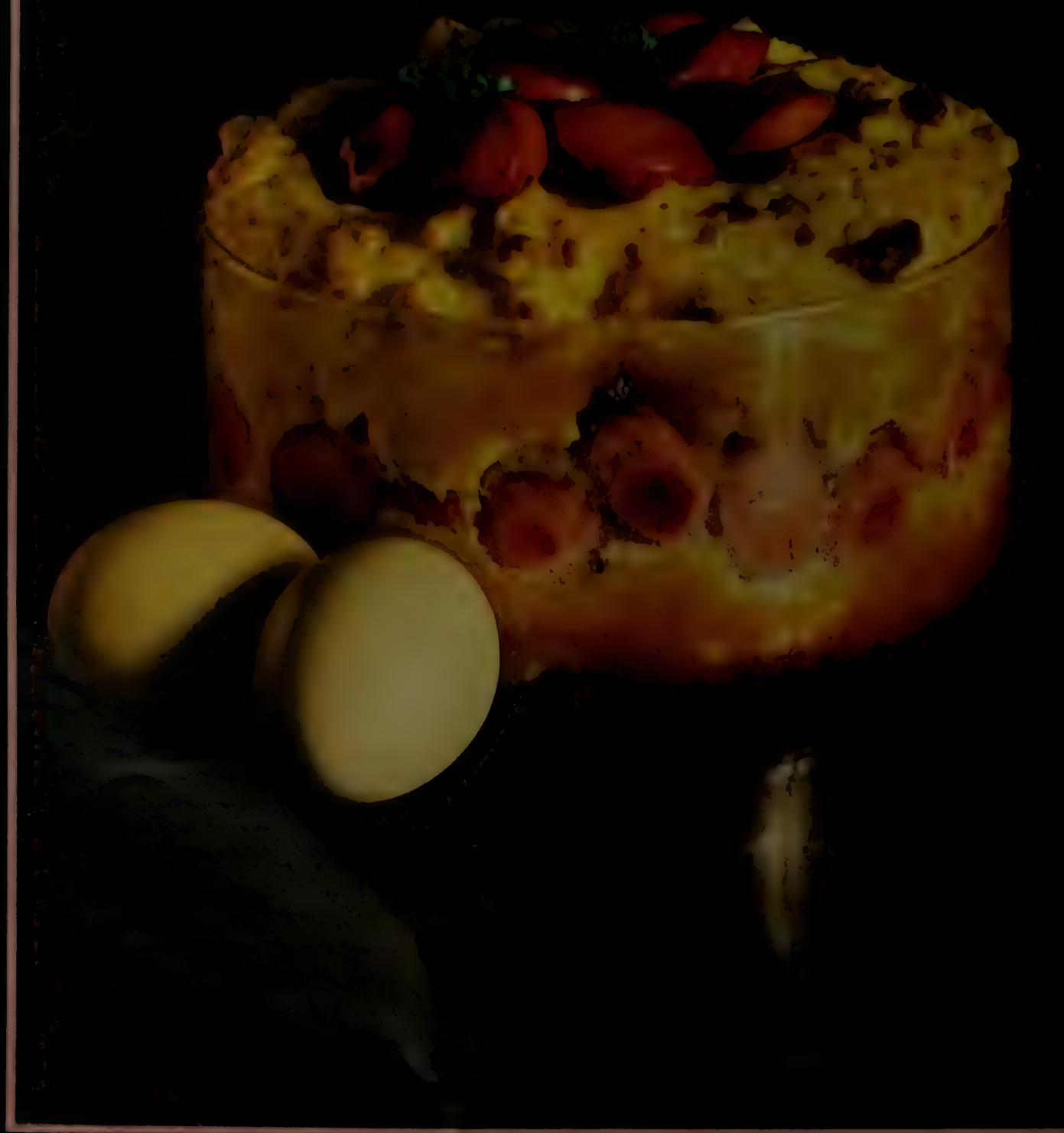
Jazz up

EVERYDAY FOOD

Mac'n Cheese Puff

Think you can't make a soufflé? This foolproof macaroni and cheese version proves otherwise. Simply fluff up the macaroni mixture with eggs, then add a layer of franks.

Meal-making ideas: spinach salad, your favorite salad dressing; fruit with melba sauce.



Bundled Fish



The French call this *Poisson en Croûte* (fish in crust), which sounds much too sophisticated for a family dinner. But the fact is, this entrée really is everyday. Each serving is merely a fish fillet topped with a dill-vegetable dressing, then blanketed with refrigerated roll dough. The Lemon-Green Onion Sauce is the serve-with topper.

Meal-making ideas: jellied cranberry sliced apple salad, buttered peas, brownies à la mode.

Burgers Divan



What's so special about these hamburgers? Primarily it's the famous French divan sauce—a mixture of cream, mayonnaise and parmesan—that makes this meal-in-a-bun memorable. The seasoning of the burgers is notable too: It's a piquant mix of worcestershire, mustard, [illegible], bacon, and onion.

Meal-making ideas: molded orange-grapefruit salad, french fries, frozen fruit yogurt.

Campbell gives you 3 delicious recipes and on French Copperware to

TUNA VEGETABLE BISQUE

½ cup chopped onion
2 tablespoons butter or margarine
1 can Campbell's Cream of Mushroom Soup
1 can Campbell's Cream of Potato Soup
2 soup cans milk
1 package (10 ounces) frozen mixed vegetables, cooked and drained
1 can (about 7 ounces) tuna, drained and flaked
2½ teaspoons lemon juice
½ teaspoon hot sauce
¼ teaspoon salt
⅛ teaspoon pepper

In 2½-quart copper soup kettle, cook onion in butter until tender. Add remaining ingredients. Heat; stir occasionally. Makes about 7 cups.



CHICKEN ORIENTAL

1 can Campbell's Cream of Mushroom Soup
1 can (about 8 ounces) pineapple chunks in pure pineapple juice, undrained
1 tablespoon soy sauce
2 cans **Swanson** Chunk White Chicken
1 cup diagonally sliced celery
1 cup sliced green onions
1 large green pepper, cut in squares (about 1 cup)
½ cup sliced radishes
½ cup sliced water chestnuts
Cooked rice

In 1½-quart round copper casserole, combine soup, pineapple, and soy. Add remaining ingredients except rice. Cook over low heat 10 minutes; stir gently now and then. Serve with rice and additional soy sauce. Makes about 5½ cups.

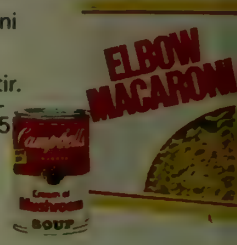


"Swanson" is a registered trademark of Campbell Soup Company.

SOUPER MACARONI AND CHEESE

1 can Campbell's Cream of Mushroom Soup
½ cup milk
½ teaspoon prepared mustard
Generous dash pepper
3 cups cooked elbow macaroni
2 cups shredded Cheddar cheese
1 cup French fried onions

In 1½-quart oval copper casserole, blend soup, milk, mustard, and pepper. Stir in macaroni and 1½ cups cheese. Bake at 400°F. for 25 minutes or until hot; stir. Top with onions and remaining cheese; bake 5 minutes more or until cheese melts. Makes about 4½ cups.





ig savings ook them in.

What an easy way to make supper- something special—with three main-dish ideas from Campbell. one starts with Campbell's Cream ushroom Soup and a few simple in- ients. You end up with deliciously rent dishes your whole family will r.

And what a way to cook and serve ! In beautiful imported French perware that's oven-proof, dish- ier-safe and now available to you ibstantial savings through this al Campbell offer.

Each of the copperware pieces—the uart Round Casserole, the 1½- t Oval Casserole and the 2½-quart Kettle—has a retail value of $20.

But now you can obtain any one for $9.95 and two labels from Camp- s Cream of Mushroom Soup plus r a label from (1) any canned tuna,) **Swanson** Chunk White Chicken,) proof of purchase from any maca- product.

ou have a way ith Campbell's.



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½-quart Round Casserole @ $9.95
½-quart Oval Casserole @ $9.95
½-quart Soup Kettle @ $9.95

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begins on page 126

Cooking with fresh herbs

FREEZING HERBS

You can enjoy near fresh-picked herb flavor all year round if you freeze them for storage. Select young, tender leaves and wash them thoroughly in several changes of cool water. Pat the leaves dry with paper toweling.

Seal small amounts of the leaves (enough for one recipe) in freezer bags, foil, or clear plastic wrap. Staple all packages of the same herbs to cardboard. Label with the contents and date, then freeze.

You can use frozen herbs in recipes the same as you would the fresh herbs. Simply crumble the still-frozen leaves in small pieces directly into casseroles, soups, skillet dishes, and the like.

OREGANO CHEESE PUFFS

For light texture, beat the flour mixture very thoroughly after each egg is added—

- ¾ cup milk
- 3 tablespoons butter *or* margarine, cut up
- ¾ cup all-purpose flour
- ¼ teaspoon salt
- Dash pepper

• • •

- 3 eggs
- ½ cup shredded *process* gruyére *or* fontina cheese (2 ounces)
- ¼ cup fresh oregano leaves, finely chopped

In medium saucepan bring milk and butter or margarine to boiling over medium heat. Add flour, salt, and pepper all at once; stir vigorously 1 to 2 minutes or till mixture leaves sides of pan and forms a ball that doesn't separate. Remove from heat; cool 5 to 10 minutes. Add eggs, one at a time, beating *very well* after each addition. Stir in ¼ cup of the cheese and the oregano. Using a large spoon or ice cream scoop, drop dough in 6 mounds ½ inch apart in a circle on a greased baking sheet. Bake in 400° oven for 35 minutes or till puffs are golden brown and crisp. Sprinkle with remaining cheese. Bake 2 or 3 minutes more or till cheese melts. Serve at once. Makes 6 servings.

HERB JELLY

- 6½ cups sugar
- 2 cups water
- 1 cup white vinegar
- ½ cup lightly packed fresh rosemary *or* thyme leaves
- 6 drops red *or* green food coloring (optional)
- 1 6-ounce bottle liquid fruit pectin

In 4-quart saucepan combine sugar, water, vinegar, herb, and food coloring. Bring to boiling. Stir in pectin. Heat to full rolling boil; boil hard for 1 minute. Strain hot liquid into clean hot jelly glasses. Cover at once with ⅛-inch hot paraffin. (In high-humidity climates strain into clean, hot, half-pint canning jars; seal. Process in boiling water bath 15 minutes.) Makes 7 half-pints.

GARDEN VEGETABLE SOUP WITH BASIL PISTOU

Pistou made with a mortar and pestle doesn't look as smooth as blender-made pistou—



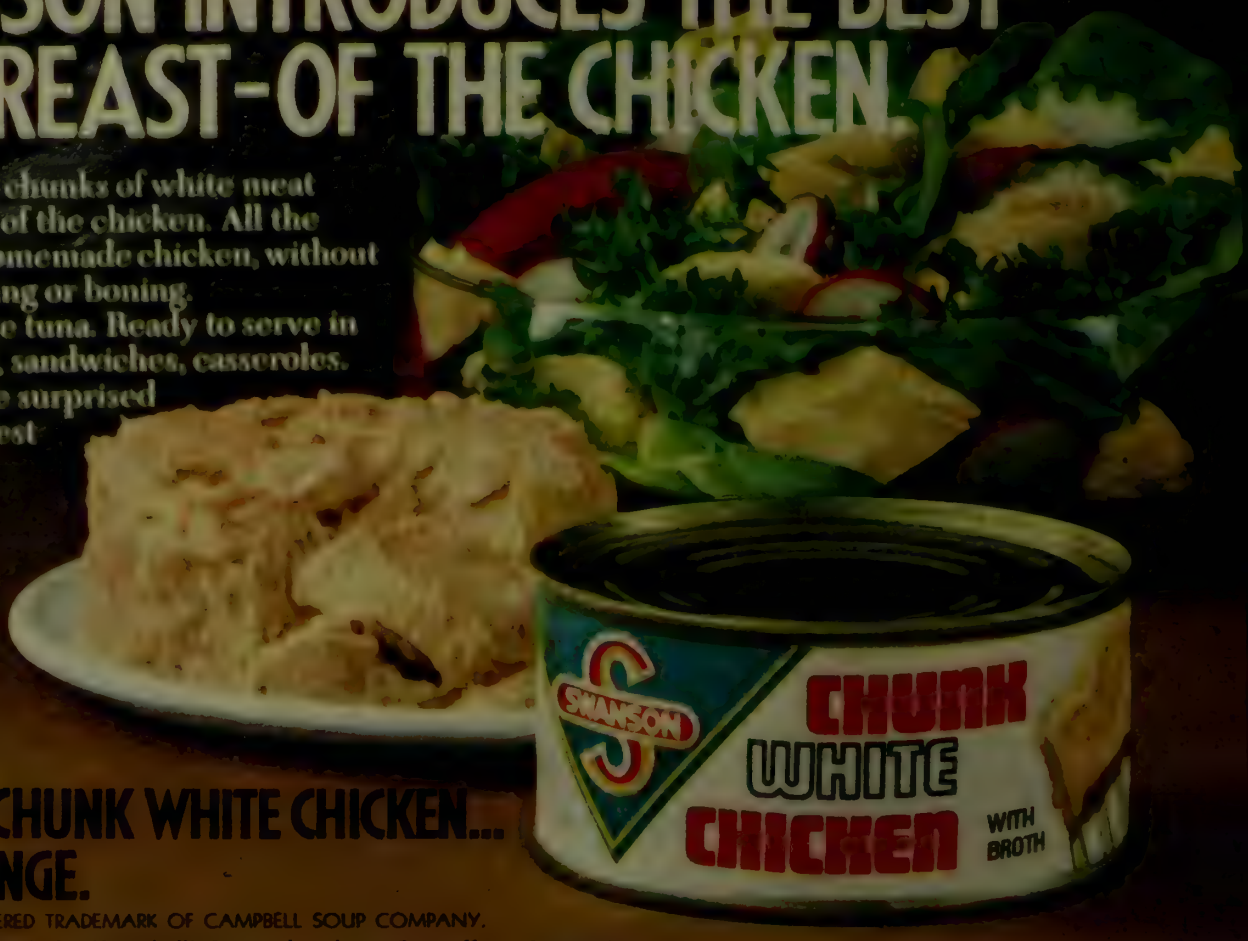
- 8 ounces dry navy beans (1¼ cups)
- 7 cups water
- 1 10½-ounce can *condensed* chicken broth
- 2 teaspoons salt
- ⅛ teaspoon pepper
- 1 large onion, chopped
- ½ cup diced salt pork (4 ounces)
- 2 potatoes, peeled and diced
- 2 medium carrots, diced
- 2 small zucchini, sliced
- 2 small tomatoes, peeled and chopped
- 1½ cups coarsely chopped cabbage
- 1 cup bias-sliced green beans
- 1 cup fresh shelled lima beans *or* ½ of 10-ounce package frozen lima beans

continued

SWANSON INTRODUCES THE BEST-THE BREAST-OF THE CHICKEN.

Tender, juicy chunks of white meat from the breast of the chicken. All the flavor of good homemade chicken, without the fuss of stewing or boning.

Use it just like tuna. Ready to serve in delicious salads, sandwiches, casseroles. Try it – you'll be surprised how good the best can taste.



SWANSON CHUNK WHITE CHICKEN... FOR A CHANGE.

"SWANSON" IS A REGISTERED TRADEMARK OF CAMPBELL SOUP COMPANY.

See Swanson Chunk White Chicken/Campbell's Cream of Mushroom Soup offer on Page 133.

continued

Cooking with fresh herbs

1 medium turnip, peeled and diced
½ cup chopped celery

• • •

3 cups lightly packed fresh basil leaves, snipped
1 cup grated gruyère cheese (4 ounces)
2 cloves garlic
1 teaspoon lemon juice
¼ teaspoon salt
½ cup olive oil

In 5-quart Dutch oven combine beans, water, broth, the 2 teaspoons salt, and the pepper. Bring to boiling. Reduce heat and simmer 2 minutes. Remove from heat; let stand 1 hour. (Or, add water, broth, salt, and pepper to beans. Let stand overnight.) Return to boiling; cover and simmer 1½ hours. In skillet cook onion and salt pork till pork is browned. Add to beans along with potato, carrot, zucchini, tomato, cabbage, green beans, lima beans, turnip, and celery. Bring to boiling. Reduce heat; cover and continue simmering 30 to 40 minutes or till vegetables are just tender. To serve, ladle into soup bowls. Pass Pistou and stir into each serving. Makes 10 servings.

For Pistou: Place basil, cheese, garlic, lemon juice, and the ¼ teaspoon salt in blender container or in mortar. Cover and process till smooth or pound with pestle to a smooth paste. Add olive oil, a teaspoon at a time, till the mixture is the consistency of soft butter. Makes about 1 cup.

FRESH SAGE CHEESE

Use commercially prepared buttermilk for this recipe to ensure proper curd formation—

4 cups light cream
2 tablespoons buttermilk
2 cloves garlic, peeled

• • •

¼ cup fresh sage leaves, minced
¾ teaspoon salt
Assorted crackers

In saucepan heat cream to lukewarm (90° to 100°); pour into bowl. Stir in buttermilk. Tie garlic cloves in cheesecloth bag; crush lightly with back of a spoon. Add to warm cream. Cover with kitchen towel. Let stand at room temperature 48 hours or till a soft curd forms. (Mixture should look like soft yogurt and should not be liquid when bowl is tilted slightly.) Line a large strainer with several layers of cheesecloth; place strainer atop a bowl. Pour curd into cloth, removing bag of garlic. Let stand 1 hour. Spoon drained curd into another bowl (discard the whey). Stir sage and salt into curd. Spoon into several layers of clean cheesecloth in the large strainer; set over bowl. Cover tightly with clear plastic wrap. Chill overnight or up to several days. At serving time, unwrap cheese carefully. Invert onto appetizer tray; remove cheesecloth. Garnish with additional sage, if desired. Serve with assorted crackers. Makes 1 cup cheese.

continued on page 140


Dole Pineapple in its own juice.
That's all. That's wonderful.
Dole
chunk
pineapple
IN UNSWEETENED PINEAPPLE JUICE
IT'S OWN
JUICE
(Pineapple
pancakes.
They're
wonderful,
too.)

Give your coffee a break.



We're full to the brim with pleasure over our fine natural cheddar. It does make a nice break in the day. Cracker Barrel cheddar cheese is another reason America spells cheese KRAFT.

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KRAFT

Bringing good food and families together for 75 years.



File under Breads

Buying information, page 29

BISCUITS AND MUFFINS

Corn-Rye Biscuits

Cornmeal and rye flour make this flaky biscuit a top prizewinner. Serve it with honey or orange marmalade—

1 cup all-purpose flour
⅓ cup rye flour
¼ cup cornmeal
1 tablespoon baking powder
½ teaspoon salt
½ teaspoon sugar
½ teaspoon caraway seed
¼ cup shortening
⅔ cup milk
Cornmeal

Stir together flours, the ¼ cup cornmeal, the baking powder, salt, sugar, and caraway seed. Cut in shortening till mixture resembles coarse crumbs. Make a well in the center; add milk all at once. Stir quickly with fork just till dough follows fork around bowl. Turn onto lightly floured surface. (Dough should be soft.) Knead gently 10 to 12 strokes. Roll or pat dough ½ inch thick. Cut dough with a floured 2½-inch biscuit cutter. Dip tops and bottoms of biscuits in cornmeal. Place on a greased baking sheet; bake in 450° oven 12 to 14 minutes. Makes 8.

Susan E. Cornwall, Crofton, Md.



File under Appetizers and beverages

Photographs: Dieter

APPETIZER SPREADS

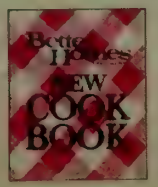
Mushroom Spread

Serve this first-place spread on rye bread rounds, crackers, or rusks—

4 slices bacon
8 ounces fresh mushrooms, chopped (3 cups)
1 medium onion, finely chopped (½ cup)
1 clove garlic, minced
2 tablespoons all-purpose flour
¼ teaspoon salt
⅛ teaspoon pepper
1 8-ounce package cream cheese, cubed
2 teaspoons worcestershire sauce
1 teaspoon soy sauce
½ cup dairy sour cream

In skillet cook bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook mushrooms, onion, and garlic in reserved drippings till tender and most of the liquid has evaporated. Stir in flour, salt, and pepper. Add cream cheese, worcestershire sauce, and soy sauce. Heat and stir till cheese is melted. Stir in sour cream and crumbled bacon. Heat through. *Do not boil.* Serve warm. Makes 2½ cups spread.

Mrs. Joan J. Shymko, Havertown, Pa.



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Cheesy Wheat Germ Spread

Generously studded with apple, carrot, green pepper, walnuts, and raisins—

1 cup shredded cheddar cheese (4 ounces)
⅓ cup mayonnaise *or* salad dressing
1 teaspoon lemon juice
1 teaspoon worcestershire sauce
½ cup finely chopped apple
½ cup finely shredded carrot
¼ cup finely chopped celery
¼ cup chopped walnuts
2 tablespoons chopped raisins
1 tablespoon finely chopped green pepper
1 tablespoon wheat germ
Whole wheat *or* rye bread, crusts removed and diagonally cut in quarters

Have cheese at room temperature. In small mixer bowl combine cheese, mayonnaise or salad dressing, lemon juice, and worcestershire sauce. Beat till nearly smooth. Fold in apple, carrot, celery, walnuts, raisins, green pepper, and wheat germ. Cover; chill. Stir to blend ingredients before serving. Serve on bread triangles. Makes 2 cups spread.

Aileen Roberts Pozzobon, Joplin, Mo.



Curried Liver Spread

Use a food grinder, blender, or food processor to puree this pâté—

8 ounces chicken livers
1 tablespoon butter *or* margarine
2 hard-cooked eggs, halved
1 small onion, halved
¼ cup mayonnaise *or* salad dressing
1 tablespoon lemon juice
1 teaspoon curry powder
½ teaspoon paprika
¼ teaspoon salt
Dash pepper
¼ teaspoon dry mustard
Finely snipped parsley
Crackers *or* party bread rounds

In small skillet brown chicken livers in butter or margarine. Put chicken livers, eggs, and onion through fine blade of food grinder or puree in a blender or food processor. Blend in mayonnaise, lemon juice, curry, paprika, salt, pepper, and mustard. Line a small bowl with clear plastic wrap. Spoon liver mixture into bowl; cover. Chill. Unmold onto serving dish; peel off wrap. Sprinkle with parsley. Serve with crackers. Makes 1¾ cups spread.

Alice Lester, Glenview, Ill.



Upside-down Branberry Muffins

Crushed graham crackers and raisins make this a family favorite—

1 beaten egg
¾ cup buttermilk
¼ cup cooking oil
1 teaspoon vanilla
1½ cups cinnamon graham cracker crumbs (about 20 crackers)
½ cup raisins
¾ cup all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt

In large bowl combine egg, buttermilk, cooking oil, and vanilla. Stir in cracker crumbs and raisins; set aside. Stir together flour, sugar, baking powder, baking soda, and salt. Add to egg mixture, stirring just till moistened. Fill greased or paper-bake-cup-lined 2½-inch muffin pans ⅔ full. Bake in 400° oven 20 to 25 minutes or till done. Makes 10 to 12 muffins.

Mrs. Daisy Hampton, Houston, Tex.



Cinnamon Graham Muffins

1 beaten egg
1¼ cups milk
⅓ cup cooking oil
1½ cups whole bran cereal
½ cup packed brown sugar
¼ cup butter *or* margarine, melted
1 cup fresh *or* frozen cranberries, chopped
1¼ cups all-purpose flour
⅓ cup granulated sugar
1 tablespoon baking powder
½ teaspoon salt

In large bowl combine egg, milk, and cooking oil; stir in bran cereal. Let stand 5 minutes. Meanwhile, mix brown sugar and the melted butter or margarine. Place a teaspoonful of brown sugar mixture into each of 18 greased 2½-inch muffin pans. Sprinkle some of the cranberries into each. Stir together flour, granulated sugar, baking powder, and salt; add to bran mixture, stirring just till moistened. Spoon atop cranberries. Bake in 400° oven 20 to 25 minutes. Cool 30 seconds; turn onto wire rack. Makes 18.

Charlotte Berry, Moorestown, N.J.

A FEW OF THE THINGS YOU CAN DO WITH DINTY MOORE® BEEF STEW.



STEW STROGANOFF

1½ lb. can Dinty Moore® Beef Stew
1 cup dairy sour cream
2½ oz. jar sliced mushrooms, drained
1 tbsp. instant minced onions
Hot buttered noodles

Combine first 4 ingredients; mix well. Heat slowly to bubbling—don't boil. Serve over noodles. Garnish with parsley and tomato wedges. Serves 4-6.

DINTY MOORE® CABBAGE ROLLS

1½ lb. can Dinty Moore® Beef Stew
8 to 10 large cabbage leaves
Dash each allspice and coarse-ground black pepper
2 to 3 tbsp. catsup

Heat stew. Blanch cabbage leaves in boiling water 5 minutes or until limp; pour off water. Season stew with allspice and pepper. With strainer, separate stew vegetables and meat from gravy. Place a heaping tablespoon of stew in center of each leaf, roll up and fasten with wooden pick. Arrange in skillet. Stir catsup and 1 tbsp. water into gravy; pour over rolls. Simmer, covered, 20 to 30 minutes, until cabbage is tender. Serve rolls with gravy. Serves 4-5.

STEW BOATS

1½ lb. can Dinty Moore® Beef Stew
4 French rolls, split in half lengthwise
1 cup shredded Cheddar cheese, optional

Heat stew, toast rolls. Hollow out bottom half of split rolls. Fill each with stew vegetables and meat, using slotted spoon. Add gravy to taste. Sprinkle with cheese; cover with top half. Serves 4.



Our hearty combination of beef, fresh potatoes, carrots and meaty gravy is delicious alone – or any way you serve it.

How to make the best chef's salad ever.

2 quarts mixed salad greens, torn into pieces
Avocado slices
Hard-cooked egg slices
Cherry tomatoes
Suggested Meats and Cheeses*
Wish-Bone Thousand Island Dressing

In salad bowl, arrange greens, avocado, egg, tomatoes, and suggested Meats and Cheeses; chill. Just before serving, top with Wish-Bone Thousand Island Dressing and toss. Makes about 6 servings.

*Suggested Meats and Cheeses—try any combination of the following, julienne-cut, to equal 1½ pounds: ham, roast beef, tongue, bologna, chicken, turkey; Swiss, cheddar, muenster, or brick cheese.



of fish crosswise at 1-inch intervals. Slit open fish cavity the entire length. Sprinkle cavity generously with salt and pepper. Combine the 2 tablespoons snipped herb, the lemon peel and juice, and the garlic; spread onto both sides of fish cavity. Close cavity. Brush outside of fish with oil. Place in wire fish basket. Make a bed of about half the remaining fennel on grill top over *hot* coals. Lay grill basket atop; grill fish 10 minutes, brushing with a little oil if necessary. Lift basket from grill. Remove charred fennel. Place remaining fresh fennel over grill top. Turn basket; place atop fennel. Grill about 12 minutes more or till fish flakes easily when tested with a fork. Remove any charred fennel from fish. Remove fish from basket to serving platter. Garnish with additional fennel and lemon slices, if desired. Makes 4 to 6 servings.

begins on page 128

Jazz up everyday food

BEEF STEW WITH ORIENTAL DUMPLINGS

Bok choy is also sometimes called Chinese chard—

1½ pounds beef stew meat, cut in 1-inch cubes
½ cup chopped onion
1 clove garlic, minced
2 tablespoons cooking oil
3½ cups water
½ cup dry white wine

continued from page 134

Cooking with fresh herbs

FENNEL-GRILLED FISH

Try this entrée using fresh dill or rosemary another time—

8 ounces fresh fennel (heads, stems, and leaves)
1 1½- to 2-pound dressed whole red snapper *or* other fish
Salt and pepper
½ teaspoon finely shredded lemon peel
2 teaspoons lemon juice
1 clove garlic, minced
Cooking oil

Snip heads of fennel including blossom and immature seedpods to make 2 tablespoons of lightly packed fennel. Save stem portion and remaining unsnipped fennel to use on grill. Pat the fish dry with paper toweling. Score both sides



And top it.

The only way to top the best chef's salad ever is with delicious Wish-Bone® Thousand Island Dressing.

It's brimming with pickle relish, mustard, onions, red and green peppers, celery, seasoning and eggs. Blended together by the Wish-Bone experts for true Thousand Island flavor.

Thick, rich and creamy Wish-Bone Thousand Island. All of our care and skill goes into making it the best Thousand Island dressing you'll ever taste. Because for Wish-Bone, only the best is good enough.



Wish-Bone® Salad dressing is the

How to make the best antipasto salad ever.

1 quart mixed salad greens, torn into pieces
Assorted Antipasto Toppings*
Wish-Bone Italian Dressing

In salad bowl, arrange greens and Assorted Antipasto Toppings; chill. Just before serving, top with Wish-Bone Italian Dressing and toss. Makes about 6 servings.

*Assorted Antipasto Toppings—try any combination of the following: cherry tomatoes, pimiento, green beans, artichoke hearts, mushroom caps, Italian hot peppers, olives, chick peas or garbanzos, anchovies, salami, pepperoni, provolone, mozzarella cheese.



¼ cup soy sauce
2 teaspoons instant beef bouillon granules
2 teaspoons sugar
½ teaspoon ground ginger
3 cups coarsely chopped bok choy
1 cup sliced fresh mushrooms
1 6-ounce package frozen pea pods
¼ cup cornstarch
¼ cup cold water
1 recipe Oriental Dumplings (recipe below)

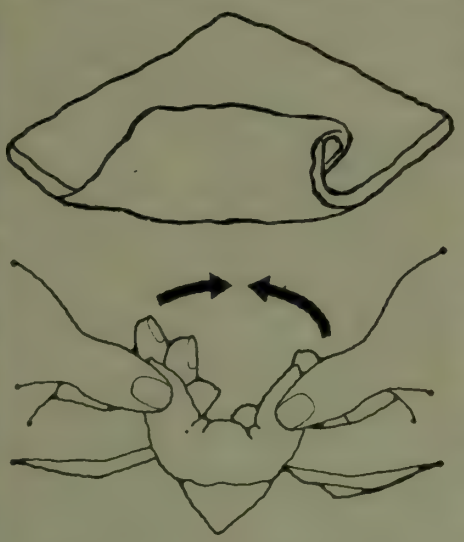
In 4-quart Dutch oven cook meat, onion, and garlic in cooking oil till meat is brown and onion is tender. Add the 3½ cups water, the wine, soy sauce, bouillon granules, sugar, and ginger. Bring to boiling. Reduce heat; cover and simmer 1½ hours or till meat is tender, stirring occasionally. Add bok choy, mushrooms, and pea pods. Simmer 2 or 3 minutes. Blend cornstarch and cold water; stir into hot mixture. Cook and stir till thickened and bubbly. Add hot Oriental Dumplings. Serve in bowls. Makes 6 to 8 servings.

ORIENTAL DUMPLINGS

You can fill and shape the dumplings ahead of time. Cover and chill till you're ready to cook them—

1 beaten egg yolk
1 4½-ounce can shrimp, drained and chopped
½ cup finely chopped bok choy
¼ cup finely chopped onion
1 tablespoon soy sauce
½ teaspoon sugar
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon ground ginger
20 wonton skins

In a bowl combine egg yolk, shrimp, bok choy, onion, soy, sugar, salt, pepper, and ginger; mix well. Place one wonton skin with a point toward you. Spoon a scant tablespoon of filling just below center of skin. Fold bottom point of skin over filling; tuck point under filling. Roll to within 1 inch of top point. Moisten right corner of skin. Bring left and right corners toward you below filling. Lap right over left corner; press to seal. In a large saucepan cook dumplings in a large amount of boiling water 3 to 5 minutes. Drain. Makes 20.



continued on page 144

And top it.

The only way to top the best antipasto salad ever is with Wish-Bone® Italian, America's favorite Italian salad dressing. Famous for true Italian flavor.

Wish-Bone Italian Dressing is a perfect balance of select herbs and spices with tangy vinegar, mellow oil and lemon juice. Perfectly blended, as only we know how, to the peak of flavor.

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Bringing good food and families together for 75 years



SOURDOUGH BAKED GOODS AND ORIENTAL STYLE MAIN DISHES

Do you enjoy the challenge of making your own sourdough starter and using it to create delicious recipes? Have you dreamed up a unique Oriental-style main dish? Send us your recipes—you could win next September. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next September. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Sourdough Baked Goods

This category includes any recipe that calls for a sourdough starter. Do you make sourdough breads, coffee cakes, biscuits, muffins, cakes, or cookies? Tips: **sourdough English muffins, orange sourdough savarin, and pizza with sourdough crust.**

Oriental-style Main Dishes

Have you adapted a Chinese or Japanese entrée as your favorite? Maybe you've Orientalized an American main dish with bean sprouts, tofu, or water chestnuts. Hints: **beef strips with oyster sauce, sweet and pungent spareribs, and Japanese omelet.**

THIS MONTH'S WINNERS

(See recipes on pages 137 and 138)

Cooks-of-the-Month

Susan E. Cornwall, Crofton, Md.
Mrs. Joan J. Shymko, Havertown, Pa.

Runners-up

Charlotte Berry, Moorestown, N.J.
Mrs. Daisy Hampton, Houston, Tex.
Alice Lester, Glenview, Ill.
Aileen Roberts Pozzobon, Joplin, Mo.

Honor Roll

David Bissonette, Los Angeles, Calif.
Albert F. Dietz, Millwood, N.Y.
Laura Getschmann, Bremerton, Wash.
Naja Heinicke, Detroit, Mich.
Charlotte Midford, Ellington, Conn.
Mrs. Pamela Modlin, Huntsville, Ala.
Cindy Perdue, Smyrna, Ga.
Linda Smith, Amherst, Mass.
Lorraine Wheeler, Durham, N.C.
Muriel Whitney, Shawnee, Kansas

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "September Sourdough Baked Goods" or "September Oriental-style Main Dishes."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, February 28. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7802 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



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continued from page 141

Jazz up everyday food

OVEN-FRIED CHICKEN MONTEREY

- ¼ cup all-purpose flour
- 1 1¼-ounce envelope taco seasoning mix
- 16 chicken thighs (4 pounds)
- ¼ cup butter *or* margarine
- 1 cup crushed tortilla chips (4 cups uncrushed)
- 2 tablespoons finely chopped onion
- 1 tablespoon cooking oil
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- 1 13-ounce can evaporated milk
- ¼ teaspoon bottled hot pepper sauce
- 1 cup monterey jack cheese, shredded (4 ounces)
- ¼ cup sliced pitted ripe olives
- 1 teaspoon lemon juice
- Lettuce

Combine the ¼ cup flour and the taco seasoning mix in a paper or plastic bag. Add 2 or 3 chicken pieces at a time and shake to coat. Melt butter or margarine in 15x10 1-inch baking pan. Place chicken i pan, turning once to butter surface Roll in crushed chips and return t baking pan. Bake in 375° oven for 4 to 50 minutes. Meanwhile, coo onion in oil till tender but not brown Blend in the 2 tablespoons flour an the salt. Add evaporated milk an hot pepper sauce all at once; coo and stir till mixture thickens an bubbles. Add cheese, olives, and lem on juice, stirring till cheese melts Do not boil. To serve, line servin dish with leaf lettuce. Top wit shredded lettuce and chicken. Spoo some cheese sauce over chicken. Gar nish with additional tortilla chip and ripe olives, if desired. Pass re maining sauce. Makes 8 servings.



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INSIDE-OUT PORK CHOPS

- 4 pork chops, cut ½ inch thick
- 2 tablespoons shortening
- ¼ cup water
- Salt and pepper
- ½ of 10-ounce package (1 cup) corn bread mix
- 2 teaspoons chili powder
- 1 egg
- ⅓ cup milk
- Shortening for shallow-fat frying

• • •

- 1 7¾-ounce can *semi-condensed* tomato royale soup
- 2 tablespoons prepared mustard
- 1 tablespoon vinegar
- 1 tablespoon butter *or* margarine

Brown pork chops slowly in the 2 tablespoons hot shortening; add wa ter. Cover and cook over low heat 30 to 35 minutes or till tender. Remove from skillet; drain on paper towel ing. Season with salt and pepper. In mixing bowl stir together corn bread mix and chili powder. Add egg and milk; beat with fork till smooth Heat ½-inch shortening in a 12-inch skillet. Dip chops, one at a time, in batter, coating both sides evenly Fry chops in hot fat 2 to 3 minutes on each side or till golden brown Drain on paper toweling. Serve with *Snappy Tomato Sauce:* In saucepan stir together tomato soup, mustard vinegar, and butter or margarine Cook and stir till heated through and butter is melted. Garnish chops with curly endive and pickled peppers, if desired. Makes 4 servings.

continued

Introducing new Reese's Peanut Butter Chips

Put a great new taste in your chocolate cookies!

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Reese's Peanut Butter Chip Chocolate Cookies

- 1 cup butter/margarine
- 1½ cups sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 cups unsifted all-purpose flour
- ⅔ cup Hershey's Cocoa
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 cups (12 oz. package) Reese's Peanut Butter Chips

Cream butter or margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in peanut butter chips. Chill until firm enough to handle.

Shape small amounts of dough into 1-inch balls. Place on ungreased baking sheet and flatten slightly with fork. Bake at 350°, 8-10 minutes. Cool 1 minute before removing from cookie sheet onto wire rack. Makes about 6 dozen 2½-inch cookies.

More new recipes on the package.

continued

Jazz up everyday food

MAC 'N CHEESE PUFF

To give this casserole a "top hat" as on the cover, use a one-quart soufflé dish with a foil collar. Bake in a 350° oven 45 to 50 minutes—

½ cup macaroni
2 beaten egg yolks
1⅓ cups milk
1 tablespoon butter *or* margarine
1 tablespoon Dijon-style mustard
2 teaspoons instant minced onion
1 cup shredded sharp American cheese (4 ounces)
2 cups soft bread crumbs (about 3 slices bread)
2 stiff-beaten egg whites
8 ounces frankfurters, bias-sliced

Cook macaroni in boiling salted water about 10 minutes or till tender; drain. In saucepan combine egg yolks, milk, butter or margarine, mustard, onion, ¼ teaspoon *salt,* and dash *pepper;* add cheese. Cook and stir over medium heat about 10 minutes or till mixture thickens slightly (do not boil). Stir in macaroni and bread crumbs. Fold in egg whites. Pour *half* the mixture into a 1½-quart soufflé dish. Reserve a few sliced franks for the top. Place remaining franks in casserole. Pour on remaining macaroni mixture. Arrange reserved franks atop. Bake in 350° oven for 45 minutes. Garnish with parsley, if desired. Serve at once. Makes 6 servings.

BUNDLED FISH

1 16-ounce package frozen fish fillets
1 cup finely chopped onion
1 cup finely chopped carrot
1 cup thinly sliced fresh mushrooms
2 tablespoons butter *or* margarine
⅓ cup plain yogurt
½ teaspoon dried dillweed
1 package refrigerated crescent rolls (8 rolls)
1 beaten egg
1 recipe Lemon-Onion Sauce

Thaw fish fillets; drain well on paper toweling. In shallow baking pan arrange fish pieces to make four portions about 4x3 inches each. In saucepan cook onion, carrot, and mushrooms in butter or margarine, covered, about 5 minutes. Uncover; simmer 2 minutes or till liquid has evaporated. Stir in yogurt, ½ teaspoon *salt,* ¼ teaspoon *pepper,* and dill. Unroll crescent rolls. Press two triangles of dough together to form a 6x4-inch rectangle; repeat with remaining dough to make a total of four rectangles. Spoon one-fourth of the vegetable mixture (about ⅓ cup) over each fish portion. Top each with a rectangle of dough. Brush dough with mixture of egg and 1 tablespoon *water;* cut slits in tops for escape of steam. Bake in 350° oven for 30 to 35 minutes or till browned. Serve with *Lemon-Onion Sauce:* In saucepan cook ¼ cup chopped *green onion* in 2 tablespoons *butter or margarine* till tender but not brown. Stir in 1 tablespoon *cornstarch.* Add 1 cup *chicken broth* all at once. Cook and stir till thickened and bubbly. Stir in ¼ teaspoon finely shredded *lemon peel* and 2 teaspoons *lemon juice.* Makes 4 servings.

BURGERS DIVAN

3 slices bacon
¼ cup chopped onion
1 teaspoon worcestershire sauce
½ teaspoon dry mustard
¼ teaspoon dried oregano, crushed
1 pound ground beef
¼ cup whipping cream
¼ cup mayonnaise
1 small zucchini, very thinly sliced
4 thick slices tomato
2 tablepoons grated parmesan cheese
4 kaiser rolls, split

Cook bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook onion in the reserved drippings till onion is tender but not brown. In bowl combine the onion, bacon, worcestershire sauce, ¾ teaspoon *salt,* mustard, and oregano; add ground beef. Mix well. Shape into 4 patties, about ½ inch thick. Whip cream just till soft peaks form; fold in mayonnaise. Broil burgers 3 inches from heat for 4 minutes; turn burgers. Broil 3 minutes longer. Top each burger with a few slices of zucchini and 1 tomato slice. Spoon sauce atop. Sprinkle with parmesan cheese. Broil 1 minute more. Serve on rolls. Makes 4 servings. ■

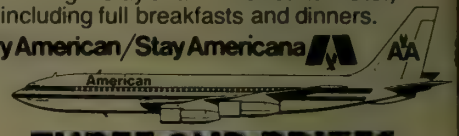
The Dress-Up Mrs. Butterworth's Contest



64 PRIZES
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128 PRIZES IN ALL!

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CONTEST RULES

1. You must, of course, start with a real Mrs. Butterworth's bottle. But you can use any kind of material you want to decorate your bottle. OFFICIAL ENTRY FORMS ARE NOT REQUIRED. NO PURCHASE REQUIRED FOR ENTRY.
2. When you have finished creating your entry, DO NOT mail it. Instead, take a good photograph of it—in color or black and white—or make a sketch, and mail the photo or sketch to **"Dress-Up Mrs. Butterworth's Contest," P.O. Box 1000, Harrison, New Jersey 07029.**
3. To be eligible for judging, your photograph or sketch of your decorated Mrs. Butterworth's bottle must be postmarked no later than May 15, 1978, and received no later than May 22, 1978. Make sure that you print clearly on the back of the photograph or sketch your name, age (if under 21), and your full address, including zip code.
4. Remember: Keep your work of art. If your photograph or sketch entry is selected as one of the 400 finalists, you will be asked to send in your actual creation for final judging. The decorated bottle must be the same one that was photographed or sketched and selected as a finalist.
5. Contest will be judged in two categories: 1. Children under the age of 14. 2. All persons 14 years and older. All entries will be judged equally on creativity and imagination, under the supervision of VENTURA ASSOCIATES, an independent judging organization whose decisions are final. Only one prize per family. Trips for immediate family only.
6. Enter as many entries as you like. Your name and address must be on the back of each entry.
7. All prizes will be awarded. All winners will be notified by mail by August 1, 1978.
8. All photographs, sketches and entries become the property of Lever Brothers Company, which will have the right to use them and the names of those persons who entered them for advertising, publicity and promotional purposes. Also, no entry will be returned.
9. Contest open to residents of the continental United States, except employees and their families of Lever Brothers Company, Ventura Associates, and their respective agencies. Professional artists are not eligible. Children entering the contest are allowed only incidental help from family and teachers. The contest is void where prohibited by law. All federal, state and local laws and regulations apply. Applicable taxes are the sole responsibility of the individual winners.

Announcing The Dress-Up Mrs. Butterworth's Contest



Dress-up Mrs. Butterworth's, and you could win an exciting vacation via **American Airlines-Americana Hotels.** Think of it: a one-week expense-paid trip for a family of up to 5 to any one of 6 fabulous resorts. So c'mon. Have some good ol'-fashioned fun. Enter the Dress-up Mrs. Butterworth's Contest. All you need is a Mrs. Butterworth's bottle—and a little imagination with crayons, cloth, yarn, colored paper, paint or whatever you need to make Mrs. Butterworth's into a work of art! Anything goes! The contest is open to young and old with two categories of winners: one for children under 14—and another category for adults (14 and older). 64 prizes will be awarded in each age category—a total of 128 prizes in all! Your creation will be judged on the basis of creativity and imagination by a select panel which includes professionals in the field of art and design. So the more creative you are in decorating your Mrs. Butterworth's bottle, the better your chances of winning a prize. (And you don't have to be an "artist" to be creative.) So give it a try. Make Mrs. Butterworth's the best-dressed bottle around and you could be off on the best vacation of your life. Complete contest rules are on the left.

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10¢ STORE COUPON 018NN 10¢



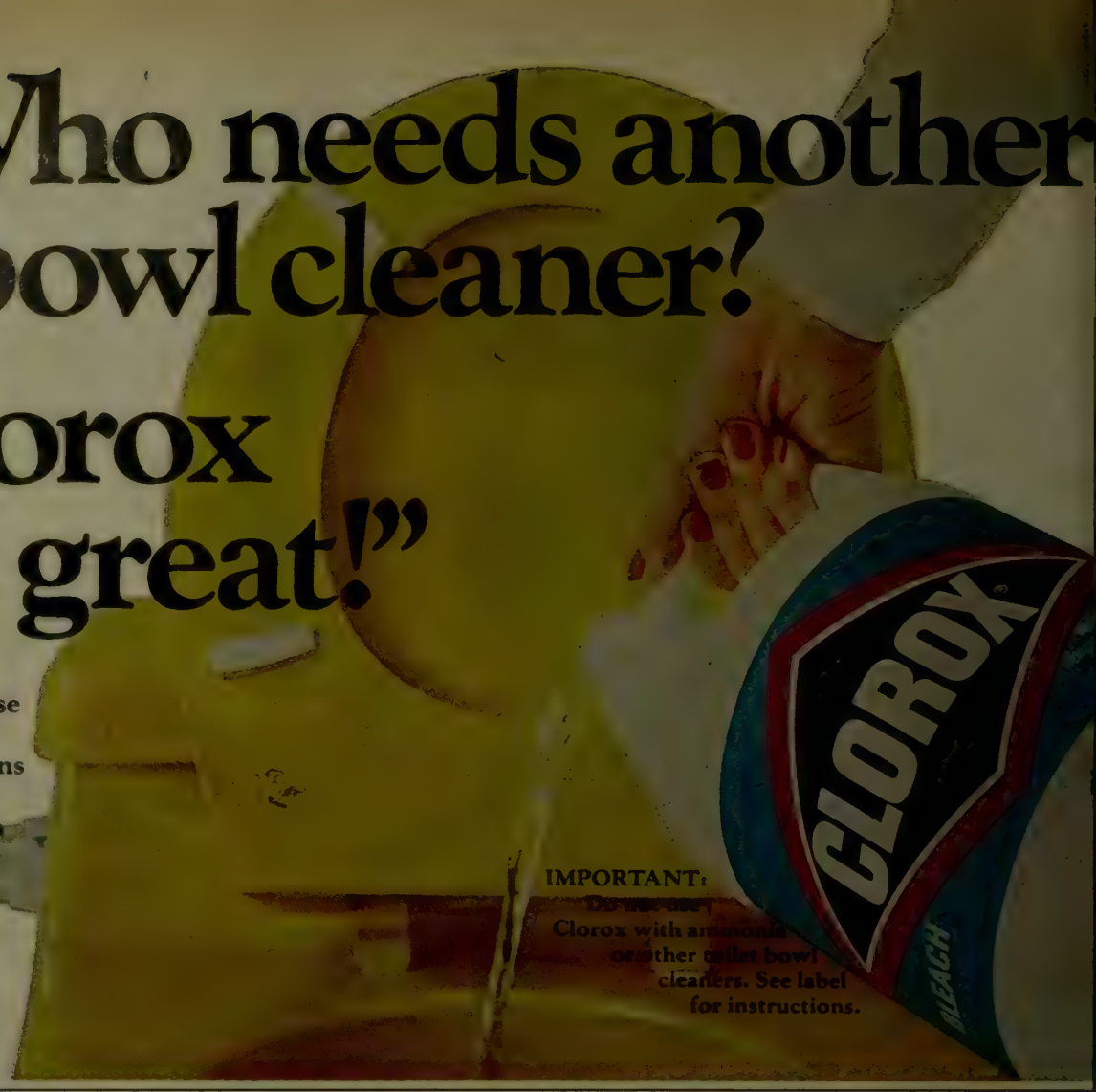
"Who needs another toilet bowl cleaner? My Clorox works great!"

"Clorox® bleach is a terrific toilet bowl cleaner. Nothing else I've ever used kills germs and deodorizes better. It really cleans beautifully, too. And Clorox is so easy to use. Just pour, brush and flush!"

Mrs. Dorothy J. Dunkel Lincoln, NE

Clorox. It does more than the wash.

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IMPORTANT: Do not use Clorox with ammonia or other toilet bowl cleaners. See label for instructions.

HOUSEPLANT HOW-TO



In winter, the south sun is too harsh for most foliage plants—and that frees your south windows for sun-worshiping cactus and succulents. These two crassulas are reaping the benefits of going south for the winter.

Few succulents are suited to hanging baskets—probably the only one you can think of is the burro's-tail. But there are others—like these two crassulas—that will adapt to life in a hanging basket.

Care is the same whether or not the plant is hanging. Crassulas need a soil mix that drains well (just add enough sand to packaged potting soil to make it loose) and prefer being slightly pot-bound.

Keep them fairly dry now during the winter months when they're resting; resume normal watering in March or April. Water thoroughly, and then water again when the soil is dry to the touch. Never let crassulas sit in water left in their drainage trays. You can feed the plants lightly during the spring and summer months, if you wish. ■

STANLEY PRESENTS FURNITURE FOR MRS. LYNN SHOTWELL.

Chicago, Illinois

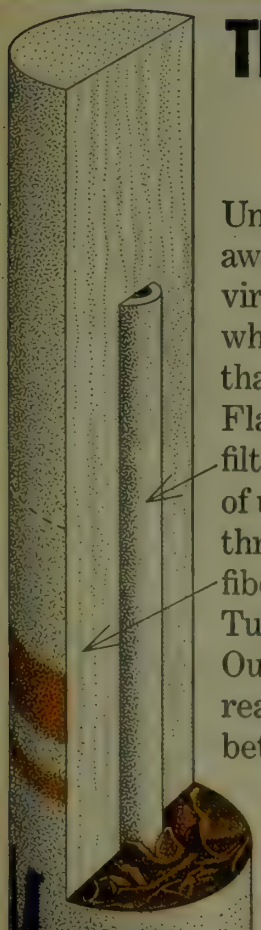


The Stanley people amaze me! To come up with a furniture style that's elegant without being overwhelming. Their Treasury II collection is just what I was looking for... continental, but softened a little bit so my family feels nice and comfortable with it. And the quality! Look at the beautifully engraved pecan graining. The hand-rubbed pecan veneers on my table top. And not just where it shows, either! Treasury II has hidden assets like grooved chair braces for extra strength... dramatic lighting and rattle-proof glass in my china. Notice how its glass sides show off my pretty things? I wanted dining and bedroom furniture that had style, quality, and a reasonable price. And Stanley heard me!

Stanley Furniture

The table is under $500. For a free

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The L&M Lights Flavor Tube Filter™ delivers the taste of 100% virgin tobacco.

Unfortunately, most filters filter more than just "tar." They also filter away taste. So when we designed L&M lights and decided to use 100% virgin tobacco "filets" for flavor, we had to create a whole new filter to deliver its taste. A filter that would allow taste to reach you. The Flavor Tube Filter. Inserted in our fiber filter, this ½ inch tube channels a stream of undiluted, full-flavored smoke through most of the filter length. The fiber filter surrounding the Flavor Tube keeps "tar" at a low 8 mg. Our Flavor Tube Filter. It's the reason why we can give you better taste.



REALLY REAL TASTE. ONLY 8MG. "TAR".

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Flavor Lights: Long Lights: 8 mg. "tar", 0.7 mg. nicotine; av. per cigarette, by FTC Method.

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begins on page 114

Mix-and-match dinnerware

Choose a basic pattern

Creating a tableware wardrobe by mixing and matching the pieces is actually quite easy once you get started. Just decide on one basic dinnerware pattern and build the rest around it. All remaining table appointments—dessert plates, salad bowls, serving pieces, flatware, glassware, linens—are coordinated with this pivotal pattern.

Your "basic" might be the china you already own, or something brand-new. What matters most is that you like it, that it fits your style of entertaining, and that you intend to use it, not squirrel it away.

Solid colors and subtle, understated designs are good choices for basic china because they're versatile and you won't tire of them quickly. Bright, vivid patterns and colors are often less adaptable.

Begin with dinner plates in your basic pattern, and think flexibility rather than quantity when you buy. Buying four, six, or eight plates usually gets you off to a good start. Avoid buying a dozen or more unless you *normally* serve that many people at one time. Chances are, you'll find it more fun to mix the basic eight with eight in another pattern.

Vary with accessories

There's almost no limit to the number of patterns you can use in building on the basic, but good combinations don't just happen. When you're shopping for accessories, take along a piece of your basic ware so you can try the plates side by side in the store, as you would try on clothing to be sure it fits. Colors, textures, and plate shapes shouldn't be entrusted to memory.

When you're coordinating, you'll probably find color the most useful unifying element. Choose dessert plates, salad plates, fruit bowls, platters, and coffee service to harmonize with the basic pattern.

If you have plain dinner plates, you'll want floral and/or geometric accents. For a patterned basic, use solid colors and subtle designs.



Photograph: Wm. Hopkins. Salad plate: Denby. Goblet: Viking. Stainless: International. Napkin: Audrey. Tea set: Fitz and Floyd

Mix-and-match table settings aren't just for company. This very casual setting mixes cheery everyday china with country-style enamelware. The tea service brings in a third pattern. Continental-size stainless, chunky stemware, and a knotted napkin add to the informal look.

To vary the look even more, change the medium. Glass, metal, and wood add textural contrast.

Add finishing touches

You can even update your sterling, silver plate, pewter, or stainless flatware pattern. Try using soup spoons, steak or butter knives, dessert forks, and dessert spoons of the same material but in a second—perhaps very different—design. Flatware with ceramic, wood, plastic, or mother-of-pearl handles can be mingled with some of the more casual metalware settings.

Stemware is easy to mix, too. A clear wine glass can be used with a colored water goblet; or one piece might be a contemporary design and the other a fancy antique. Another idea is to use goblets that exactly match in shape but feature a mix of decoration—one banded in gold or silver, the other tinted a harmonizing color or etched with a design.

A collection of napkins, place mats, tablecloths, and runners that you can use interchangeably is another way to play your basic china up or down. For a casual look, try coarse-textured linens. Use smooth, tailored linens for a more formal effect. You could mix two place mat patterns or colors on the same table, or use a multicolor print tablecloth and set each place with a napkin of a different solid color. ■

HOW TO DRY FLOWERS



You can use dried garden flowers as colorful additions to herb-and-spice potpourris or in charming winter arrangements. Collect and dry choice flowers during summer and fall. Come winter, you'll have a generous supply of preserved material on hand. There are several drying methods —all are easy.

Air drying

Cut flowers at midday, when the blooms are at their best. Strip the leaves and gather the flowers in small bunches secured with elastic ties. Hang the bunches upside down in a dark ventilated attic or room for two or three weeks. Avoid picking flowers after a heavy rain or when they're covered with dew.

Some excellent garden choices for this method include cockscomb (celosia), larkspur, annual statice, acacia, bells of Ireland, blue salvia, Chinese lanterns, globe amaranth, hydrangea (Pee Gee), delphinium, yarrow, artemisia, heather, honesty (silver dollars or lunaria), and strawflowers. (Strawflowers should be picked and wired when buds are just starting to open.)

Air drying also works well with many of the field flowers such as dock, goldenrod, pampas grass, pearly everlasting, teasel, and tansy.

Silica gel

Favorite garden flowers, including zinnias, marigolds, roses, shasta daisies, dahlias, delphiniums, snapdragons, feverfew, ranunculus, and peonies are great candidates for desiccant drying. Remember, however, that the finished product is only as good as the original flower specimen you picked.

Place a base of one to two inches of silica gel granules in the bottom of a cookie tin or coffee can and insert the short cut stem of the flower *face up* in the drying medium. Be careful not to overlap any of the petals between flower specimens. Gently sprinkle more of the granules over the flowers until they are completely covered with silica gel to a depth of about one inch. *Cover tightly* and tape the name of the flower and the date on top of the container. Leave the tin in a dark, dry place for the required drying time (from two to six days—see chart). If in doubt, lift the lid and check. The petals should feel brittle and papery; if they don't, replace cover and let the flowers dry longer. When they are ready to remove, slowly pour off the silica gel and cup your hand under the flower head. Shake off the drying compound gently and, if necessary, remove stubborn granules with a soft artist's brush. Store the flowers in airtight boxes until ready to use. For neat storage, insert the erect stem ends in blocks of dry floral foam. To keep dried material in top condition, especially over prolonged periods or when excessive humidity may be a problem, add three to four tablespoons of silica gel to the storage container. If a petal should fall off, use a toothpick to dab a small amount of white glue on the end of the petal and, with tweezers, join it to the flower center. Though delphiniums and larkspur may be air dried, silica gel perfectly preserves their form and color. Delphiniums, larkspur, rose buds, snapdragons, and lilacs should be dried in a horizontal position. Don't forget to dry flower buds and leaves to enhance your arrangements. Dark red flowers aren't suitable for drying because they turn black.

Silica gel, available at craft shops, can be reused indefinitely but must be heated in the oven at 250 degrees for one hour to restore the blue crystals to full potency.

Borax

Ordinary household borax may be used as a drying medium. Follow the silica gel directions with two exceptions—place the flower *face down* in the container and leave the *lid off* while drying. Though less expensive than silica gel, borax takes twice as long to act as a desiccant and doesn't preserve color as well.

Pressed

The avid pressed-flower enthusiast can buy a flower press, complete with blotting paper at a craft shop. For the average pressed-flower lover, however, a thick telephone book will suffice. At one-inch intervals in the book, spread facial tissue on newspaper. Place the flowers flat and avoid overlapping. Cover the flowers with tissue, then newspaper. In this way, the newspaper print will not be picked up by the flowers while they're being pressed. Repeat the process until the book is filled. If possible use even thickness of materials on each page for even drying. Remember to include buds and curve some stems and leaves for graceful positioning when dried. Put a weight on the book and store for three to four weeks away from sunlight in a dark, dry place.

Some garden favorites for pressing include buttercup, daisies, verbena, dusty miller, hydrangea florets, lobelia, delphinium spikes and florets,

continued

Q. Does Hotpoint pack a coupon for Tide in their automatic washers?

A. Do berry pickers collect dirt, too?



Often times, the tastiest berries are the ones that are hardest to find. And that can mean your berry picker will bring home plenty of dirt, too. And that's where you come in. Because you have to get those clothes clean.

Well, Hotpoint makes it extra easy. Inside their automatic washers, you'll find a 40¢-off Tide coupon. Try it...and convince yourself. Even berry spots and tough ground-in dirt can't stand up to Tide's kind of clean.

When you need to count on cleaning, you can put your trust in Tide.



The Hotpoint WLW 5704T washer also has a Handwash System for small, lightly soiled loads. Under the regular agitator is a special Handwash agitator. For those small loads, it enables you to save energy by using less hot water than the low level setting of the same washer.

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.

continued

Drying flowers

sweet alyssum, pansies, violas, and almost all types of ferns.

When ready to create pressed flower pictures, use eyebrow tweezers and a tiny dot of white glue to anchor the flowers to the background material. Let the finished design dry overnight before inserting the glass and making the back airtight with tape over all edges.

Foliage (glycerinized)

Leaves such as peony, oak, and beech may be pressed or dried in silica gel, but they will be more supple and useful if treated with glycerine. Mix a solution of one part glycerine to two parts hot water in a jar and shake well. After scraping or pounding the cut young branch ends, place them in two to three inches of the solution. Let it stand for one to two weeks, or until the leaves have finished absorbing the mixture and feel pliable. Usually they change to dark green or soft shades of brown and rust; depending upon the foliage you're treating. The glycerinized material may be used in arrangements of fresh flowers, too, as water causes no injury. Additional foliage to treat includes eucalyptus, holly, laurel, aspidistra, pyracantha, sycamore, yew, and crab apple. Foliage to be treated should be gathered before mid-August, while it's still tender. The glycerine solution may be used over and over again if stored in a tightly covered jar.

Dried arrangements

Dried plant life lends itself well to both formal and casual arrangements. When you choose containers for your dried bouquets, consider the color schemes in the rooms where the flowers will be placed and be sure that each container and its contents are scaled to the size of the room and the furnishings in it.

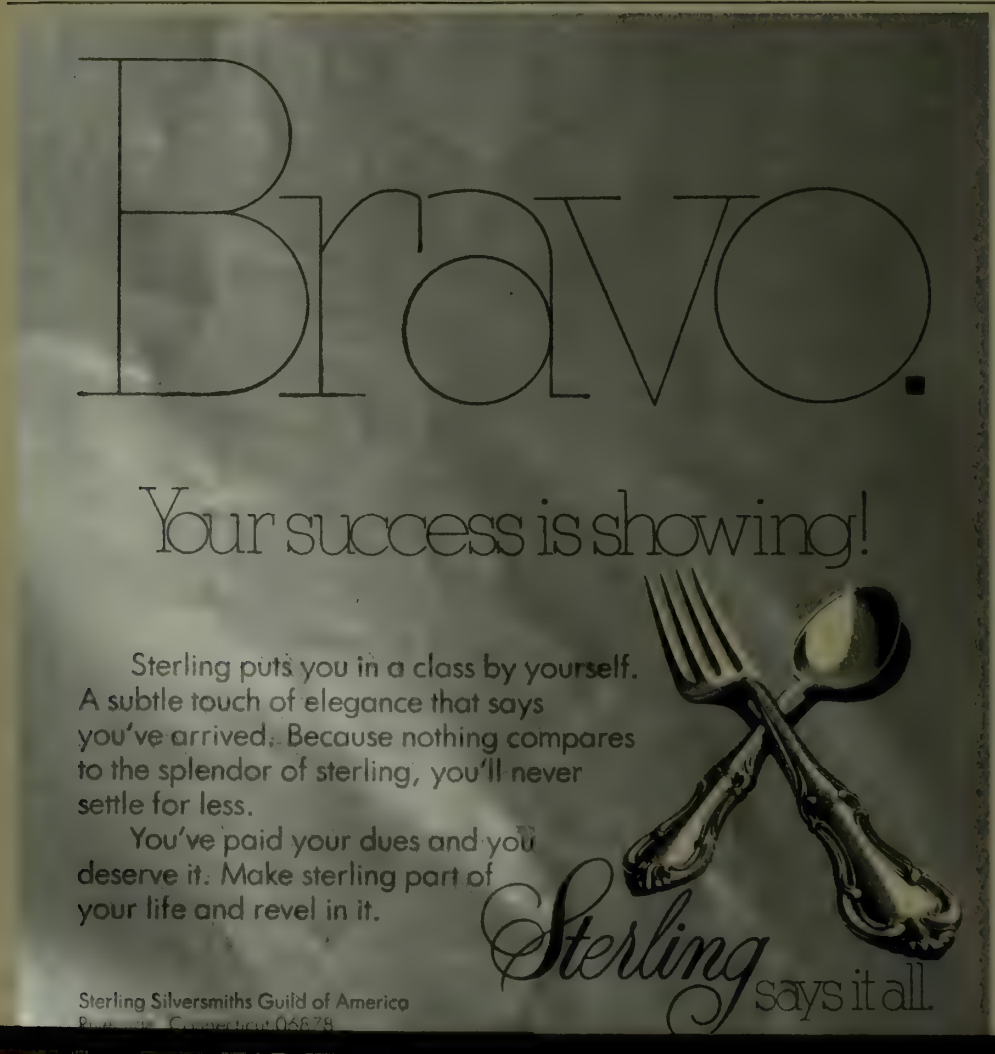
For instance, choose a tall vase to hold an arrangement that you'll place on the floor. Combine long stalks of wheat, milkweed pods, cattails, and several sprays of curved bittersweet. This type of arrangement is particularly at home in an entrance hall, in a corner of a room, or beside a fireplace. Neutral vase tones will bring out the autumnal colors of the dried materials.

Note: If you use branches of bittersweet or mock bittersweet berries, remember that they are poisonous and should be displayed well out of the reach of children or pets.

Soaring stems of pussy willow, which appear early each spring, will last throughout the year.

Use floral wire and tape to extend the stems of your dried flowers, then combine them with glycerinized foliage in a floral foam-filled container. Insert the foliage first, using it as a guide for height and outline (about 1½ times the height of the container). After inserting the filler material, place large and darker flowers for visual interest in the lower center section of the arrangement. Fill in the rest of the flowers, making sure some flowers extend below the rim of the container on the outside. To help prevent shedding or humidity damage, you can spray with hair spray or clear acrylic. Place the completed arrangement away from direct sunlight. ■

DRIED FLOWER AND FOLIAGE TIME CHART
SILICA GEL 2-3 days—forget-me-not, viola, coral bell, miniature rose, lantana
3-4 days—pansy, small zinnia, dwarf dahlia, feverfew, tea rose, larkspur, dwarf marigold
4-5 days—peony, large zinnia, shasta daisy, delphinium, hydrangea, ranunculus
5-6 days—large dahlia, marigold, snapdragon, aster, calendula, lilac
BORAX double above drying times
PRESSED FLOWERS AND FERNS three to four weeks
AIR DRYING two to three weeks
GLYCERINE METHOD one to two weeks



THE EASTER BASKET CAKE.

It tastes as good as it looks.

Its velvety smooth texture and rich lemony flavor make
is cake an instant family favorite. Bake it with PET® Evapo-
ited Milk and SUN-MAID® Raisins in the special Festive Pan
fered below, or any 9-cup tube pan. Add the season's first
owers, then celebrate deliciously!

ASTER BASKET CAKE

1 can (13 fl. oz.) PET Evaporated Milk
1/2 C. butter, softened
1/2 C. granulated sugar
1 tsp. almond extract
1 tsp. nutmeg
2 eggs
2-1/2 C. flour
1/2 tsp. salt
2-1/2 tsp. baking powder
1-1/3 C. SUN-MAID Raisins
Lemon Syrup
Golden Frosting

eserve 2 Tbsp. PET Evaporated Milk for Frosting. Cream butter, sugar, mond extract and nutmeg until fluffy. One at a time, beat eggs in well. ft together dry ingredients. Beat into creamed mixture alternately with maining evaporated milk. Stir in SUN-MAID Raisins. Prepare 9-cup tube an with PAM® Cooking Spray (or grease and flour) and pour in batter. ake at 325°F. for 55 minutes. Cool 10 minutes. Turn cake out; invert to semble basket. Prick top well with long skewer. Spoon hot Syrup over arm cake. Cool. Frost. Attach twig or art paper handle; top with flowers.

EMON SYRUP: Combine 1/2 C. lemon juice with 1-1/2 C. sifted con-ctioners' sugar in saucepan. Boil 1 minute, stirring.

OLDEN FROSTING: Blend 2 Tbsp. butter and 2-1/4 C. sifted confec-oners' sugar. Stir in until smooth, reserved evaporated milk, 1/4 tsp. mond extract and 2 drops food coloring.



Send to: **FESTIVE PAN OFFER**

$3.95 each
A regular $5.95 value

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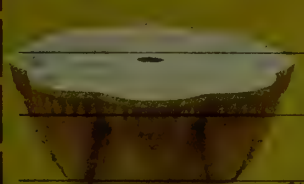
Please send _____ 9-cup, heavy formed aluminum Festive Pan(s) with non-stick TEFLON® II DuPont coating at $3.95 per pan. (Make checks payable to "Festive Pan." Allow 4-6 weeks for delivery.)

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Herbs

Flower heads can also be quick-dried over an open flame. Store dried flowers in airtight containers. Use dried seed heads in tea.

CHIVES

Allium schoenoprasum

Perennial. Grows to 12 inches tall. Plant seeds or divisions in early spring in a sunny location. Pinch back occasionally to encourage more vigorous growth. Divide plants every few years. Use leaves fresh or frozen. Dried leaves loose freshness quickly. In late summer pot up a few bulbs and leave outdoors under mulch for several weeks. Then bring the pot inside and place it on a sunny windowsill for winter harvest.

Garlic chives grow to 18 inches tall and have garlic-flavored foliage and showy white blossoms.

COMFREY

Symphytum officinale

Perennial. Grows to 30 inches tall. Plant seeds or divisions outdoors in a sunny or partially shady location. Does best in soil that has a slightly alkaline pH. Harvest the plants before they flower. Spread leaves and roots in a well-ventilated spot until dry. Store in airtight containers. Use young leaves fresh in salads and tea.

CORIANDER

Coriandrum sativum

Annual. Grows to 30 inches tall. Plant outdoors in a sunny location after all danger of frost has passed. Seedlings are hard to transplant so be sure to sow seeds where the plants are to remain. When the flower clusters turn brown, harvest the seeds by clipping them into a paper bag.

DILL

Anethum graveolens

Annual. Grows to 36 inches tall. Plant seeds outdoors in a sunny location after all danger of frost has passed. To harvest leaves, pinch them off in early summer and quick-dry in a cool airy place. Seal dried leaves in an airtight container as quickly as possible. When the flower heads turn brown, harvest the seeds by clipping them into a paper bag. Store seeds in airtight containers.

FENNEL

Foeniculum vulgare

Annual (perennial in warm climate areas). Grows to 48 inches high. Plant seeds or transplants outdoors in full sun after all danger of frost has passed. Use fresh leaves as needed. When the flower heads have turned brown, harvest the seeds by clipping them into a paper bag.

GARLIC

Allium sativum

Perennial. Grows to 24 inches tall. Plant cloves outdoors in a sunny location during the early spring. In late summer when the tops begin to turn yellow, bend them over with the back of a rake. Dig the bulbs when the foliage has turned completely brown. Store bulbs in a net bag or braid the tops together to form a garlic "rope." Hang bags and ropes in a cool, dark, well-ventilated area.

GERANIUM, SCENTED

***Pelargonium* sp.**

Annual (perennial in warm climate areas). Grows to 24 inches tall. Over 75 varieties with scented leaves usually divided into six general categories: rose, lemon, mint, fruit, spice, and pungent. Start seeds ten to 12 weeks early indoors or buy transplants. Plant in a sunny location after all danger of frost has passed. Scented geraniums are most often grown in containers and hanging baskets. Harvest fresh leaves as needed. For dried use, clip leaves in the fall and dry in a shady area. Store in airtight containers or use in nosegays, potpourris, and sachets. Pot cuttings in late summer for winter use.

LAVENDER

***Lavandula* sp.**

Perennial. Grows to 32 inches tall. There are three varieties: English or true lavender is the showiest and produces the most fragrant flowers. Spike lavender produces larger, more fragrant leaves. French lavender is slightly less popular and is grown as a bath fragrance. Start seeds of all varieties indoors ten to 12 weeks early. Germination and survival rates are low so be sure to sow extra seeds or plant divisions. After all danger of frost has passed, plant seedlings outdoors in a sunny location. Harvest fresh leaves as needed and flower heads before they open. In cold climate areas, mulch with two to three inches of leaves or straw for winter protection.

LEMON BALM

Melissa officinalis

Perennial. Grows to 24 inches tall. Sow seeds ten to 12 weeks early indoors or plant directly outdoors in a sunny or partially sunny location after all frost danger has passed. Do not cover seeds completely with soil when planting because light is needed for proper germination. Harvest fresh leaves as needed for tea.

MARJORAM

Origanum majorana

Annual (perennial in warm climate areas). Grows to 12 inches tall. Sow seeds eight to ten weeks early indoors and plant in a sunny location outdoors after all danger of frost has passed. Harvest fresh leaves as needed. After blossoms fade, shear back the entire plant several inches to encourage new growth. To harvest, hang plants in a warm, well-ventilated area until dry. Strip off leaves and store in an airtight container.

MINT

***Mentha* sp.**

Perennial. Most common varieties are apple mint, orange mint, and spearmint. Height varies with variety, but ranges between 12 and 36 inches. Plant seeds or root divisions in early spring. Divide every few years to keep the plants vigorous. Harvest fresh leaves at any time. To dry, cut stems back to the second set of leaves just before the plants are about to flower. Hang stems in a shady, well-ventilated place. Store in airtight containers. Use in tea.

OREGANO

Origanum vulgare

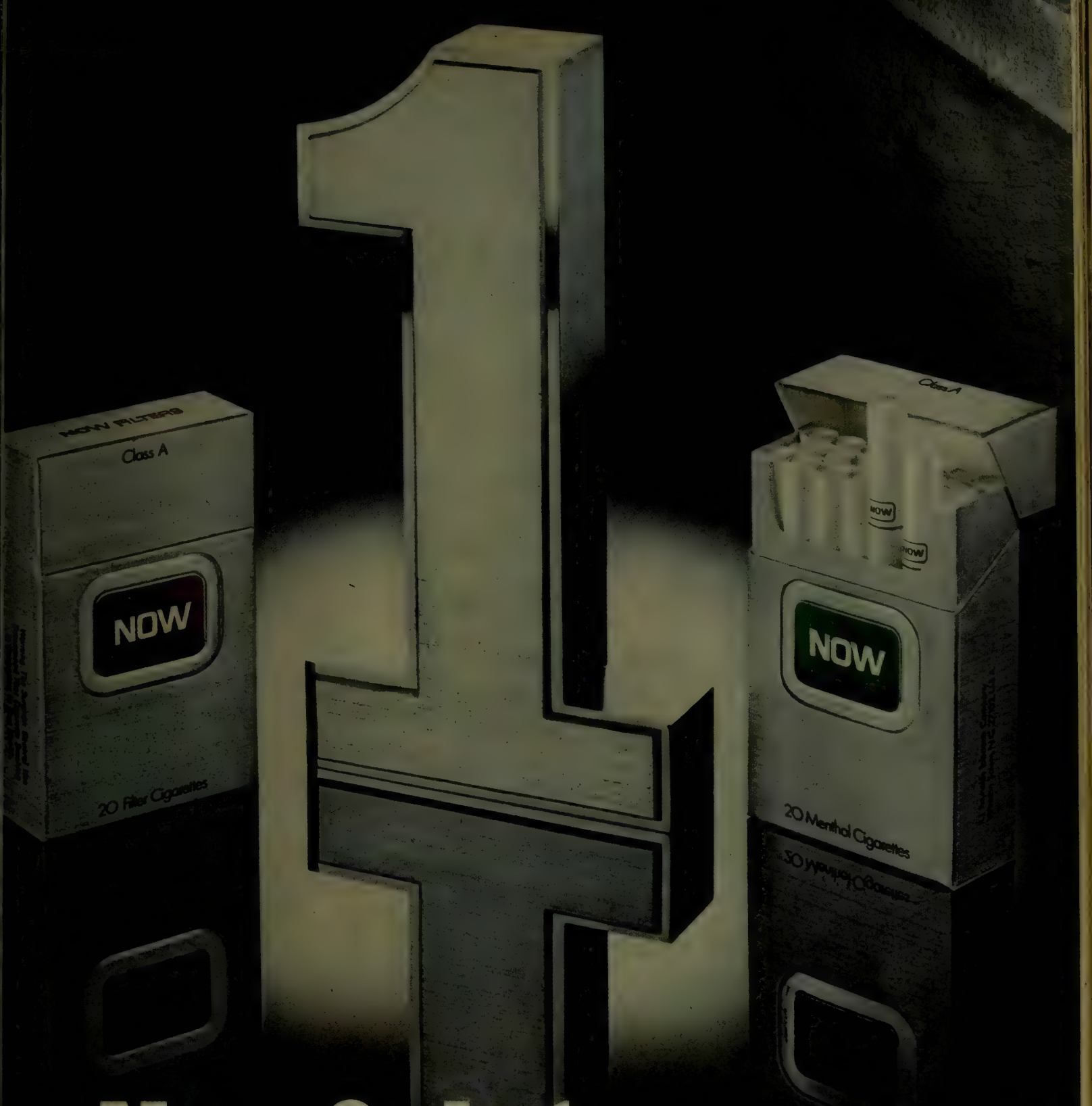
Perennial. Grows to 12 inches tall. Plant root divisions in spring after all danger of frost has passed. Keep plants pinched back to encourage bushiness. To harvest, clip off leaves as the plants begin to flower and dry in a sunny, well-ventilated place. Store in airtight containers. Cover plants with two to three inches of mulch during the winter in cold climate areas.

PARSLEY

Petroselinum crispum

Annual. Grows to 12 inches high. Start seeds outdoors in late fall or early spring. Add some radish seeds to mark the row for the slower germinating parsley. Harvest fresh leaves as needed. To dry, hang the whole plant in a shady, well-ventilated location. Crumble and store in airtight containers. Leaves can also be stored frozen. In late summer pot up young plants for wintertime use on a sunny windowsill.

continued



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Mushrooms, P.O. Box 24305 Dept. BB, Oakland, California 94623)

continued

Herbs

ROSEMARY

Rosmarinus officinalis

Perennial in warm climate areas where it can reach a height of four feet. Will not overwinter in cold climate areas. Start seeds midwinter indoors under lights or plant stem cuttings. Seeds have a low germination rate. Use fresh leaves as needed. To dry, cut the plant back by half while the plant is in bloom. Dry in a shady, well-ventilated area and store in airtight containers. Where winters are cold, start young plants in pots from stem cuttings in late summer. Place on a sunny windowsill for fresh use all winter.

SAGE

Salvia officinalis

Perennial. Grows to 30 inches tall. Sow seeds outdoors in early spring. Plants may take two seasons to get to usable size from seed so it's a good idea to plant root divisions or stem cuttings. Trim back established plants in early spring every year to encourage bushiness. Use fresh leaves as needed. To dry, cut the stem tips back when the flower buds begin to form and spread in a shady, well-ventilated place. Store in airtight containers.

SAVORY, SUMMER

Satureja hortensis

Annual. Grows to 18 inches tall. Sow seeds outdoors in early spring in a sunny location. Use fresh leaves as needed. To dry, cut the whole plant just before flowering and hang in a shady, well-ventilated area. Store in airtight jars.

TANSY

Tanacetum vulgare

Perennial. Grows to 36 inches high. A dwarf variety, crispum, is worth growing for the ornamental appearance of its feathery foliage. Tansy thrives in either sun or semi-shade, and tends to spread rapidly. Divide roots in spring or fall. The aromatic foliage repels some insects. The tiny yellow flowers may be dried for indoor use in winter arrangements.

TARRAGON

Artemisia dracunculus

Perennial. Grows to 30 inches tall. Plant stem cuttings or root divisions in a sunny location in early spring. Be sure that you buy the German or French variety. The commonly sold Russian variety is a forage crop with little or no flavor. Divide established plants every few years to keep them vigorous. Keep plants mulched to avoid damaging the dense shallow root system. Use fresh leaves as needed. To dry, cut the plants back to a height of four inches in early summer and early fall. Spread in a shady, well-ventilated area. Store in airtight containers. In cold climate areas, cover plants with a three-inch mulch for winter protection.

THYME

Thymus vulgaris

Perennial. Grows to 12 inches tall. Sow seeds four to six weeks early indoors or outdoors after frost danger has passed. For faster results, plant stem cuttings or root divisions in a sunny location. Use fresh leaves as needed. To dry, cut plants back to a height of two inches just before flowering and spread in a shady, well-ventilated location. Do not cut plants again. Store in airtight containers. ■

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(Good on any flavor)

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MR. GROCER: We will reimburse you for the face amount of the coupon, or if the coupon calls for free goods at your normal retail price, plus 5¢ per coupon for handling provided you and the consumer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchase of sufficient stock of our brand(s) to cover coupons presented for redemption must be shown upon request. Customer must pay any sales tax. Coupon may not be transferred or assigned and is void where its use is prohibited, taxed or otherwise restricted. Cash value 1/20¢. This offer is limited to one coupon per purchase. Redeem by mailing to:
The Coca-Cola Company Foods Division, P.O. Box 1250, Clinton, Iowa 52734.
Expires April 30, 1978.

Store Coupon
871-01-M10

15¢ Hi-C. You know how good it is. 15¢

GOOD NEWS

Draft evader



You can't go wrong with this easy-to-install adhesive-backed weather strip. All you do is cut the vinyl strip to the correct length with a pair of scissors, remove the protective backing, and press the door-bottom energy saver into place.

Self Sticking Door Bottom, about $1.60. Mortell Company, 550 Hobbie Ave., Kankakee, Ill. 60901.

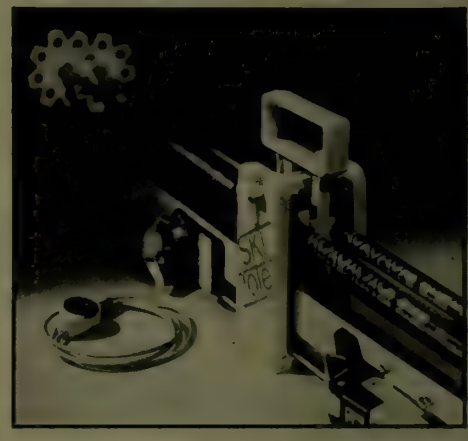
Super scrubber



Make short work of home-cleaning chores with this versatile scrubber, powered by a rechargeable power pack. Six attachments are included, so you can clean everything from bathroom tile to upholstery.

Powerpack Scrubber, about $24; Powerpack, about $16. Disston, Inc., 601 Grant Street, Pittsburgh, Pa. 15219.

Ski security



Guard your skis and poles against theft with this distinctive carrier. Use it to transport your skis and poles to the slopes; when you want to take a break, return your skis and poles to the carrier and lock it to a stationary object like a tree.

Ski Tote, about $20. Covell Ski Industries, Inc., 65 East San Jose Avenue, Burbank, Calif. 91502.

Automatic tea



This clever appliance can start your day right. It makes you a cup of tea while you sleep and then wakes you with an alarm. And if you wake early, just press the "Tea Now" switch for your tea. The unit also functions as a bedside lamp.

Teasmade of Knightsbridge, about $100. BSR (USA) Limited, Route 303, Blauvelt, N.Y. 10913.

Magic sunglasses



Photographs: William Hopkins

These sunglasses not only adjust automatically to all kinds of weather, they actually change color instead of just getting lighter or darker.

For example, in misty weather the natural amber color cuts through haze. But in warm and sunny weather the lenses turn brown, retaining sharpness of contrast while providing effective eye protection. And during bright, cold weather when there's lots of snow and ice around, the lenses turn dark silver gray for glare protection and good color perception.

Ray-Ban AmberMatic SunGlasses, from about $30. Bausch & Lomb, 1400 North Goodman Street, Rochester, N.Y. 14602.

continued on page 165

Say "No" to cholesterol.



Morningstar Farms lets you do it.

Your doctor may have advised you to limit saturated fat and cholesterol in your family's diet. Or you may just be wisely cautious.



High blood cholesterol is a major risk factor in heart disease. So it just seems to make sense for you to say "no" to cholesterol.

For your sake. And for the sake of your family's health, you ought to cut back on eggs, bacon, ham and pork sausage.

Morningstar Farms can help. With a whole freezer shelf full of good tasting foods with no cholesterol and no animal fat. Foods that can put variety in your diet.

Your imagination, not your diet, is the only thing holding you back. There's Morningstar Farms Scramblers®, our egg substitute. Along with the crispy, bacony taste of Breakfast Strips. Breakfast Slices with the taste of ham. Or Breakfast Links and Patties with the spicy taste of country sausage.

Say "no" to saturated fat and cholesterol. It may be the most positive thing you can say for your family's health.

In your grocer's freezer.



Morningstar Farms

Lets you do something about cholesterol.

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THESE 6 DUNCAN HINES 3 MILLION WOMEN

DUNCAN HINES FAST FIXIN' CHOCOLATE CHIP CAKE

(Makes 16-20 Servings)



1 package Duncan Hines Deluxe II Devil's Food Cake Mix • ¼ cup oil • 2 eggs • 1¼ cups water • 1 package chocolate instant pudding (4 serving size) • 1 cup chocolate chips (6 oz. package) •

Preheat oven to 350°. Pour oil into a 13x9x2-inch pan. Tilt pan until bottom is covered with oil. Put remaining ingredients into pan; stir with a fork or spoon until blended (about 2 minutes). Scrape sides and spread batter evenly in pan. Bake at 350° for 35-45 minutes; until toothpick inserted near center comes out clean. Cooled cake may be sprinkled with powdered sugar. Use a knife to loosen cake from sides; cut and serve directly from pan. Store leftover cake loosely covered.

ALTERNATE: Prepare pan as directed above using ¼ cup oil. Add cake mix, 2 eggs, ½ cup water and 1 can (20 to 23 oz.) cherry pie filling. Mix, bake and serve as directed above.



DUNCAN HINES LEMON SUPREME POUND CAKE

(Makes 12 to 16 servings)



1 package Duncan Hines Deluxe II Lemon Supreme Cake Mix • 1 package lemon instant pudding mix (4 serving size) • ½ cup Crisco Oil* • 1 cup water • 4 eggs •

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured tube pan, 10-inch or fluted at 350° for 45-55 minutes, until center springs back when touched lightly. Cool right side up in pan for about 25 min., then invert onto serving plate.

GLAZE: Blend 1 cup confectioners sugar with either 2 tablespoons milk or 2 tablespoons lemon juice. Drizzle over cake.

AT ALTITUDES OVER 3500 FEET: Stir ⅓ cup flour into mix. Mix as directed using 1 package lemon instant pudding mix, ⅓ cup Crisco Oil,* 1¼ cups water, and 4 eggs. Bake at 375° for about 40-45 minutes.

*CRISCO OIL IS RECOMMENDED AS SOME OTHER OILS MAY CAUSE THE CAKE TO FALL.



DUNCAN HINES DOUBLE PINEAPPLE UPSIDE DOWN CAKE

(Makes 12 to 16 servings)



½ cup (1 stick) butter or margarine • 1 cup brown sugar • 1 can (1 pound 4 oz.) pineapple slices, drained • Maraschino cherry halves • 1 pkg. Duncan Hines Deluxe II Pineapple Supreme Cake Mix • Whipped Cream •

Preheat oven to 350°. Melt butter in a 13x9x2-inch pan. Sprinkle brown sugar evenly in pan. Arrange drained pineapple slices and maraschino cherry halves on the sugar mixture. Mix cake as directed on the label with 1⅓ cups water and 2 eggs. Do not substitute pineapple juice for water. Beat as directed. Pour batter over fruit. Bake at 350° for about 50 minutes, until tests done with a toothpick. Let stand 5 minutes for topping to begin to set. Then turn upside down onto a large platter or a cookie sheet. Serve warm with whipped cream.

AT ALTITUDES OVER 3500 FEET: Stir ¼ cup flour into mix. Mix as directed using 1½ cups water and 2 eggs. Bake at 375° until done.



RECIPES ARE SO DELICIOUS BAKE THEM EVERY MONTH!



DUNCAN HINES CINNAMON STREUSEL CAKE

(Makes 12 to 16 servings)

1 pkg. Duncan Hines Deluxe II Yellow Cake Mix • 1 pkg. vanilla instant pudding mix (4 serving size) • 2 tbsp. Crisco Oil • 1⅓ cups water • 2 eggs • STREUSEL: ½ cup flour • ½ cup brown sugar • 2 tsp. cinnamon • 2 tbsp. butter or margarine, melted •

Preheat oven to 375°. In large bowl blend cake mix, pudding mix, oil, water and eggs. Beat 2 min. at medium speed. Spread ¾ of batter evenly in greased and floured 10-in. tube pan. Combine streusel ingredients. Sprinkle ⅔ cup of mixture over batter in pan. Spread remaining batter over streusel; top with reserved streusel. Bake 40-50 min. at 375° until done. Cool right side up in pan 25 min., remove from pan and glaze streusel side up.

GLAZE: Blend ¾ cup confectioners sugar with about 1 tbsp. milk; drizzle over cake.

ALTITUDES OVER 3500 FEET: Stir ¼ cup flour into mix. Mix as directed using 1½ cups water. Bake at 400° for 35-40 min.





DUNCAN HINES CHOCOLATE CHIP COOKIES

(Makes about 3½ dozen 2½ inch cookies)

1 pkg. Duncan Hines Deluxe II White Cake Mix • ¼ cup light brown sugar • 1 cup (6 oz. pkg.) semi-sweet chocolate chips • ½ cup chopped nuts • ¾ cup oil • 1 egg •

Preheat oven to 375°.

In a large bowl stir all ingredients together until well-mixed. Drop from a teaspoon onto an ungreased cookie sheet.

Bake at 375° for 10-12 min., until centers of cookies are golden brown. (Edges will look darker.)

Cool on cookie sheet for about 1 min., then remove to rack to finish cooling.





DUNCAN HINES SOCK-IT-TO-ME-CAKE

(Makes 12 to 16 servings of delicious sour cream pound cake)

1 package Duncan Hines Butter Recipe Golden Cake Mix • 1 cup (8 ounces) dairy sour cream • ½ cup Crisco Oil* • ¼ cup sugar • ¼ cup water • 4 eggs • Filling: 1 cup chopped pecans • 2 tablespoons brown sugar • 2 teaspoons cinnamon •

Preheat oven to 375°. In a large bowl blend cake mix, sour cream, oil, ¼ cup sugar, water and eggs. Beat at high speed for 2 min. Pour ⅔ of the batter in a greased and floured 10-inch tube pan. Combine filling ingredients and sprinkle over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45-55 min., until cake springs back when touched lightly. Cool right side up for about 25 min., then remove from pan.

GLAZE: Blend 1 cup confectioners sugar and 2 tablespoons milk. Drizzle over cake.

WHEN BAKING AT HIGH ALTITUDES: Stir ½ cup flour into mix. Mix as directed above using the sour cream, ⅓ cup Crisco Oil*, 2 tablespoons sugar, ⅔ cup water and 4 eggs. Bake at 400° until done (40-50 min.).

CRISCO OIL IS RECOMMENDED AS SOME OTHER OILS MAY CAUSE THE CAKE TO FALL.



CUT OUT INDIVIDUAL RECIPES OR FILE PAGES IN RING BINDER



DECADE MENTHOL. THE TASTE THAT TOOK TEN YEARS TO MAKE.

Originally, a menthol smoker couldn't get real cigarette taste without what has come to be known as tobacco 'tar.'

The problem of reducing this 'tar' to 5 mg. while maintaining taste is enormous. That's why when we set out to work, we didn't give ourselves a time limit.

The Decade "Total System."

How were we able to keep the taste in a low 'tar' menthol when so many others have failed? Mainly by developing our unique "Total System" in which every part of our cigarette is arranged in perfect balance with each other. The tobacco, the filter, the paper, and even the menthol.

The Menthol.

Take our menthol, for example. It's all natural. And it has a distinctively cool, fresh taste that comes from blending different menthols imported from around the world. This extraordinary blend of natural menthol delivers a taste you'll find only in Decade Menthol.

The Tobacco.

Our tobacco is also unique. Its taste is boosted by a method called "Flavor Packing"™ which allows us to concentrate a special patented tobacco flavorant in each Decade Menthol.

The Filter.

Our filtration system represents a singular breakthrough in low 'tar' smoking. Simply, we've created a "Taste Channel" within the filter to give you that first puff impact you've come to expect from only the higher 'tar' cigarettes.

The Paper.

Even our high porosity paper is specifically designed to give an efficient burn rate that delivers optimum taste with a minimum of 'tar.'

The result.

So try a pack of Decade for yourself. Menthol or Regular. And after one taste we think you'll agree that our last 10 years were well worth the effort.



Only 5 mg. 'tar.'

Regular and Menthol.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

©Liggett Group Inc. 1977

5 mg. "tar", 0.5 mg. nicotine ave. per cigarette by FTC method.

GOOD NEWS

Solar water heater



Here's a solar water heating system that ties into your existing water heater. The unit significantly reduces water heating costs and dependence on expensive heating fuels.

The solar hot water module (*right*) acts as a solar heat storage tank, heat exchanger, and control center. The flat-plate collector (*left*) is fully insulated; it also features a black chrome-coated absorption plate and tempered low-iron glass cover for increased light transmission.

The system works like this. After absorbing heat from the roof-mounted collector, the heat transfer fluid is piped to a heat-exchanger surrounding the water storage tank in the module, which heats the water in the tank. As hot water is drawn from your conventional water heater, hot water from the solar module storage tank replaces it. The cooled transfer fluid is pumped back to the roof collector to continue the cycle.

Model LSHW1-1 Solar Water Heating System (includes one 66-gallon module and one collector), about $1,900 (prices may vary according to installation). Lennox Industries Inc., P.O. Box 250, Marshalltown, Iowa 50158.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

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Snug Cushions hold dentures comfortably tight for weeks
No more "fixings" every morning with messy powders or creams. Even if dentures need "fixing" after every meal, here's important news. Snug cushions restore dentures' holding power so dentures stay comfortably tight for weeks. Snug, the soft, effective temporary aid, forms a "comfort bond" between dentures and gums. Sticks to dentures, not to gums. Rinse, scrub or soak Snug fresh and clean. Easy to remove, but won't wash off or flake away. So, end daily "fixings"! Use Snug to hold dentures comfortably tight for weeks.
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Pa. destinations, add 6% sales tax.
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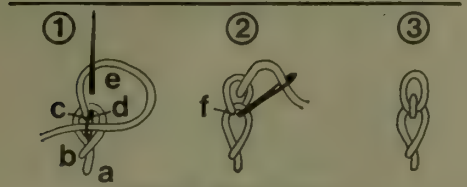
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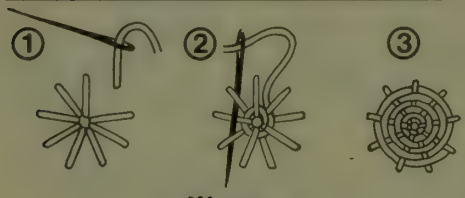
begins on page 44

A walk in the woods

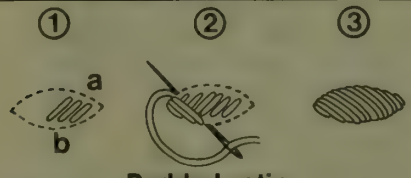
Stitch Glossary



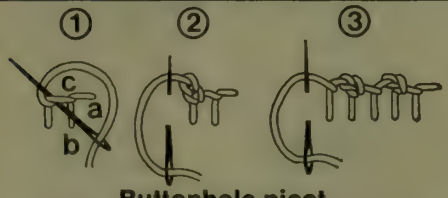
Twisted chain ring



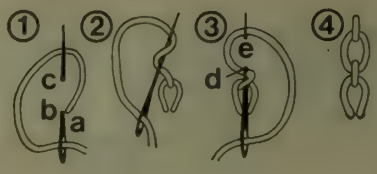
Woven



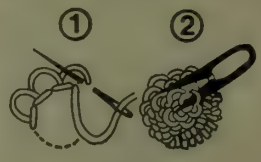
Padded satin



Buttonhole picot



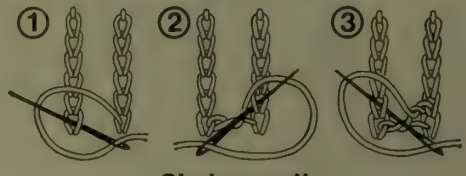
Cable chain



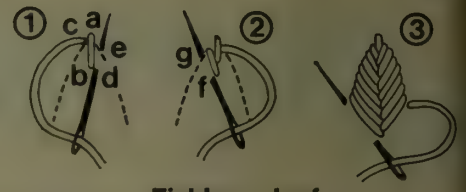
Whipped chain



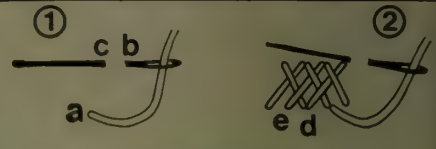
Velvet



Chain scroll



Fishbone leaf



Herringbone

Pillow A



WOODLAND PILLOWS, pages 44-45

(*Finished size of each pillow:* 17x 17 inches.)

Materials (for each pillow): A 22-inch square of off-white linen or linen-like fabric; 18-inch square of backing fabric; embroidery hoop and needles, dressmaker's carbon or hot-iron transfer pencil; your favorite embroidery stitch guide.

Also: DMC floss in the following colors and amounts:

For pillow A, left: 1 skein each of nos. 225, 224, 368, 732, 780, 833, 401, 613, 734; 2 skeins each of nos. 421, 3327, 936, 935; 3 skeins each of nos. 937, 434, 614; 4 skeins of 320 and 5 skeins of 801.

For pillow B, page 192: 1 skein each of nos. 225, 224, 732, 580, 834, 830, 401, 3327; 2 skeins each of nos. 368, 833, 434, 613, 936, 935; 3 skeins each of 421 and 614; 5 skeins each of 320, 937, 801.

Directions:

1. Using dressmaker's carbon or transfer pencil, enlarge pattern to size and transfer to fabric. Refer to color photos on pages 44-45 for suggested distribution and combinations of colors on each pillow.

2. Both pillows are relatively simple in design, and may be successfully worked in any combination of traditional stitches, using from two to six strands of floss, depending on the effect desired. (Refer to any good embroidery stitch guide for how to work outline, straight, long-and-short, satin, chain stitches, and French knots.) However, a more experienced embroiderer may want to experiment with some of the more adventuresome stitches described below. (For how-to on all stitches

continued on page 192

GUEST INSURANCE

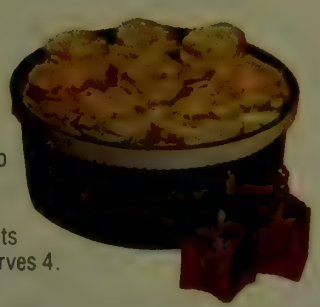


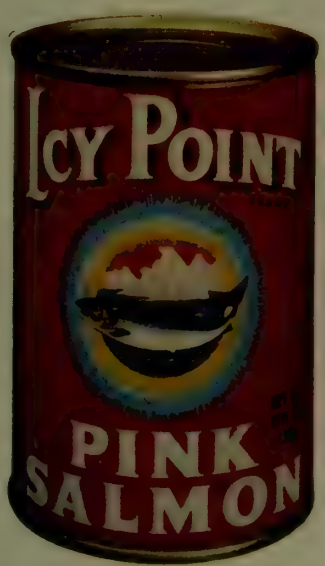
ICY POINT PINK SALMON... the unexpected crowd pleaser.

Quick Deep Dish Salmon Pie

- 2 10½-ounce cans pea or asparagus soup
- 1 15½-ounce can ICY POINT pink Salmon
- ½ cup milk or cream
- 1 pound can small potatoes, drained
- 1 pound can small onions, drained
- ⅛ teaspoon white pepper
- ¼ teaspoon oregano
- ¼ teaspoon sweet basil
- 1 package refrigerator buttermilk biscuits

In saucepan combine soup, liquid from can of salmon and the milk or cream. Stir in salmon, potatoes, onions and seasonings. Heat until sauce begins to simmer, stirring occasionally. Empty into a 2-quart casserole or baking dish. Top with biscuits. Bake in preheated 400° F. oven for 15 to 20 minutes, or until biscuits are brown. Garnish with water cress. Serves 4.





Whether you need a quick salad or hors d'oeuvre. A hot dish for a buffet or a main entree...

A can of Icy Point Pink Salmon on your shelf can come to your rescue. Versatile. Stretchable. Delicious. Hot or cold. Plain or fancy. Look to Icy Point Pink to insure your guests an extra tasty treat.

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A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU — TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

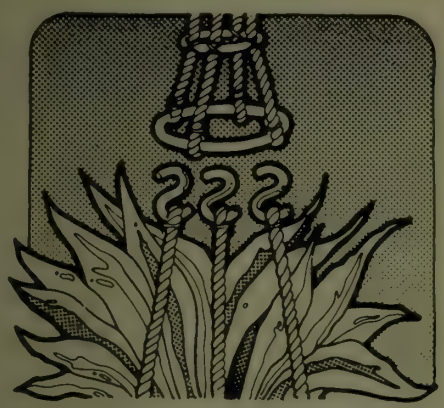
PROBLEM

Each time you repot one of your hanging plants, you risk injuring it when you remove it from its macrame hanger.

SOLUTION

Cut each of the sennits (main members) of the hanger just below the point where they join; tie the severed ends of the lower portion of each sennit to S hooks, as shown. (S hooks come in several gauges; choose a small size.) Camouflage the knots by wrapping them with a matching or contrasting cord. Tie the top ends of the sennits to a ring, camouflage the knots as described above, then just hang the hooks on the ring. When you want to remove the plant, simply unhook the sennits and lift out the pot.

R.L., Bellingham, Wash.



PROBLEM

The insulating rubber boot protecting the electrical connections on your car's alternator has deteriorated to the point where shorts are occurring.

SOLUTION

Remove the boot, coat the connections with a lubricant, then cover them with a good glob of silicone rubber sealant.

A.Y., Huntington Beach, Calif.

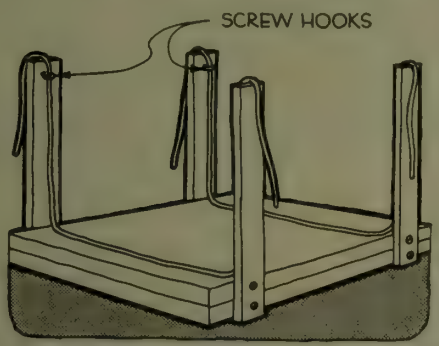
PROBLEM

You like to save newspapers for recycling, but you have difficulty tying them into tight bundles by yourself.

SOLUTION

Build a simple tying cradle out of scraps. Nail together two pieces of ¾-inch plywood or two layers of overlapping pieces of scrap wood for a base slightly larger than a folded newspaper. Screw four 1x2 uprights into the base, then mount four small screw hooks, as shown. "Load" the cradle with string, threading it temporarily through the screw eyes, and you're ready to tie a bundle the easy way.

M.D., Fort Huachuca, Ariz.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

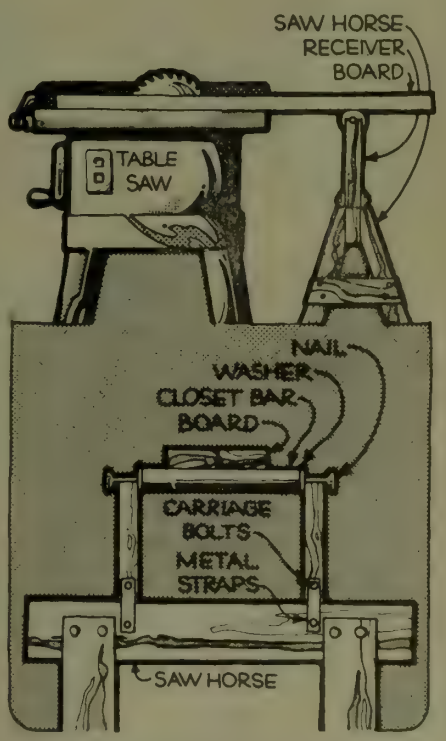
PROBLEM

Whenever you want to rip long, hard-to-handle 2x4s (or the like) on your table saw, you can't find someone to stabilize the far end of the board.

SOLUTION

Convert a sawhorse into a temporary helper by bolting 2x2s to it, as shown, using metal straps. Form grooves in the top of each 2x2 with a small rasp. (Or cut 2x2s twice as long as you'll need, drill a hole at the midpoint of each, and cut through the center of each hole.) Then drive a 20d nail into each end of a section of closet bar (use predrilled holes), and rest the nails in the grooves of the 2x2s so the bar rotates freely. The distance from the floor to the top of the bar should be the same as the distance between the floor and the bottom of the board you're ripping. To reclaim the sawhorse, just remove two bolts.

A.K., Dallas, Tex.



PETS Barbara Humeston



CARING FOR AN OLD PET

Sooner or later the years start creeping up on your pet. When that happens, your trusty old companion probably will need special care and attention, along with extra understanding.

Most experts agree a pet's mental attitude and behavior, along with his general physical condition, are better gauges of age than years are. It's reasonable, however, to consider eight- to ten-year-old dogs and ten- to 12-year-old cats old pets.

Fortunately, most dogs and cats age remarkably well. Your pet may simply slow down and start sleeping more. On the other hand, if your pet begins aging suddenly, consult your veterinarian. Chances are the problem isn't age alone.

Preventing problems

As long as your old dog or cat stays in reasonably good shape, he'll probably need only minimum special care. But remember that even healthy old pets don't adapt well to sudden changes in environment or routine, and they don't have much reserve to call on in times of stress.

Your best guide is simply to provide good routine care and allow a hardy old pet to take life at his own pace. Regular veterinary checkups (at least once a year) are essential. Supplement those checkups with a monthly once-over at home.

Eating and exercising

Balanced nutrition and regular exercise are keys to keeping your old pet trim and fit. There are commercial foods on the market today especially for old dogs, but your veterinarian is the best person to advise you about an old pet's changing diet needs. If a health problem develops, for instance, certain foods may have to be curtailed. Some old dogs and cats may need vitamin and/or mineral supplements, but your veterinarian should prescribe them.

Overweight is a frequent problem as pets become less active—particularly for old dogs. Weigh your pet every month. If he starts gaining, cut back on his rations. But whenever changes are called for, make them gradually.

Make sure water is always available to an old pet. He'll be drinking more as he gets older. But large variations in drinking patterns may mean trouble (kidney disease, diabetes, etc.). From time to time, record how much water your pet drinks. Report suspicious changes to your veterinarian.

Encourage your pet to stay active with plenty of opportunities for pleasant but not too strenuous exercise. Always work up to exercise gradually, and don't let your pet overdo. Also watch for changes in activity that may indicate illness.

Spiffing up

Good grooming not only perks up an old pet's appearance, but also makes him more comfortable. Since old pets tend to have dry skin, baths should be limited. (Cats rarely need to be bathed throughout their lifetime.) Substitute more frequent brushing. When a bath is called for, choose a warm spot out of drafts and dry your pet afterward. Old dogs and indoor cats need to have their nails trimmed regularly. Also make sure your old pet isn't pestered by external parasites.

Varying degrees of dental disease plague many old pets. One common problem is the buildup of tartar (a hard, brown substance that hides bacteria). Ask your veterinarian to remove it.

Quartering your pet

Caring for an old pet also may call for changes in his quarters. Old animals are more sensitive to temperature extremes. They get chilled and overheated easily.

Move an old outdoor dog's house to a sheltered area during cold weather or inside a garage or another building. You may even want to give your pet "house privileges" during bad weather. In summer, move your pet's house to the shade.

Put an indoor pet's bed in a warm, draft-free spot where he doesn't have to tackle stairs to reach it. Make sure the bed is easy to get into and out of, and big enough for your pet to stretch out in (old dogs and cats may be too stiff to curl up comfort-

continued

Drawing: Dudycha, Schirch & Assoc.

Why you should be as careful choosing a puppy food as you are choosing a baby food.



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For your pet's health.. see your veterinarian regularly

continued

Caring for an old pet

ably). Supply the bed with plenty of soft, resilient bedding and consider situating the bed within earshot of household action.

Staying out of trouble

As your old pet loses his ability to fend for himself, you'll need to protect him from everyday hazards that once were minor threats (other animals, busy streets, unkind children, getting lost, etc.).

The best way to cope with a pet's failing eyesight is to make sure he stays in familiar surroundings and that his "possessions" are in their usual places. And don't mistake failure to come when called for stubbornness. Your pet probably just doesn't hear you.

Investigating major malfunctions

Stay alert for signs of trouble and be prepared to call in the veterinarian earlier than you would have when your pet was in his prime.

Heart disease—The first signs that a pet has a heart problem probably will be tiring easily during exercise and a deep cough.

Tumors—Be on the lookout for unnatural lumps and bumps, sores that don't heal, or blood in the urine. Mammary glands of old unspayed females are common tumor sites.

Kidney disease and diabetes—Extraordinary thirst and increased volume of urine are among the first signs. Overweight old pets are particularly diabetes prone.

Urinary bladder—Watch for unusual discharges from the vulva or penis, abnormal-looking urine, or frequent or difficult urination.

Urinary incontinence—Little can be done when this condition is caused by weakened bladder muscles—outside of giving your pet plenty of opportunities to relieve himself. Incontinence in spayed females may be the result of a hormone deficiency, which is treatable.

Arthritis—Generally the first sign is lameness or stiffness after resting. Dry, warm quarters and a soft bed often ease mild intermittent symptoms. Weight loss often helps alleviate symptoms in obese pets. A veterinarian should be called in if your pet's condition deteriorates.

When your old pet needs medical treatment, handle it on an outpatient basis if you can. Old dogs and cats can be especially apprehensive and don't eat or sleep well when they're away from home.

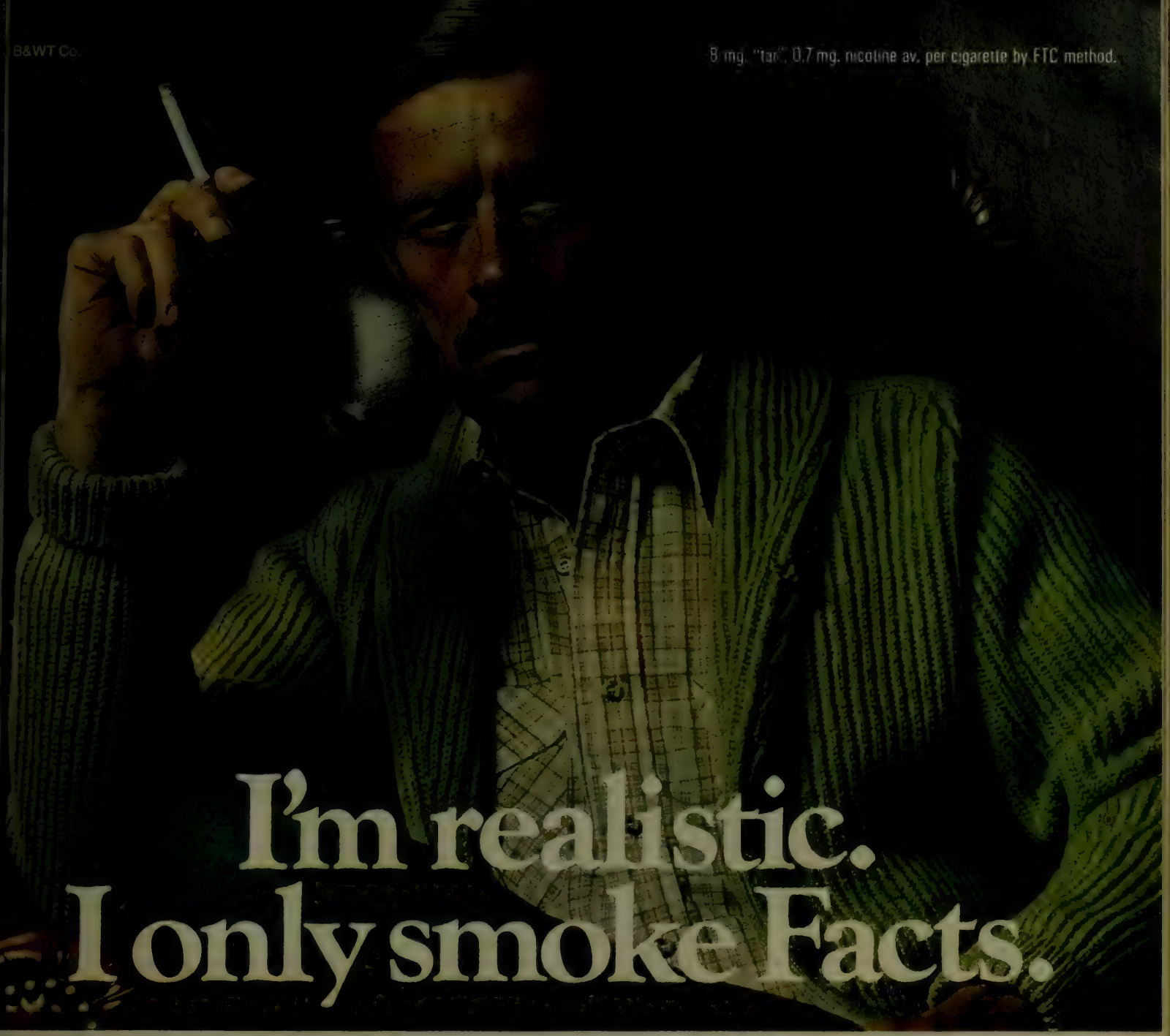
Facing the end

If there's no hope for recovery and your pet is in pain, a family conference with a veterinarian familiar with your pet's medical history is in order. When the consensus is that your pet's best interests would be served by putting him out of his misery, lay your own feelings aside and ask your veterinarian to perform this last act of kindness.

Euthanasia today usually involves a quick and painless but lethal injection of an anesthetic drug that brings permanent sleep quickly and without pain or anxiety. Ask your veterinarian about the procedure he uses. You may or may not want to be present during euthanasia. ■

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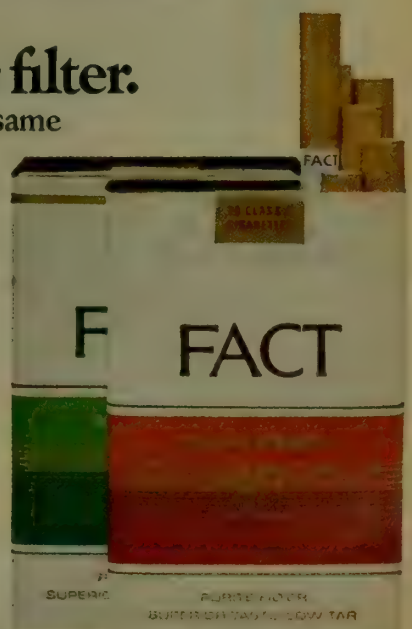
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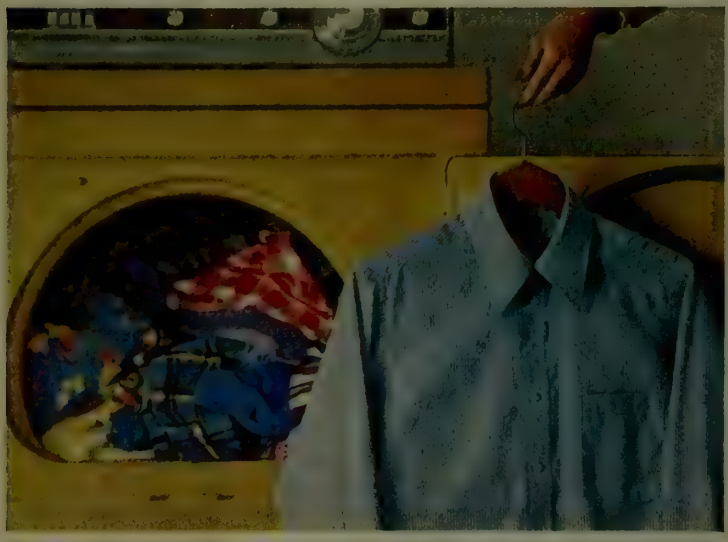
*Formaldehyde, Crotonaldehyde, Acrolein



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Special light goes on to remind you to remove and clean lint filter.



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Bounce makes clothes really soft.
Bounce controls static so synthetics don't clin
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*Bounce has agreed with dryer makers to supply Bounce samples and to feature their dryers in Bounce advertising.

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LEARN-TO-DO-SOMETHING-NEW VACATIONS

GUIDED NATURE EXPEDITIONS

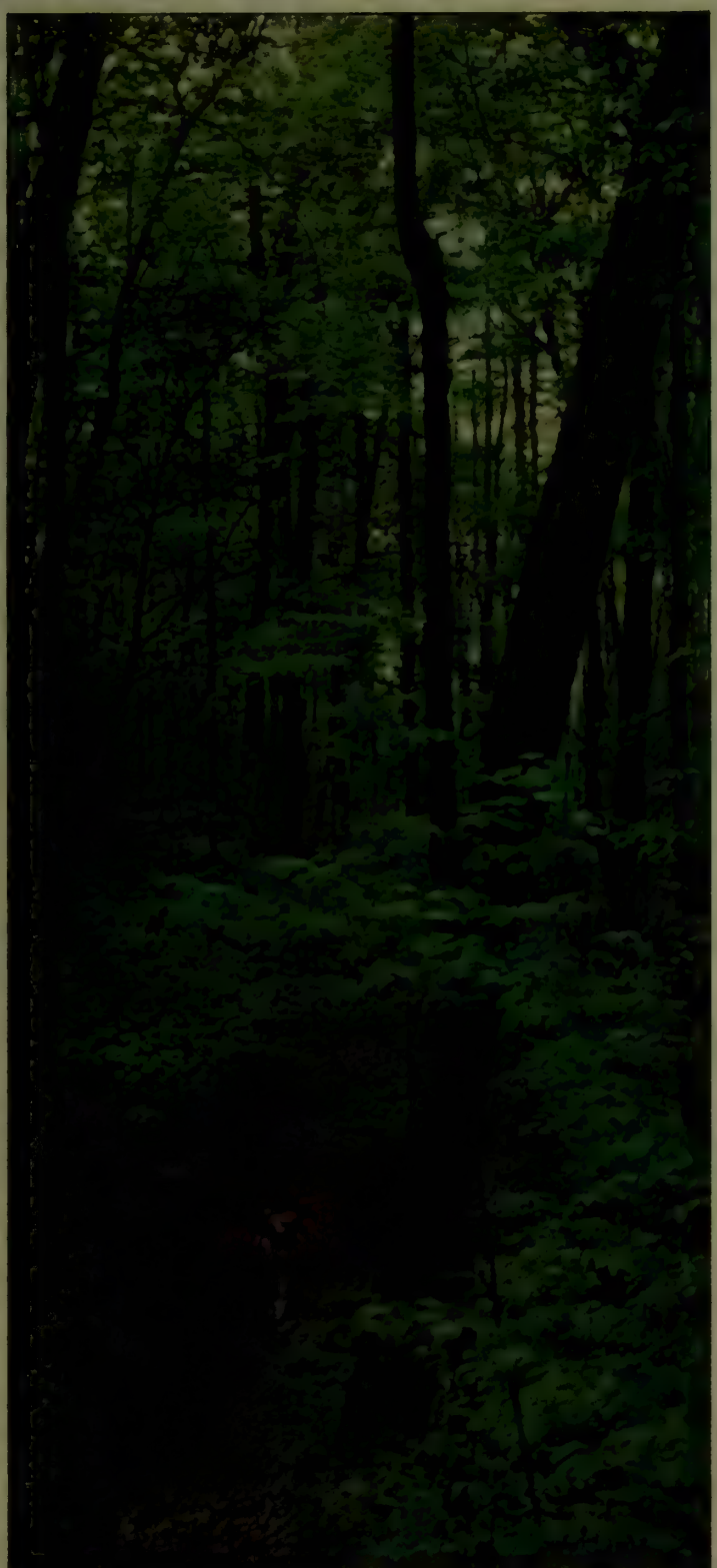
by Neil Kuehnl

Learning about nature seems so easy. All you need to do is walk out of doors, and there's your classroom spread out in front of you. But wait a moment. Where is the teacher? Who can tell you what kind of orange butterfly that is . . . or why this pink flower smells so fragrant . . . or what geological forces built that scalloped ridge along the skyline?

Helping you find teachers for the natural world around you is the subject of this fifth article in our Learn-To-Do-Something-New travel series. Your choices turn out to be bountiful indeed. In fact, thousands of Americans, singly and in groups, are rediscovering the unspoiled natural world. And in a way, that's part of today's problem. An unspoiled nature preserve becomes something else when you add too many people.

How many is too many? Well, conservationists, park officials, and individual families grapple with that question more seriously every year. Certainly it's too many when the quiet woodland (or desert or seashore or swamp) is noisy, littered, and lined with portable "comfort stations."

There are still many splendid American parks and wildlife sanctuaries to enjoy in 1978. And you can explore them by several different methods: backpacking; horseback; hiking with pack stock (horses or mules) to carry the gear; river rafting; canoeing; cross-country skiing—even skin diving.



Photographs: Neil Kuehnl

It's spring in the Great Smokies as a Wilderness Society group backpacks far from habitation.

However, now there are wilderness rules by which you must abide. Littering is absolutely forbidden. (What you pack in, you pack out; you don't bury trash anymore.) Campfires are curtailed and often prohibited because of fire danger or fuel scarcity. Horses no longer are permitted on certain trails. Limits frequently are placed upon the number of campers allowed in the backcountry at once.

Since outdoor expeditions should never be taken lightly (nature can be a harsh teacher), we recommend that you look first at programs sponsored by the nationally known conservation groups. Included are trips offered by the Sierra Club, the Wilderness Society, and the American Forestry Association, as well as some nature-study camps run by the National Wildlife Federation and the National Audubon Society. You can, of course, find local outfitters who arrange nature trips, but it's much harder to assess their quality (and how much you'll learn) on your own (see "How to shop for packers and guides" on page 190).

Some of these conservation organizations require that you be a member in order to join a nature trip. Others welcome all comers—including beginners—as long as they share the organizations' conservation beliefs. For addresses and background, read on.

continued

GUIDED NATURE EXPEDITIONS

WHO CAN JOIN A NATURE TRIP?

The success of a nature trip largely depends upon you and your family:

1. You must really enjoy the natural world and want to learn more about it.

2. You must be willing to give up some civilized amenities for at least a week or so.

3. You must be able to accept being hot, tired, cold, or wet—perhaps all on the same day—and still hold on to your sense of humor.

In addition, most guided nature expeditions specify that you be in reasonably good physical condition. The nature trip brochure will indicate any special requirements.

Children are welcome on some nature trips but not on others. Certain categories, such as those involving a base camp, encourage participation by families. On the other hand, strenuous backpacking experiences sometimes are restricted to persons above, say, age 15. The trip brochure spells out all of these details for each type of guided nature expedition.



Wildflowers are splendid in Great Smokies National Park during the first week of May.

WHO OFFERS TRIPS?

The following conservation groups sponsor one or more of these kinds of trips: backpacking; river rafting; horseback; canoeing; basic mountaineering; and day hikes out from base camps. Membership information is listed for each group, but you may write for trip brochures before deciding whether to join the organization or a specific trip that it's offering.

Sierra Club, 530 Bush Street, San Francisco, California 94108. This organization began in the West but now has chapters all across the country. The Sierra Club runs probably the greatest variety of nature trips—nearly 300 of them worldwide and many geared to families with youngsters. To join one of the expeditions, you must be a member or member-applicant; first-year dues are $20 for an individual and $30 for husband/wife. (Children over 12 must have their own memberships.) A complete listing of trips is published in the Sierra Club *Bulletin* each January.

The Wilderness Society, 4260 East Evans Avenue, Denver, Colorado 80222. This nonprofit group, formed in 1935, is offering some 39 expeditions in the U.S. and Canada this year. Membership in the Society is not required to participate, but if you join, you'll pay individual yearly dues of $15. You can obtain all the necessary trip data from their free *Wilderness Adventures* folder, issued each autumn for the following year.

American Forestry Association, 1319 18th Street N.W., Washington, D.C. 20036. Another nonprofit organization, the AFA sponsors a "Trail Riders of the Wilderness" program, which issues its own trip bulletin. To participate, you must be an AFA member; dues are $8.50 per year.

National Wildlife Federation, Dept. CS-6, 1412 16th Street, N.W., Washington, D.C. 20036. The NWF hosts three "Conservation Summit" gatherings in scenic locations, where experienced instructors teach classes and lead field trips into surrounding woods and mountains. NWF membership is not required but it's available for annual dues of $7.50.

National Audubon Society, 950 Third Avenue, New York, New York 10022. The Society maintains ecology camps in Maine, Connecticut, Wisconsin, and Wyoming, at which field instruction is given in a wide variety of outdoor subjects. Minimum age is 18; membership in the Audubon Society is not required, but if you wish, you may join at the individual yearly rate of $15.

Appalachian Mountain Club, 5 Joy Street, Boston, Massachusetts 02108. This is the oldest major conservation organization in the country (founded in 1876). Its "Guided Hikes" program sponsors climbs of various New England mountain ranges; trips are graded according to their degree of difficulty. AMC membership is not required, but you may join for annual dues of $15 plus a first-year admission fee of $5. (For those aged 22 or under, annual dues are $4).

The Wilderness Institute, P.O. Box 338, Bonners Ferry, Idaho 83805. This nonprofit organization offers trips for people in average physical condition as well as strenuous expeditions. Included are backpacking, canoeing, and mountaineering. Membership is not necessary.

The University of the Wilderness, 29952 Dorothy Road, Evergreen, Colorado 80439. This nonprofit educational organization combines recreation with instruction; its courses involve backpacking, canoeing, rafting, and (in the winter quarter) ski touring and snowshoeing. College credit is available for some courses. Children under age 16 may participate if they are accompanied by an adult.

continued



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Chevy Nova. A wanted car.

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GENERAL ELECTRIC

GUIDED NATURE EXPEDITIONS

BACKPACKING TRIPS

Modern life is full of dependencies—upon machines, structures, and other human beings. The essence of backpacking is that it gives you a chance to feel dependent only upon yourself and the few worldly goods on your back. True, most of what you carry is itself the product of sophisticated technology, but no matter; when you're backpacking you come closer to real self-sufficiency than at any other time.

Backpacking makes you choose very carefully between essentials and "desirables." A pillow for your head may be taken for granted at home, but in the woods it's an item that can be replaced by a rolled-up sweater. That sweater has other daytime uses and thus earns its place in your pack twice over. On long, dark nights a flashlight is reassuring—but not that big clunky one you keep in the kitchen drawer.





Some of these backpackers were experts, others were neophytes, yet all shared new learning experiences.



Backpacking is an art that you don't learn overnight. Moreover, it's best experienced with others who have more savvy than yourself. You learn by seeing and doing.

You must, of course, be in good physical condition to carry a 30- to 40-pound pack. Trip descriptions indicate the relative strenuousness of the various expeditions, and beginners are wise as a rule to avoid areas above 8,000 feet where the thin air increases the demands on your body. Be sure to walk a lot before you go on the trip, gradually increasing your time and distance. Most important of all, buy a good pair of hiking boots and *break them in thoroughly* before your trip. Foot blisters are the number one bane of backpackers.

Read the organization's "what to bring" list carefully. (The outfitter generally supplies all equipment beyond your clothing and personal effects.) Don't try to take along every optional item, but do pay attention to everything that's specified as essential. When in doubt about something, bring it to the jumping-off point and ask for advice about including it in your pack or leaving it with the outfitter. Remember, too, that you'll be carrying your share of the group's food and kitchen gear.

To get some of the flavor of a backpacking experience, come along in memory with us on last spring's Wilderness Society trip to Great Smokies National Park in North Carolina. This fairly easygoing seven-day trek is noted for truly magnificent wildflower displays. Cost is $245, with food and use of the outfitter's backpacking equipment.

Thirteen of us assembled at a mountain lodge the night before the trip to get acquainted with the expedition leader and the doctor (most Wilderness Society backpacks have a physician along). After dinner, everyone was issued packs, tents, and sleeping bags except a few persons who chose to bring their own.

Our jumping-off point, reached by van the next morning, was at 5,000 feet; all that first day, we hiked down an easy trail into lower elevations where the spring flowers were increasingly profuse. Frequent rest stops and equipment checks reassured everyone on the trip that this was no marathon survival test.

Since our group felt no need to squeeze down weight with freeze-dried backpacking food, lunch consisted of sandwiches and apples. The outfitter resupplied us at midweek when our camp was located just a couple of miles from an access road.

Dinner turned out to be steak and salad, and even later dinners included meat or cheese. A starvation trip, this wasn't. Despite burning up lots of calories, some of us had to cut back on the morning hot chocolate to avoid gaining weight.

It rains a lot in the Smokies, but we stayed dry at night—our two-person tents were waterproof and our campfire areas were protected by plastic tarps strung between trees. Rain while on the trail was a different matter. But we all soon got used to showers, and the abundant moisture turned into ferns and flowers almost before our eyes.

In a week's time, we covered about 50 up-and-down miles. On two days, we set up a base camp and divided into smaller groups for climbs to some of the peaks or for wildflower-photography side trips. Nobody got sick or was injured. Many yarns and tall tales were swapped around the evening campfires (permitted here because there's still plenty of wood). The only downer was coming out of the forest on the seventh day and hearing trucks whiz by on the freeway. We'd forgotten such things existed.

continued

GUIDED NATURE EXPEDITIONS

RIVER RAFTING

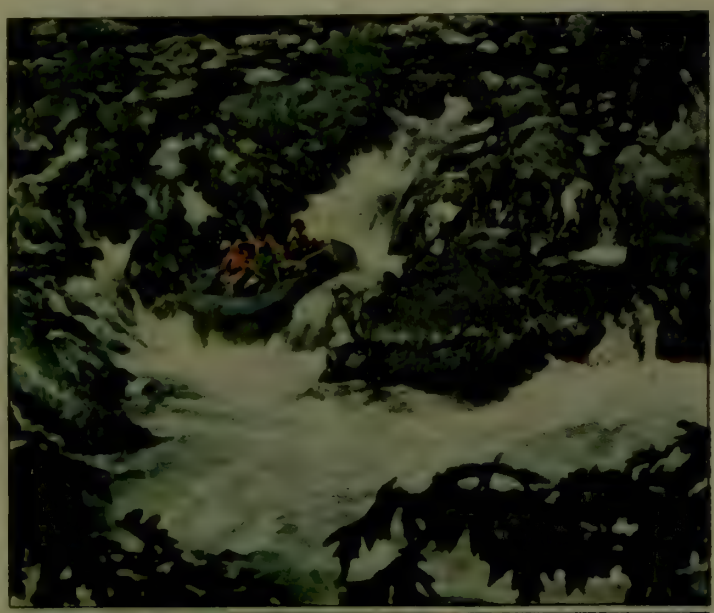
Rivers share one splendid characteristic: If you drop something buoyant into the water, a river will carry it downstream. Yankee ingenuity has turned that physical law into a popular recreation—river rafting.

Of course, some rivers are faster and more scenic than others. Congress made this official in 1968 by classifying many of our rivers according to the nature of their appeal. A *wild river* is free of dams and habitation and is generally inaccessible except by trail; its shorelines are primitive and its water unpolluted. A *scenic river* is also free of dams and buildings; however, parts of it may be reached by roads. A *recreational river* is much more accessible and has some development along its shoreline. Any single American river may have various sections placed in one or more of the above classifications.

Conservation organizations hire outfitters to "run" many wild and scenic rivers each summer. You can categorize these trips by *size of raft*—larger or smaller than eight persons per raft—and by *method of propulsion*. The latter, especially important for control in rapids, ranges from an outboard motor . . . to an oarsman/guide who rows . . . to a free-form situation where guests are issued paddles to use cooperatively. Which kind of trip you choose depends upon how much participation you seek.

The premier rafting river in the U.S. is the Colorado, as it surges through the Grand Canyon. Some outfitters here use very large rafts powered by motors. However, both the Sierra Club and the Wilderness Society opt for small, oar-powered rafts which are just as safe and much less commercial. There are monstrous rapids en route, and the thrills reach roller-coaster proportions. It's such a popular trip that limits have been placed on how many can go, so you need to get your reservations in early.

You may want to start river rafting on a more modest (but still exciting) scale. Last summer, we joined one of the Sierra Club's trips down the Rogue River in southern Oregon. The Rogue is, in turn, wild, scenic, and recreational—but the Sierra trip includes the longest wild section of the River, from Galice to Illahe. Cost for the six days amounted to $205. Here's what transpired during our outing.





The Rogue River provides thrills *(above)*, but a skilled oarsman/guide *(left)* keeps this Sierra Club group afloat no matter how white the water.

Twenty-two of us gathered in a lodge at Merlin, Oregon, the evening before the trip began. We were briefed on what to expect on the River, and then received two watertight rubber bags for our possessions. These ingenious contraptions keep everything dry in spray and even complete submersion. However, they do limit the size and shape of what you bring (long tent poles are out, for example); and since the bags are tied down in the raft during the day, you must provide your own waterproof containers for things like cameras that you'll be using regularly.

Most rubber rafts on the Rogue are relatively small, since the River has many narrow channels. The Sierra Club outfitter sends an oarsman/guide with each raft; other outfitters provide paddles for everyone. Our group used four rafts; thus, we had five or six people aboard each one, and we took turns in the bow and stern positions. Life jackets were provided and we were required to wear them at all times.

Running rapids is the highlight of any rafting expedition. Most of the Rogue's rapids are vigorous but not catastrophic, and we took aboard more spray than solid water. But every once in a while we'd get turned crosswise in the current or hung up on a rock, and water would pour over us in cataracts. It was then that we appreciated how fantastically tough these inflatable rafts are; there never was a complete rollover, and nobody fell out, either. After every rapid, we'd all bail vigorously, and in the calmer stretches there were even a few impromptu water fights among our four rafts.

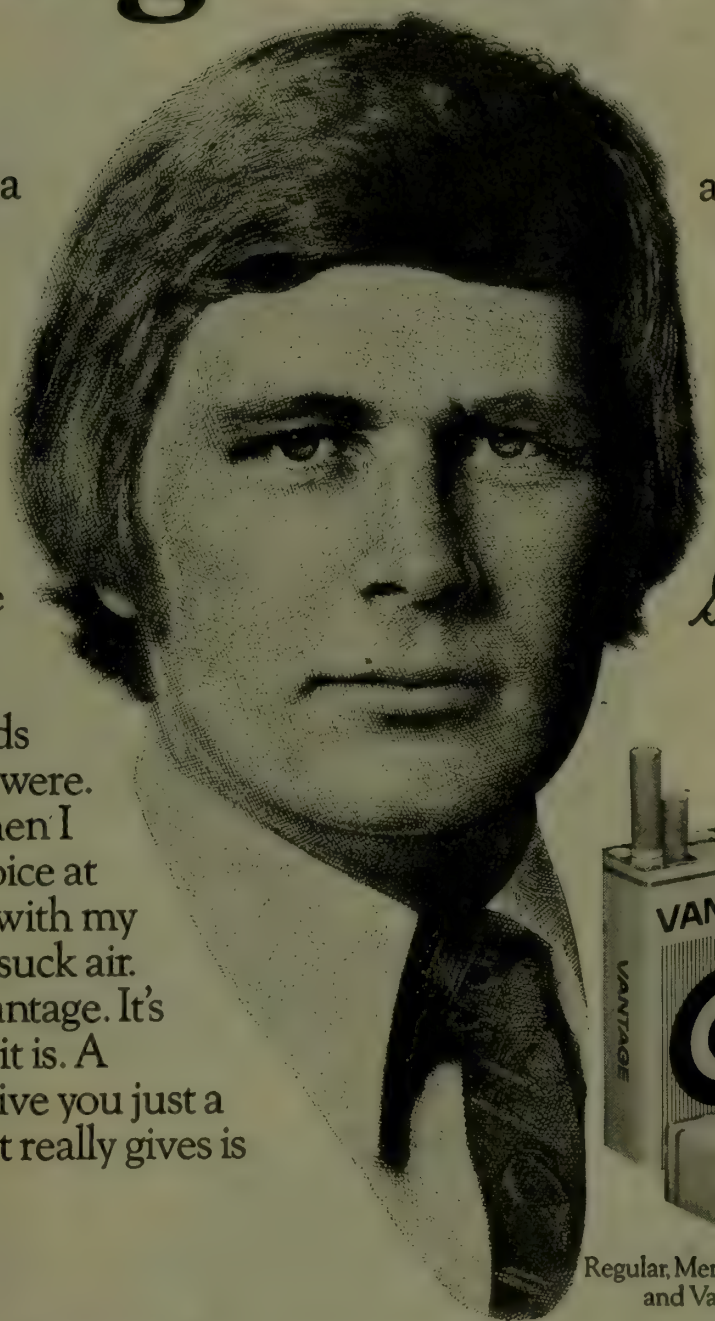
Naturally, we got wet a lot. But the mid-June weather was sunny and hot, and sunburn was by far our greatest hazard. Still, wetness is a threat when the weather turns cold, and you've got to be prepared with woolens. Wet wool still keeps you warm; wet cotton and synthetic materials lose much of their insulating value.

We spent five nights camped upon sandbars along the route. Almost everyone slept out rather than in tents, and every night was ablaze with stars. (But we all had to be prepared in case it *did* rain.) The rafted-along food provided by the outfitter was plentiful and superb.

continued

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"Smoking. Here's what I'm doing about it."



"I like the taste of a good cigarette and I don't intend to settle for less. But like a lot of people I'm also aware of what's being said. And like a lot of people I began searching for a cigarette that could give me the taste I like with less tar.

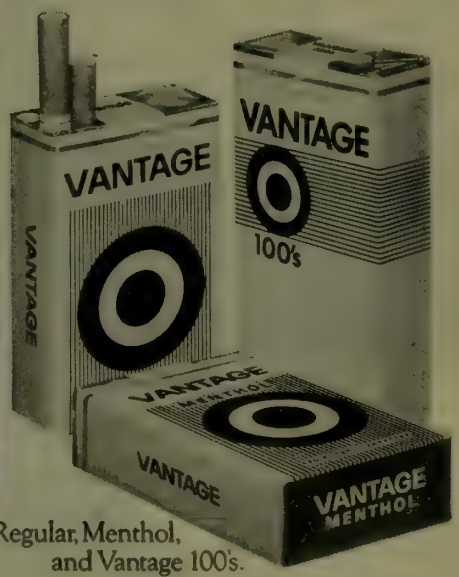
"I thought there would be a lot of brands to choose from. There were. Until I tasted them. Then I knew there was no choice at all. I either had to stay with my high-tar cigarettes. Or suck air.

"Then I found Vantage. It's everything the ads say it is. A cigarette that doesn't give you just a lot of promises. What it really gives is a lot of taste. And with much less tar than what I'd smoked before.

"What am I doing about smoking? I'm smoking Vantage."

G. S. Cooper

G.S. Cooper
Edmonds, Washington



Regular, Menthol, and Vantage 100's.

Vantage. A lot of taste without a lot of tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER: 11 mg. "tar", 0.7 mg. nicotine,
MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report AUG. '77;
FILTER 100's: 11 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

New from Sears

More Control

Introducing the new Sears Best Kenmore with electronic features—no Kenmore sewing machine has ever given more power, more control.

You'll feel the difference sewing thick leather, delicate knits, tight sleeves and tiny buttonholes. Plus more control with a newly designed free arm, and Sears exclusive automatic buttonholer.

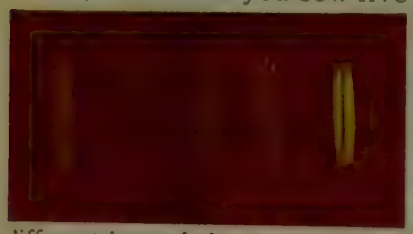
The new Sears Best has heavy-duty sewing power! You're in control through heavy fabric or light. At full speed or one stitch at a time.

You get real control for tight sleeves, tricky cuffs and blind



hems—because this new Kenmore has a free arm that converts two ways. Just flip the flat surface away, for control on collars and cuffs. Or remove it completely to maneuver bulky material.

You even get two buttonholers. Including the Sears automatic, which lets you sew five



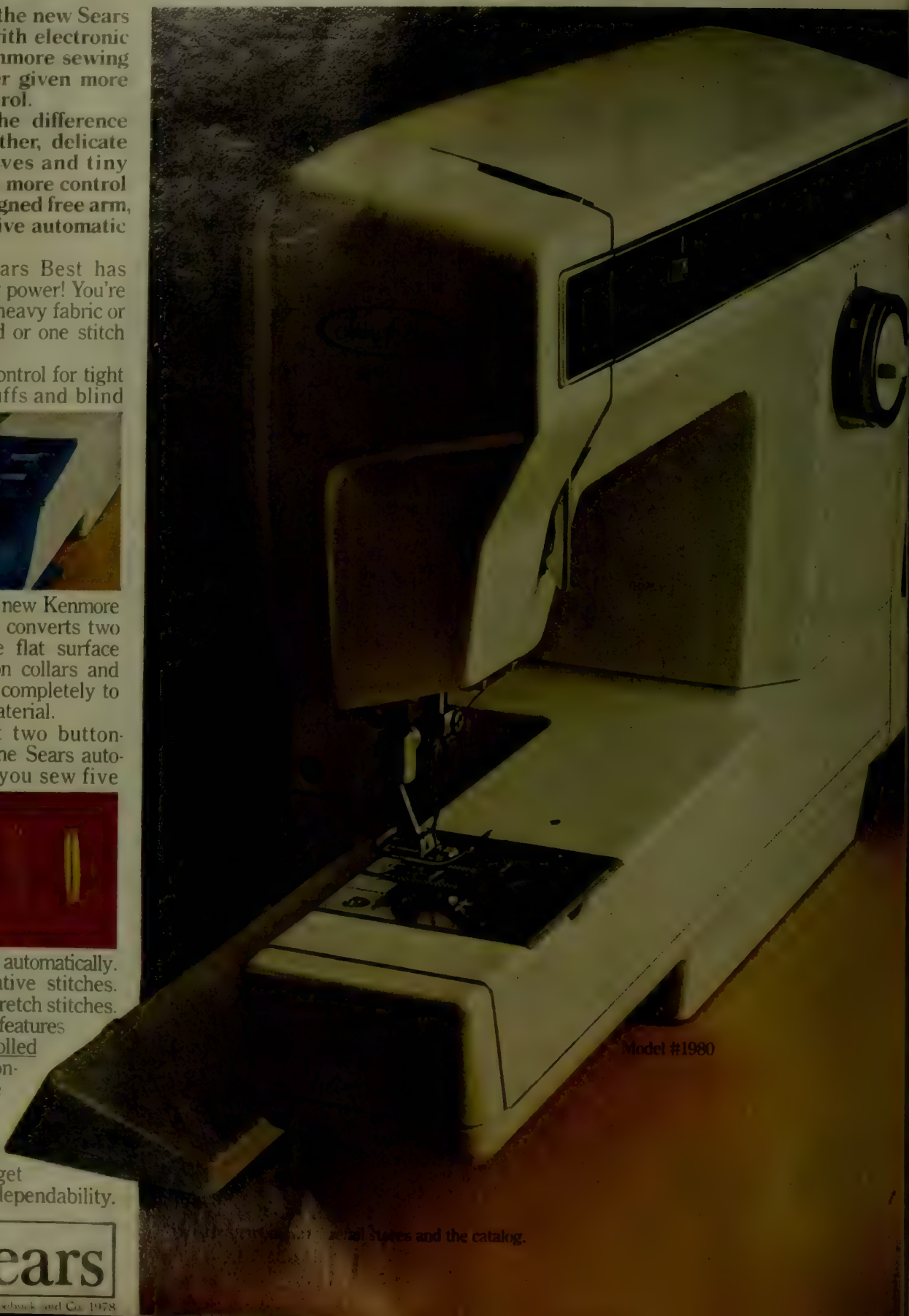
different buttonholes automatically.

Plus 30 decorative stitches. And seven built-in stretch stitches.

Sears electronic features add up to truly controlled sewing. Get a demonstration now, before you buy any other machine. Come see what a value Sears offers—and don't forget Sears service and dependability.

Kenmore. Solid as Sears

Sears, Roebuck and Co. 1978



Model #1980

...al Stores and the catalog.

RIVER RAFTING

A rafting experience might be called the landlocked equivalent of a windjammer cruise—and indeed, our chief rafting guide spends his winters showing tourists what it's like to sail in the Caribbean.

There were bountiful opportunities to appreciate the natural beauty of the Rogue and its rugged canyon. We saw many deer, a few bears, great schools of salmon, and innumerable hawks and herons. Each afternoon, we'd camp early so hikes could be organized into the primitive backcountry. The wildflowers, we discovered, were numerous and in their fullest, most vivid bloom.

On the River during the day, members of the group had time to get to know each other and share previous nature experiences. One girl had just come from the Grand Canyon trip; several other members lived in southern Oregon and were good teachers regarding the local wildlife. The Sierra Club trip leader himself was from California but had guided more than 20 nature expeditions throughout the West.

All in all, we discovered that river rafting is a splendid combination of recreation and learning. We worked some, played some, and even had time for quiet meditation on how our own lives fit into the scheme of things. And the latter may well be the most lasting benefit of any wilderness nature expedition.

By writing to previously mentioned conservation organizations, you can get brochures describing various river-rafting experiences. Many are similar to the Rogue; some (like the Salmon and Snake Rivers in Idaho) go through country that's even wilder and more remote. Other trips, especially in the Midwest and East, are quieter, with more time for fishing and nature study.

It's also possible to combine backpacking and river rafting on the same trip. The Wilderness Society has some Colorado expeditions that let you spend most days afoot, but give you an exhilarating white-water raft segment as a climax.

One overall note of caution, however. In 1977, many American river trips were canceled because of drought conditions and resulting low water. This may occur again in 1978—so be prepared to shift from one section of the country to another if you have to. And in any case, be sure to make your river rafting reservations early.



Rapids make for vivid memories—and there's always an unexpected boulder to steer around!

If a cruise aboard a larger vessel—still with a nature emphasis—appeals to you, the Sierra Club can take you whale-watching along the coast of Baja California, or fishing and snorkeling in the Sea of Cortez (another name for the Gulf of California in Mexico). And as part of its "Educational Outings" series, the Sierra Club goes to places like Grand Cayman Island in the Caribbean to study tropical reef biology. For the Caribbean trips, however, scuba certification is required for all applicants.

Other unusual water-based experiences include the expeditions sponsored by the University of the Wilderness into the Everglades Swamp in Florida and into Okefenokee Swamp Wilderness in Georgia. These trips are scheduled from December through March.

CANOE TRIPS

There's another well-known way of going down a river—and it's called canoeing. The big difference from rafting is that canoeing is never a spectator sport. With only two of you in each canoe, every available muscle is required when the action gets frantic.

Remember this when you sign up for a canoe trip: No finer recreation exists in North America, but unlike hiking, canoeing calls for sustained upper body strength. If your back goes out when you pick up the morning paper, you're going to have a problem with that paddle after an hour or two. Get in shape before you start out.

The Boundary Waters Canoe Area (BWCA) in northern Minnesota has long been noted for its pines and islands, loons and lunker fish. The Wilderness Society, the American Forestry Association, and the Sierra Club all sponsor canoe expeditions here. In addition, you can choose among trips to the Everglades, Okefenokee Swamp, Big Bend National Park in Texas, and numerous rivers in the South, Midwest, California, and Canada.

You don't need to be an experienced paddler or even provide a canoe on most trips; in fact, the outfitter in some cases furnishes virtually everything you'll require beyond personal items. The trip brochure gives full details.

continued

GUIDED NATURE EXPEDITIONS

ECOLOGY WORKSHOPS

Ecology workshops are essentially summer schools in the woods, where you study living things and their relationships. But don't let the "school" aspect put you off—many students come away calling it the most fascinating and inspiring experience of their lives.

Conservation Summit sessions sponsored by the National Wildlife Federation are probably the best known and surely the largest of the ecology workshops. Three of them are held each summer—for one week each—at scenic locations in North Carolina, Colorado, and upper New York State. About 500 to 600 people attend a typical Summit, including singles, couples, and families with children. Housing choices range from semi-dormitory to comfortable motel-type rooms, and costs for tuition, six nights' lodging, and 17 meals range from $195 to $300 for one to $545 to $745 for a family of four.

We dropped in on the Rocky Mountain Summit last year during the week following the Fourth of July. The "campus" is a camp owned by the YMCA of the Rockies; located near Estes Park, Colorado, it nestles in a delightful alpine valley among the mountain peaks. Here, 550 people assembled from all over the U.S., ready to learn about nature by seeing and doing. That number included 140 children: ages 5 through 15 can enroll in the youth program, and day-care facilities are available for the very young. Of the adults, 78 were "repeaters" from previous conservation Summits, and as such they were issued distinguishing green neckerchiefs to wear with their name tags. (Newcomers sported yellow neckerchiefs, while the faculty wore orange.)

A festive barbecue on the first evening got everyone loosened up and talkative. Next morning, classes began for both adults and youngsters. The latter were grouped according to age and interests, and they launched upon a week's program of varied field trips and crafts workshops. The adults were given class schedules based upon preferences they'd listed weeks before when they enrolled in the Summit. It was possible to sign up for a maximum of 15 classes (three per day), plus pre-breakfast bird walks and evening stargazing. But most people chose something less than a full slate in order to enjoy a bit of free time in the mountains. Hiking opportunities were especially good.

Classes numbered about a dozen students each and lasted two hours. Most of the sessions involved field trips on at least one day during the week. Two typical classes were "Freshwater Biology" and "Butterflies of the Rockies"—both taught by distinguished specialists who also knew how to condense a lifetime of knowledge and make it understandable to a layman audience. The specialists' first lectures reviewed the varieties and classifications of life to be found swimming in nearby streams and lakes, and fluttering in the lush meadows. Then class members went out to capture (and later release) specimens for study. Students' nets were soon scooping up strange water beetles and brightly colored butterflies. "I've been a birder for years," exclaimed one enthusiast, "but I had no idea bugs could be so intriguing!"





A stream harbors many creatures, as this National Wildlife Federation class *(above)* discovers. An Audubon Society group *(right)* studies a lake.

One of the most popular classes—called the "Nature Creep"—differs from a nature walk in requiring that students get down on their hands and knees in a meadow to examine the world of the tiny. Miniature flowers, grasses, stones, spiders, lichens, and leaves become objects of beauty and wonder under a ten-power hand lens. Even the lowly dandelion reveals some of the tricks it uses to survive on lawns when homeowners wish it wouldn't.

There were many natural-history classes on birds, plants, trees, mammals, geology, and the like. Meanwhile, other groups took up subjects such as nature photography, backpacking, the use of maps and compasses, out-of-door fitness, organic gardening—even "Secrets of Home-baked Bread." Concerned conservationists could attend workshops on management of natural resources, environmental awareness, and strategies for citizen action. And in the evening, there were slide shows, music fests, and square dancing.

The three National Wildlife Federation Summits differ from one another primarily in their natural settings. Each one is devoted to study of its own regional flora and fauna. Be forewarned that Summitry can be addictive. Many people, for instance, attend at least one session at each of the three Summits over the course of a few years.

continued

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ECOLOGY WORKSHOPS

Audubon Workshops are similar to the National Wildlife Federation Summits in some ways, but quite different in others. The National Audubon Society maintains permanent ecology camps in Maine, Connecticut, Wisconsin, and Wyoming; they all schedule multiple teaching sessions during the summer, but attendance at each one is limited to about 50 persons and 18 is the minimum age.

You might say that the NWF Summits are "extensive," while the Audubon Workshops are "intensive." That is, a Summit session offers a wider range of nature subjects to more people at a time; the Audubon Workshops delve much more deeply into the specific ecology of their regions, and because of the small class size, students get to know one another better.

The Maine and Wyoming Audubon camps offer only two-week programs which cost $350 and $300 respectively; Connecticut has only one-week sessions, while Wisconsin offers both one- and two-weekers. Fee for the one-week programs is $150; lodging and meals are included in all of these rates.



Youngsters made pipe-cleaner "bugs" *(left)*, and then looked in all kinds of out-of-the-way places for real ones. Meanwhile, adults at the NWF Summit in Colorado went on a non-strenuous "Nature Creep."



We sampled the Wisconsin ecology Workshop in July last year. Located on a lake near the town of Spooner in the northern part of the state, Audubon's Hunt Hill Camp provides an opportunity for you to study a unique, "after-the-glacier" world. Within a few miles of the Camp are many lakes, streams, and marshes—all visible reminders of the last great continental glacier, which retreated northward about 12,000 years ago. Wildlife abounds in this land/water environment, and it's also a splendid region for a family to enjoy a truly memorable vacation.

Although the Audubon Society formerly concentrated on the study of birds, it now devotes itself to the entire natural world. Students at each Hunt Hill session are divided into four groups, but they cover the same series of subjects in different order. Geology, weather, aquatic life, birds, plants, and animals of the North are foundation courses for everyone. Later on, various field trips are organized to nearby lakes, woods, meadows, and even to the peculiar but fascinating Wisconsin bogs (former lakes on their way to becoming meadows).

Typically, a marvelous spirit of togetherness develops among students and faculty members at these Audubon camps. From the morning wake-up bell through classes, field trips, and all of the meals, everyone is encouraged to discover new insights into nature and to communicate their observations and excitement to others. Ecology is foremost in that the *relationships* of living things to one another are thoroughly explored. Students learn to ask not only "What is it?" but also "Why is it here?"

That last point was amusingly demonstrated in one class involving an offbeat scavenger hunt in the forest. Class members were told to look for (but not disturb) a dozen objects within a wooded area scarcely bigger than a living room. Common to all of these objects was one fact—they didn't belong in that part of the forest at all. Some were man-made and easy to spot, such as a golf ball and a gum wrapper. Others were much tougher—a pinecone, for example, where no pine trees grew, and a clam shell far from the nearest beach. This exercise tested our ability to *see* and then *relate* what we saw to a complex wild environment.

Another class was conducted entirely in canoes. We trucked our flotilla of canoes to a marshy lake that was fringed with wild rice, and then spent a sunny morning paddling around with the instructor, viewing birds, turtles, fish, dragonflies, and water lilies from close up. In effect, we were able to bring our "classroom" right into the natural world without disrupting it or even leaving footprints. Somehow, after that day, we understood how the Indians long ago managed to feel such close rapport with nature.

Mealtimes in the red-barn dining hall at Hunt Hill always became rollicking events. Instructors did things like supplying each dining table with its own monarch butterfly chrysalis hanging from a leaf—and when one chrysalis "hatched" during lunch, it was an electrifying event.

The Audubon Workshops in Maine, Connecticut, and Wyoming offer programs similar to the Wisconsin one. Each is held in an area that's part of a wildlife sanctuary; the camps themselves are not primitive, but have comfortable dormitory and private-room accommodations.

University credit is available for all of the Audubon Workshops, if desired. The individual brochures indicate the amount and type of credit that is being offered, as well as the additional fees that are required.

continued

GUIDED NATURE EXPEDITIONS

HORSEBACK TRIPS

Nature expeditions on horseback are based on the assumption you would rather ride than walk. They also require at least a moderate amount of riding competence—but you need not be an expert horseperson. In most cases, neither the distance covered nor the difficulty of the trails is beyond an average person's talents. Exceptions are clearly indicated in the brochures.

We joined a Wilderness Society horseback trip into Colorado's Weminuche wilderness last summer. On this expedition we rode unencumbered by gear, since separate pack stock carrying the equipment met us each night at our campsite. Cost for the five-day trip was $285; college credit was also available for this particular learning experience.

Imagine you are a Ute Indian, one of the "blue sky" people. That's what Paul Richard, a professor at the University of Northern Colorado, suggested to us the evening before the trip began. That image would recur to us many times as we made our way across the high ridges of this magnificent state.

Our trip outfitter, Dave Schmittel, encouraged us not only to pick up after ourselves but also to collect any debris left by careless campers before us. Dave also made it a special point never to camp in the same location more than once in each season.

The July wildflowers were in their prime, and Paul was quick to name them all. He also made us alert to the animals, the geology, and the fast-changing weather among the mountain peaks. On our two layover days, we had ample time to take side rides, photograph wildlife, or just hang around camp and relax.

The fishing proved surprisingly good—we feasted twice on fresh-caught trout. And each night around the campfire, while relishing a splendid meal, we talked about the wilderness and what's becoming of it, for better or worse. Colorado's fresh, crisp air, the solitude, and lots of elbowroom made us all appreciate this mountain sanctuary.

Five days seem like nothing when you count them in the city. But when we rode out of the Weminuche range, we had a common bond—a true love of the wilderness.





Photographs: Mary Miller

Horseback trips create exciting days *(left)* and musical evenings.

Mountaineering teaches both rappelling and self-confidence.





Photographs: George Bush

MOUNTAINEERING TRIPS

If nature study had a "graduate school," this would be it—you certainly wouldn't want mountaineering to be your first serious contact with the outdoor world. Even so, there's at least one program that doesn't require previous climbing experience or even that you be athletically inclined. According to the mountaineering course brochure, all that's necessary is that you be in good physical condition and between 15 and 45 years of age.

The Wilderness Institute (see page 176 offers 12- to 14-day mountaineering courses in Colorado, Wyoming, and Montana. Costs range from $260 to $295. Your first few days are spent learning to live in harmony with a true wilderness, mostly above tree line. You learn navigation by map and compass; how to select the warmest campsite; how to find shelter, build a safe fire, and prepare food; and how to travel through mountainous country with the most efficient use of energy.

Only then do you get into "technical climbing" with ropes and other equipment. You learn the special climbing knots, as well as how to belay (anchor the rope to something solid) and rappel (descend a cliff face on a rope). Experienced instructors take you through these stages at a logical, unhurried pace. But there's no doubt that this is a bit more dangerous than ordinary backpacking.

On this guided expedition, as with the others in this article, you study the ecology—the animals and plants, and their adaptations to the fierce winds, bitter winters, and summer dryness. You'll climb some peaks above 13,000 or even 14,000 feet, and hike along ridges where you can see for miles in all directions. As one participant said at this point in the course: "This may not be Mt. Everest, but you feel as if you're traversing the roof of the world."

Toward the end of the session, you'll be sent off on a "survival solo" without food (but within signaling distance of the instructor). As a final exam, your entire group will travel back to civilization *without* the instructor. It's a realistic test of everything you've learned about alpine wilderness living and traveling. ■



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TRAVEL

HOW TO SHOP FOR PACKERS AND GUIDES

Planning a wilderness vacation? Services of a backcountry professional can make the difference between enjoying a sublime, carefree experience and wishing you were somewhere else. Packers, guides, and river outfitters offer a whole range of packages, but selecting the operator who suits your needs calls for some investigating.

What to do—where to go

First, decide what kind of experience you want and where you want to go. Horse packers, for example, can drop off you and your gear deep in the wilderness and return to pick you up at a prearranged time. Or, they can furnish "full-service" adventures on horseback, providing food, tents and gear, and all services, including cooking. You supply only personal items. Base camp trips (rides returning to a set-up camp at night) are available, too. Backpacking, cross-country skiing, and river outfitters offer similar services.

Next, write to the national forest, park, or other public agency that administers the area you plan to visit. Ask for a list of guides and outfitters who offer the kinds of services you want. In your letter, be specific about what you're looking for. Local chambers of commerce and state fish and game departments also may be able to provide help.

About qualifications

How do you size up a packer? The U.S. Forest Service (and some other agencies) requires commercial operators to obtain special use permits. Though this doesn't guarantee competence, permit holders are required to carry liability insurance and to operate in a "safe manner." Some states also require certification to establish an operator's competence.

Membership in a guides' or outfitters' association is another indication of professionalism, since most of these organizations set safety and performance standards for their members. State travel information agencies can furnish a list of associations within their state. (Write in care of the appropriate state capitol if you aren't sure of the address.)

One nearly foolproof strategy is to join a group trip sponsored by an established organization like the Sierra Club, American Forestry Association, or Wilderness Society (see page 175). Another is to go with an operator (a river outfitter particularly) who offers a wide range of trips every season.

To get away from it all

But what if you want to avoid organized groups and share your experience with just the family or a few friends? Then get in touch with individual wilderness operators and tell them just what you have in mind. Indicate the number in your party and how many in your group have riding, hiking, or white-water experience. Will there be elderly people or kids along?

A guidebook called *Adventure Travel* describes services of outfitters throughout the U.S. and Canada. To get a copy, check at your local bookstore or send $5.95 to Adventure Guides, Inc., 36 East 57th Street, New York, New York 10022.

Ask the packer or outfitter what services he provides and at what cost. The price depends on what you expect him to do. If you supply your own food, for instance, the cost will be considerably less than for full service. Ask him how long he's been doing business in the area and request references.

Once you've selected your professional, be sure you understand what gear to bring along. If you'll be arriving via plane, bus, or train, ask if the packer furnishes transportation to and from the trail head or river launching site.

Because packers and guides are generally small business people operating seasonally, correspondence may be less than speedy. Begin your inquiries early and firm up reservations as soon as you can. ■



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FEATURES

How to find and keep a good baby-sitter

For parents, happiness is finding a good, reliable baby-sitter. Here are some guidelines to help you find just such a sitter. The guidelines will be equally helpful for your kids if they're looking for baby-sitting jobs.

Where to locate a sitter

You're likely to find your best baby-sitter close to home among friends, senior citizens, or neighborhood families (keep in mind that boys can make good sitters). However, if your search doesn't produce a sitter, call a baby-sitting agency, contact the YWCA, or place an ad in the newspaper. In addition, you might place an advertisement on a bulletin board at the office, church, supermarket, or laundromat, or in a nearby apartment building. Be sure to specify whether the sitter will use her own home (after school, or while parents are at work) or will come to your home (when parents go to a movie, visit friends, or vacation).

How to interview a sitter

As you chat with a prospective baby-sitter, observe carefully. Does she get along with your kids? Is she neat? Does she have a sense of humor? Keep the meeting relaxed so the prospective sitter will feel free to ask you questions about the job. In turn, you can explain what you expect from her, including whether she can earn some extra money by doing additional chores such as dish-washing or laundry while you're gone.

How to make it easier for the baby-sitter

Once you've picked your baby-sitter, make sure you—and she—are well prepared. Last-minute explanations are unfair to your sitter and your child. Here are some reminders to help you make your time away from home worry-free.

- **List emergency numbers**

Alongside your phone, post a list of the telephone numbers of your family doctor, your nearest neighbor, and the police and fire departments. And write down where you'll be.

- **Describe your child's routine**

Alert the sitter to your youngster's sleeping and toilet habits. Tell her the TV shows the child can watch and favorite toys or books he'll enjoy.

- **Give the sitter a tour**

Point out exits, open stairways, swinging doors, etc. In case of power failure, make sure your sitter knows where the fuse box or circuit breaker is located and where you keep the flashlight. Tell her where extra supplies of food, diapers, bed linen, etc., are kept. If your child will need to take medication while you're out, make sure the sitter knows the directions.

- **Explain the house rules**

Make clear, in advance, whether the baby-sitter's friends may visit while she's "on duty." Clarify how the phone and TV are to be used, and whether the sitter can raid the refrigerator or do homework during baby-sitting hours. ■

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...for tough dried-on foods like lasagna, oatmeal, eggs?

We took a serving dish with dried-on lasagna and put it in with a full load of dirty dishes and Palmolive Crystal Clear automatic dishwasher powder. Later the complete load came out clean as hand-scrubbed.

Crystal Clear is made for tough cleaning problems. Inside your dishwasher, it helps power off most stubborn dried-on foods. And even fights ugly hard-water haze on glasses.

Need hand-scrubbing power in *your* dishwasher?

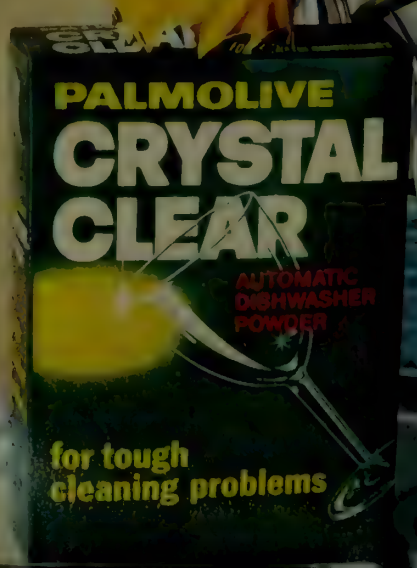
THE ANSWER IS CRYSTAL CLEAR.

BEFORE



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68002

IN YOUR GROCER'S FREEZER



How to save at clothing outlets

Can you bag a fashion bargain by shopping clothing outlets? Yes, provided you have a sharp eye. Otherwise you may end up with tired feet and no bargains at all. Here are some tips to guide you:

Where can you find clothing outlets?

Most outlets are found in the Northeast, Southeast, and Pacific Northwest where clothing manufacturing is centered. Usually clothing outlets stock merchandise from a single factory source and are located on, or near, the company premises. But, some clothing outlets feature more than one brand and represent more than one factory.

What should you expect to find?

At first—until you're familiar with the merchandise offered at clothing outlets—it may take you longer to shop in outlets than in department stores. While you're bargain hunting, compare value and the prices of similar department store clothes. Most department store clothing is higher priced because the garments are first quality—essentially defect free. Clothing outlets primarily stock merchandise that the manufacturer cannot sell at list price because of flaws or defects. But despite the flaws, most goods at an outlet are still bargains if you know what to look for and examine the garments carefully. Unlike department store merchandise, clothing outlet stock isn't consistent—the outlet may sell first-quality clothes as well as merchandise with flaws.

- **Irregulars** or **seconds** make up the bulk of clothing outlet stock. The flaws in so-called irregulars or seconds are often the result of sewing mistakes—irregular topstitching or skipped stitches. While sewing flaws generally won't affect the fit of the garment, some workmanship faults can. Try on irregulars to check for crooked collars, sleeves of unequal length, tight neckline, or uneven pant leg openings.

If you can't find any flaws in the construction of the garment, then check for defects in the material itself. Look for uneven weaving or a part of the fabric where a dark thread is woven into a light material (or vice versa). Sometimes such flaws can be seen only on the wrong side of the fabric. Dark- or light-colored bands (ranging from very thin to wide) may run through the material. The color or shades of different pieces of the garment may not match—for instance, a jacket's sleeve may be a different color than the jacket's front. Shade differences will remain, no matter how many times the garment is washed.

- **Culls** or **rejects** are the garments with obvious major flaws such as holes, machine grease spots, and colors that have bled. The best bargains in this group are those that have been through wash tests. The garment has never been worn, but because of repeated washings, it may look like a hand-me-down. Nevertheless it's probably still in good, wearable condition.
- **Closeouts** are actually first-quality garments that have been discontinued for one reason or another—they went out of style, or didn't sell well. Manufacturers also often sell leftover seasonal stock to outlets as closeouts. For instance, outlets may get whatever is left from a manufacturer's spring line of goods several months after all department store orders have been filled. When you find a first-quality closeout garment that meets your needs, you've found the best quality bargain that outlet stores have to offer.

Can you fix those defects?

Just how much of a bargain you actually get at an outlet depends on your standards and on how you intend to use your purchase.

If you are handy at making clothing repairs, you'll easily increase the value of your bargain. For example, raw edges can be whipped under with a needle and thread. Skipped topstitching on a garment can be repaired on a sewing machine. Likewise, pulled threads in denim jeans can be disguised by using a ballpoint pen on the flaw. The ink will fade at about the same rate as the dye in the material. ■

The Hiram Walker Sour Ball. For kids over 21.





Didn't you once love the zing of a sour ball? Remember the citrus snap that made you pucker your lips? Remember the cool taste on your tongue?

Now that you've grown up, you're ready to discover the delights of the *Hiram Walker* Sour Ball.

It's a quick treat to mix. (But remember to take it easy. *This* Sour Ball's not child's play.)

Just pack your glass with lots of ice, pour in 1½ ounces of Hiram Walker Apricot Flavored Brandy, top it off with the juices of half a lemon and half an orange and stir.

Now relax and savor that Sour Ball. It's tart to start, tart to finish.

You'll be surprised how something sour can sweeten up your day.

an 180 mouth-watering food and drink ideas. Write: Hiram Walker Cordials, Dept. DA, P.O. Box 14100, Detroit, Mich. 48214



▲ Broccoli with Cheese Sauce



▲ French Green Beans with Toasted Almonds



▲ Green Peas with Cream Sauce



▲ Cauliflower with Cheese Sauce



▲ Creamed Spinach ▼ Small Onions with Cream Sauce





▲ Green Peas and Pearl Onions ▼ Carrots with Brown Sugar Glaze



Birds Eye® Combinations will do almost anything to get your husband's attention.

Does your husband think your vegetables are all as alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds, interesting, colorful, exciting vegetables.

They're even vegetables in a tangy, brand-new cheese sauce: Broccoli with cheese sauce and Cauliflower with cheese sauce.

In short, they are vegetables that your husband absolutely cannot ignore. That's because Birds Eye® Combinations will catch his passing fancy...the kind that makes him keep on asking you to pass the vegetables over to him.



BIRDS EYE®

Birds Eye® Combinations.

The first vegetables your husband might even notice.

ove photographs are approx. 2 times actual size.

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Privacy screen with a select view



Photographs: John T. Hill



Landscape Architect: James L. Skerritt, Jr. ASLA
Source: Ruth Martin

Like many city dwellers, these homeowners had a double-barreled problem: a backyard with no scenery and no privacy. They wanted a view of more than just the backsides of surrounding houses and garages, yet they also needed a buffer against neighborhood scrutiny.

Their solution: a high wood screen that fences in the small brick patio just off the kitchen/dining area. The slatted fence protects the owners' privacy while providing a handsome backdrop for the flower-bordered patio area, *left*. Now the family has a pleasant, secluded place to relax outdoors.

A circular cutout gives the fence its "something special" look. The porthole focuses the view from the kitchen, *right*, on the garden and bench at the rear of the property.

You can build a fence like this from redwood or any of the preservative-treated woods. Sink the posts below the frost line. Set the 4x4 uprights in concrete, then connect them with 2x4 horizontal rails. Space the 1x2 slats according to the degree of privacy you want. The circular cutout can be any size your view dictates. To simplify assembling the cutout section, lay out the 1x2s and scribe the circle. Cut the arcs in each 1x2 before fastening the slats to the fence rails. ■

Switch to Saffola® now. Your heart may thank you later.

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So you can eat smart, while you enjoy Saffola's delicate, premium taste.

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Finish-It-Yourself means just that. By doing the finishing work on your new dream home, *you can save thousands compared to having an ordinary builder construct the same house on your lot.* Capp homes are custom-built by craftsmen who take pride in their work and use top quality construction materials. The result is a home you'll take pride in for years to come. Here's how it works.

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First select the area where you'd like to live. Then find a nice piece of property. If you already own a lot, you're a step ahead.

CUSTOM DESIGN YOUR FLOOR PLANS



We'll build from your plans. Or you can select from our collection of over 100 designs that you can customize. Either way, your home can be completely personalized.

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Capp provides you with top quality materials to complete your Finish-It-Yourself House. You select the roofing, siding, plus plumbing, heating and electrical fixtures. Kitchen cabinets, appliances and bathroom accessories, doors, windows, flooring and lighting fixtures—the works. They're all included in the price.



THE SAN CARLOS
This unique 4 bedroom, 2 bath home has everything an active family could want. Convenience. Space. And sloped ceilings for added drama in the living room, dining room and foyer.

WHAT WE DO

Capp custom-builds your home on the foundation you provide according to your plans and Capp specifications. We install sub-flooring, interior stud-partitioning and exterior doors and windows—so you wind up with a home that's enclosed and ready for you to finish.

WHAT YOU DO

What's it like to finish a house yourself? Things like plumbing and wiring aren't all that tough with the help of Capp instruction booklets. And even if you need outside help, you'll save money by being your own general contractor and eliminating the middleman. *Remember, the more you do, the more you save.* And when you're finished, you have a home that's worth a lot more than you paid for it.

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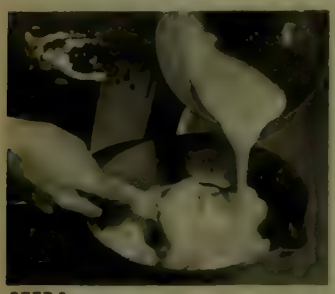
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The perfect omelet

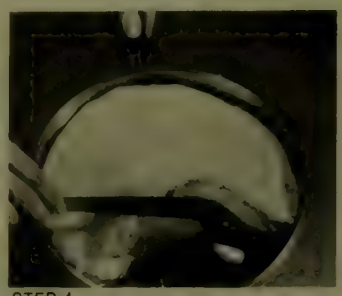


You can't beat omelets for versatility. They're great for breakfast, brunch, lunch, or anytime—and they're a snap to make. Need more convincing? Then follow along as we guide you through each step to a melt-in-your-mouth finish. Our fluffy version starts to cook on top of the stove, then finishes in the oven.

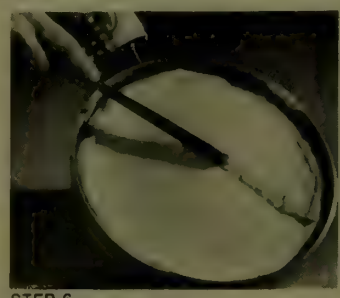
If you like, serve your omelet plain. It's that good. But for something fancier, you can add a filling or sauce. Prepare the sauce or filling first, and keep it warm while you whip up the omelet.



STEP 3



STEP 4



STEP 6



STEP 7

Photographs: Dieter

FLUFFY OMELET

4 egg whites
2 tablespoons water
¼ teaspoon salt
4 egg yolks
1 tablespoon butter or margarine

STEP 1: In a large mixer bowl, beat egg whites till frothy; add water and salt. Beat till stiff peaks form, about 1½ minutes.

STEP 2: In a small mixer bowl, beat egg yolks at high speed on an electric mixer till very thick and lemon-colored, about 5 minutes.

STEP 3: With a spatula, gently fold egg yolks into egg whites, using a down-up-and-over motion. Turn the bowl as you work.

STEP 4: In a 10-inch skillet with oven-proof handle, heat butter or margarine till a drop of water sizzles. Pour in egg mixture; spread evenly, leaving the egg mixture higher at the sides. Cook slowly, uncovered, for 8 to 10 minutes, or till puffed and set. Lift edge of omelet with a metal spatula—the bottom will be a golden brown.

STEP 5: Place skillet in oven. Bake at 325° for 10 minutes or till a knife inserted in center comes out clean.

STEP 6: Loosen the sides of the omelet with a metal spatula. Make a shallow cut across the omelet, cutting slightly above and almost parallel to the skillet handle. Tilt the pan.

STEP 7: If using a filling, spoon onto lower half of omelet. Fold the upper (smaller) half of omelet over the lower half. Slip omelet onto platter. Spoon on sauce. Makes 2 or 3 servings.

HAM AND CHEESE SPECIAL

1 cup diced cooked ham
1 3-ounce can sliced mushrooms, drained
1 tablespoon butter or margarine
1 3-ounce package cream cheese, softened
⅓ cup milk
1 beaten egg yolk
1½ teaspoons lemon juice
1 teaspoon prepared mustard
Dash salt

In small skillet, heat ham and mushrooms in butter or margarine; keep warm. In small saucepan, blend cream cheese and milk. Blend in egg yolk. Add lemon juice, mustard, and salt; beat well. Cook and stir over low heat till slightly thickened. To serve, fill omelet with ham mixture before folding. Slide onto warm platter. Spoon on cheese sauce. Makes 1¼ cups filling and ¾ cup sauce.

GRUYÈRE AND HERB SAUCE

Fines herbes is a mixture of crushed herbs that may vary from one manufacturer to another—

1 tablespoon butter or margarine
1 tablespoon all-purpose flour
⅓ cup milk
1 teaspoon snipped chives
¼ teaspoon dried fines herbes
½ cup (2 ounces) shredded gruyère cheese

• • •

¼ cup dairy sour cream
2 tablespoons dry white wine

In small saucepan, melt butter or margarine; stir in flour. Add milk, snipped chives, and fines herbes. Cook and stir till mixture is thickened and bubbly. Stir in cheese till melted. Add sour cream and wine; heat through but *do not boil.* To serve, pour over folded omelet on warm platter. Makes 1 cup. Garnish with parsley, if desired.

BACON-ASPARAGUS FILLING

1 8-ounce package frozen cut asparagus
2 slices bacon
¼ cup chopped onion
¼ cup cold water
1 tablespoon soy sauce
2 teaspoons cornstarch

Run hot water over frozen asparagus in colander to break pieces apart; let excess water drain off. In small skillet, cook bacon till crisp; drain bacon, reserving drippings. Crumble bacon and set aside.

Cook onion in reserved drippings till tender but not brown. Add drained asparagus to skillet. Cook and stir 3 to 4 minutes. Combine cold water, soy sauce, and cornstarch; add to asparagus mixture. Cook and stir till mixture is thickened and bubbly. Stir in bacon. To serve, spoon filling over omelet before folding. Makes 1½ cups filling. ■

All it takes to give your houseplants a good root system, full leaves and healthy color is a little light, a little water and a little fertilizer. It sounds easy enough but somehow it gets tricky, mostly when you have to mix the fertilizer with water.

We've been making fertilizers for just about everything that grows for a long time, and now we've made a brand new fertilizer for houseplants that you don't mix with anything and you can't put on wrong unless you try.

Now. Scotts new Spoon Fed Care™ for houseplants. Trust the spoon and you'll always be right.

This fertilizer comes in tiny granules that have the right amount of nitrogen, phosphorus and potassium. You put it on dry with an adjustable spoon we put in the box for you. That's all you do.

This spoon makes it so easy. It has a slide that makes the scoop part bigger or smaller according to the size of your pot. For instance, if your plant is in a 10-inch diameter pot, you set the slide to number 10. That's how you always know you're giving each plant the right amount.

There's no mixing with water, no spilling or mess on your table or rug, no running back and forth to the sink, no waste, no cleaning up afterward.

You just sprinkle the little granules on the soil (and you only do that every four months). You don't even have to work them in. Normal watering will carry the nutrients down to the roots.

Spoon Fed Care is a slow-release feeder, so it feeds your plants at a steady rate, just as nature intended. There's no overfeeding or worry about burning; just do what it says on the box.



You measure the exact amount with the adjustable spoon.

You can also control your plants' growth. If you want to keep them sturdy and healthy with just a little growth, give them one level spoonful. If you want a lot of growth, give them two. Either way you'll have plants that fit best and look best in your home.

Use Spoon Fed Care for foliage plants, flowering plants and succulents such as cactus. If you want to know more, pick up our free booklet "A simplified guide for growing better houseplants" wherever you buy your plant food. Or write to us here at Marysville, Ohio 43040. That's all the address you need. This is a small town.

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Nifty Drifties Here's a decorator idea perfect for your home or a loved one. Each has a different original art design and size. "Picture" them in the hallway, kitchen, bath, family or children's room. Can be arranged in a whole variety of ways. Plaques range in size from 4" to 15" high and 3½" to 7" wide and come already finished and ready to hang. Perfect for your home and make lovely gifts, too!

OUR POLICY: Full refund if not completely satisfied.

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_____ **No. 13831 Boss Rabbit (B)**
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_____ **No. 13861 Hippo On The Scale (D)**
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_____ **No. 13816 Li'l Girl Cleaning (F)**
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BUILDING

How to buy plywood

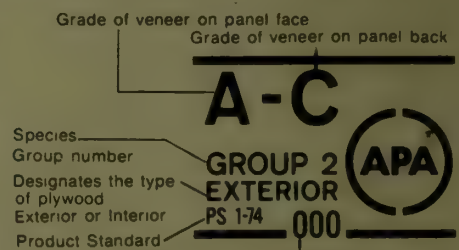
Whether you're building a workbench or a window box, your project will be easier if you select the right grade and type of plywood. You'll be happier with the results, too.

For outdoor projects, use exterior-type plywood. Finished properly, it will stand up to the weather since it's made with a 100-percent-waterproof glue. Also choose exterior-type plywood for indoor projects that will be exposed to moisture or humidity.

For outdoor projects where both sides of the plywood sheet will show, buy A-B Exterior. Both sides will be smooth and paintable. When the appearance of one side is less important, use A-C Exterior. For utilitarian projects like doghouses, pick B-B and B-C Exterior. C-C Plugged is a good base under tile or plastic laminate.

For an indoor project where both sides of the plywood will show, select A-B Interior. It also makes handsome cabinet doors and furniture. When only one side will show, A-C *Exterior* or A-D Interior will work fine.

MDO—Medium Density Overlaid—is ideal for indoor or outdoor projects. It's overlaid with a smooth resin-treated fiber surface that's heat-fused to the panel face. MDO is easy to paint and is especially good for cabinets.



Look for panels with "grade-trademarks" like the one shown. The American Plywood Association grade-trademark shows the grade of the veneer on the face as well as the back of the panel. This code also lists the plywood type (exterior or interior). The species group number indicates how strong the plywood is (the lower the number, the greater the wood's stiffness and strength), and the mill number tells where the plywood was made. ■



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continued from page 166

A walk in the woods

mentioned in the following examples, refer to Stitch Glossary on page 166):

- On both pillows, work the tails of the animals in twisted chain stitch, then finish the end of each tail in a series of *twisted chain ring stitches* (using 3 strands of floss) to give it a fluffy appearance.
- Some of the fruit on pillow B is worked in *velvet stitch* (a cut pile technique), and the rest is worked in *woven* or spider web stitch, both using six strands of floss.
- Many of the leaves on each pillow are executed in *herringbone* and *fishbone leaf* stitches (using 3 or 4 strands of floss).
- Try *padded satin stitch* to give the red berries on pillow A added dimension (3 strands). Outline with chain stitch.
- Use 4 strands of floss and a *buttonhole picot* stitch for the petals of the small coral flowers on the left-hand side of pillow A.
- Work leaves of the plant at the base of the tree on pillow A with 3 strands in *chain scroll* stitch.
- *Whipped chain* (4 strands) is used to give texture and dimension to the stem of the fanciful plant on the right of pillow B. And *cable chain* stitch (4 strands) gives an airy texture to the outer fringe of leaves on the same plant.
- Use your imagination and skills to improvise and use other stitches wherever you like.

3. When embroidery is finished, block pillow top and press gently on the wrong side. Stitch top to backing fabric, turn, press, stuff, and slip-stitch fourth side closed.

EMBROIDERED WALL HANGING, page 46

(*Finished size:* 30x60 inches.)

Materials: 2 yds. of 36-inch-wide off-white linen or linen-like fabric; embroidery floss and crewel wool (see note below); embroidery hoop or frame; dressmaker's carbon or hot transfer pencil; embroidery needles; 30x60-inch frame or set of artist's stretchers; your favorite embroidery stitch guide.

Pillow B



(*Note on colors:* 47 shades of floss and 21 shades of crewel yarn were used in completing the original wall hanging. However, almost any combination of earth-toned crewel yarns and cotton floss may be used effectively in this project. Many shades of brown, green, blue, and gray used in this stitchery can be duplicated or approximated with scraps from your workbasket. Study the color photo for general guidelines.)

Instructions:

1. Use full-size transfer pattern (see page 41 for how to order) or enlarge pattern *above* and transfer to the fabric, leaving a 3-inch margin around the edges to allow for framing. Use the color photo on pages 46-47 for reference, and use the color and stitch suggestions below primarily as guidelines for improvising your own version of our Walk in the Woods stitchery. Feel free to experiment in placement and combination of stitches and colors.

(*Note:* For traditional embroidery stitches such as running, outline, satin, long-and-short, chain, etc., refer to any good embroidery stitch guide. If you wish to experiment with more unusual stitches, refer to Glossary of Stitches, page 166.)

2. *Animals:* All eyes are dark brown satin stitch. Work all animals in cotton floss except as noted, using 3, 4, or 5 strands.

- *Owl,* upper left: Use two shades of beige floss for chest and face, brown wool for back feathers and face outline, gold for tail feathers and eyes, and white for accents. Work chiefly in long-and-short stitches; tail feathers are lazy-daisy stitches; white accents are all open-chain stitches.
- *Bunnies:* For the pair, use light brick red for one, light gold-beige for the other, with ecru shading on both. Outline bunnies in chain stitch and work bodies in long-and-short or twisted chain stitches; use loose French knots or twisted chain ring stitches for a fluffy tail. Work lettuce in dark-olive wool buttonhole stitches. Work the single bunny at left in shades of ecru and light gold-beige twisted chain stitches. Noses and eyes are dark brown satin stitch.
- *Flying bird:* Use two shades of

continued



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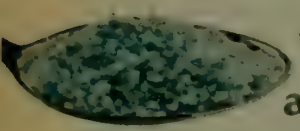
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continued

A walk in the woods

yellow, with a light turquoise neck ring and accents among the feathers. Beak is light brown. Work long-and-short stitches on head and body, leaf stitches on wings and tail, and use knotted chain stitches at tips of wings.

● *Squirrel,* right: Use two shades of gray-brown, working the head and body in long-and-short stitches, the tail in twisted chain. Add loose French knots at top of tail. Outline in dark brown outline stitch.

● *Ducks:* Work heads and necks in medium and dark blue-green, with a yellow eye-band on one; feathers are shades of gray, turquoise, and dark green, with yellow and white accents. Beaks are gray, tipped in brown. Use long-and-short, twisted chain, leaf, and straight stitches.

3. *Greenery:* Use 1 strand of wool, except as noted. Work tree trunks in closely spaced rows of chain, buttonhole, or outline stitches.

● *For the large tree,* left, use dark gray and khaki green on trunk. Work leaves in shades of olive and light yellow-green outline stitch. Work vine in gold-brown floss, with clusters of yellow French knots for tiny flowers. For satin stitch leaves, use 2 shades of blue-green floss.

● *For the large tree,* center, use medium and light gray, with accents in black. Work moss in olive long-and-short stitch. Work mushrooms in medium red-brown; use satin stitch for caps, chain stitch for stems.

continued



continued

A walk in the woods

● *For the large tree,* right, use light and medium gray-brown for trunk. Work wisps of vine in gold-brown outline stitch, leaves in two shades of blue-green leaf stitch.

● *Work the trunks of smaller trees* in the background in brown and reddish brown chain stitch. Leaves are yellow-green satin stitch, bordered with outline stitch. Work round flowers at base of trees in two shades of brick red buttonhole stitch, leaves in two shades of olive outline and satin stitches.

● *Work wild strawberries,* left, in brick red wool, long-and-short stitch; border with outline stitch. For strawberry leaves, use outline, feather, and straight stitches in several shades of green.

● *Work pond background* in several shades of blue floss running stitches; work ripples in blue outline stitches, and edge of water in blue straight stitch. Use brown outline stitches to define edge of pond and rocks on the shore.

● *Work reeds* near bunnies in three shades of blue-green floss, using satin and leaf stitches.

● *Work large leaves on shore,* right, in shades of olive and yellow green wool, using chain, outline, long-and-short, and twisted chain stitches; stems are dark brown and green outline stitch.

● *Work squirrel's branch* in outline stitch in shades of brown, with leaves in olive and shades of blue-green satin and long, twisted chain stitches. Use dark brick red for satin

continued





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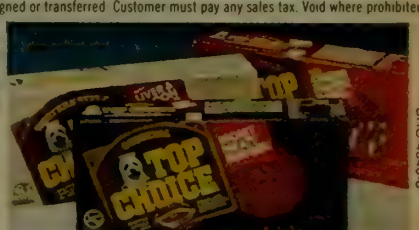
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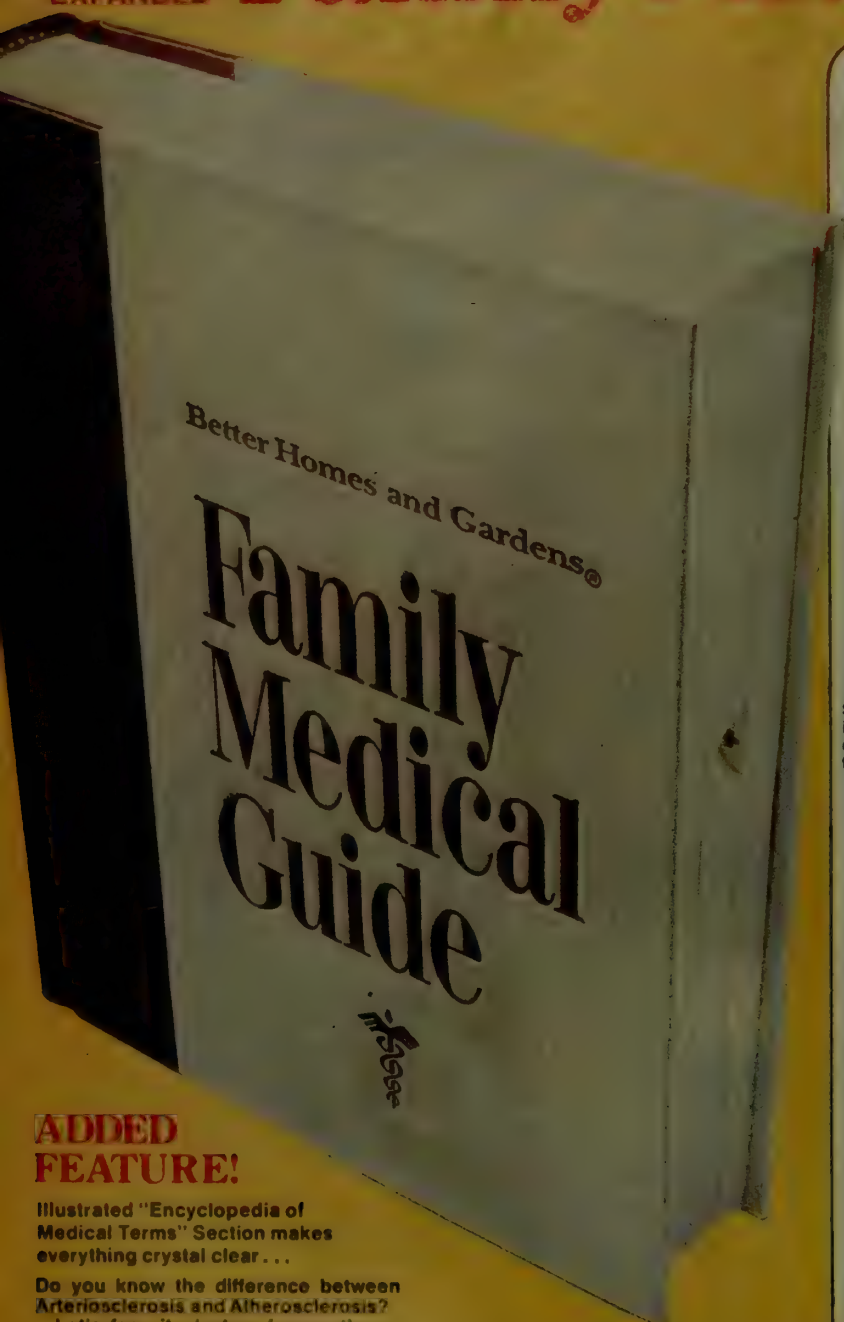
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8455

continued

A walk in the woods

stitch berries.

4. When embroidery is completed, block the fabric if necessary and iron gently on the wrong side. Mount in frame or staple around 30x60-inch set of artist's stretchers.

APPLIQUÉD BIRD QUILT AND PILLOWS, pages 48-49

(*Finished size of quilt:* 86x86 inches square. Inner appliquéd panel of quilt measures approximately 58x58 inches when quilted; quilt may be enlarged to any size by varying the size of the border strips.)

Materials for quilt (All measurements refer to 44/45-inch-wide cotton broadcloth): 5 yds. brown for tree trunk, branches, and border strips; 2½ yds. beige for border strips; 1⅔ yds. dark green for leaves and ground; 2 yds. med. green for leaves and ground; 2 yds. white/brown polka dot; ¼ yd. each of black and rust; ⅛ yd. each of red, purple, navy, gold, pink, off-white, gray and med. blue; 5 yds. of matching or contrasting fabric for backing; 2 pkgs. of 96x96-inch quilt batting.

Also: Small skeins of #5 DMC perle cotton in the following colors: gold, rust, black, purple, navy, red, blue, gray, pink; spools of #5 perle cotton in med. green, dark green, brown, and white; basting thread, graph paper, brown wrapping paper, transfer pencil or dressmaker's carbon, quilting hoop or frame.

Instructions for quilt:

1. Preshrink all fabric.

2. Carefully trace the outlines of the design for the appliquéd center panel of the quilt (shown one-seventh actual size on pages 48-49). Enlarge design to approximately 59 inches square and transfer to a large sheet of brown wrapping paper (tape several sheets of paper together if necessary). This will be your master pattern. Trace each separate shape on the quilt (birds, tree trunk and branches) onto a separate sheet of paper and cut out all paper pattern pieces. Select a single complete leaf shape and make one leaf pattern for all 76 leaves. Number all pattern pieces to correspond to the shapes on the master pattern.

3. To construct background for the quilt top, lightly trace the outlines of the top half of the background onto the polka dot fabric and cut out, adding ½-inch seam allowances all around. Next, trace off the dark green ground piece and cut out, adding ½-inch seam allowances. Baste under seam allowance along top edge of green ground piece; pin and baste to bottom of polka dot piece, overlapping seam allowances. Repeat for med. green ground piece.

4. Place your master pattern on top of pieced background fabric and *lightly* trace outlines of the tree shape, birds, and leaves onto background fabric.

5. Next, cut out all the trunk and branch shapes from brown fabric, adding ¼-inch seam allowances to each piece. Carefully turn under all seam allowances and baste. Then pin and baste trunk and branches in place on the background fabric.

6. Cut out 33 dark green and 43 med. green leaves, adding ¼-inch seam allowances. Turn under seam allowances; baste and press. Arrange leaves on tree trunk and branches following master pattern. Trim away excess fabric where leaves overlap; pin all leaves in place.

7. Finally, cut out and assemble the pieces for each bird, working on one bird at a time. Place all bird and leaf pieces in position before sewing to the background to ensure that all raw edges are properly covered. Trim away excess overlapping fabric where necessary.

8. When all pieces of the quilt have been pinned and/or basted in position, appliqué around the edges of each piece, taking small running stitches in matching perle cotton ⅛ inch in from all folded-under edges. (Or slip-stitch appliqué pieces in place with matching sewing thread.)

9. Embroider beaks of smaller birds and eyes and talons of all birds in simple satin stitch, using gold, black, or rust perle cotton.

Assembling the quilt:

1. Cut two 4-inch-wide strips of brown fabric and machine stitch to top and bottom of appliquéd panel with ½-inch seams. Repeat with two 4-inch-wide brown strips along sides of panel, squaring corners.

2. Next, add 11-inch-wide strips of beige fabric to top and bottom of quilt panel, and then to each side of panel (again using ½-inch seams). Press all seams toward outside edges.

3. Piece backing to size from matching or contrasting fabric.

4. Cut two layers of batting to size. Lay backing wrong side up on the floor, spread two layers of batting on top, then spread quilt top faceup on top of batting. Align edges, then pin and baste through all four layers, taking long running stitches diagonally from corner to corner of the quilt, and then through the horizontal and vertical centers of the quilt. Mount on a quilting hoop or frame if desired.

5. Quilting through all four layers, use white perle cotton to outline-quilt around all shapes on the polka dot background. Then use dark and medium green thread on the ground areas, following all seam lines and quilting around the base of the tree trunk. Next, quilt around each bird on the ground. Finally, quilt along the inner and outer edges of the dark brown border panel. Trim backing fabric and batting so that outside edges are even with edges of the quilt top. Cut four long pieces of 2-inch-wide brown fabric and sew one strip to each side of the backing fabric all the way around (½-inch seams). Turn under raw edges and press flat, then fold this binding strip to front of quilt. Baste binding in place on quilt top, then quilt through all layers with dark brown perle cotton around edges, securing binding to quilt top. Remove all basting.

For pillows:

Enlarge bird (or grouping) of your choice to size and proceed to cut out and appliqué as described under instructions for appliquéing quilt top, *above*. Refer to birds as shown in color photo of the quilt for color suggestions. When appliqué is completed, back each pillow top and stuff as desired.

For pillow shams:

Cut two rectangles of brown fabric to fit your bed pillows (adding hem and seam allowances). Appliqué polka dot outer border and beige inner border to fronts. Stitch fronts and backs together on three sides. Hem fourth side. ■

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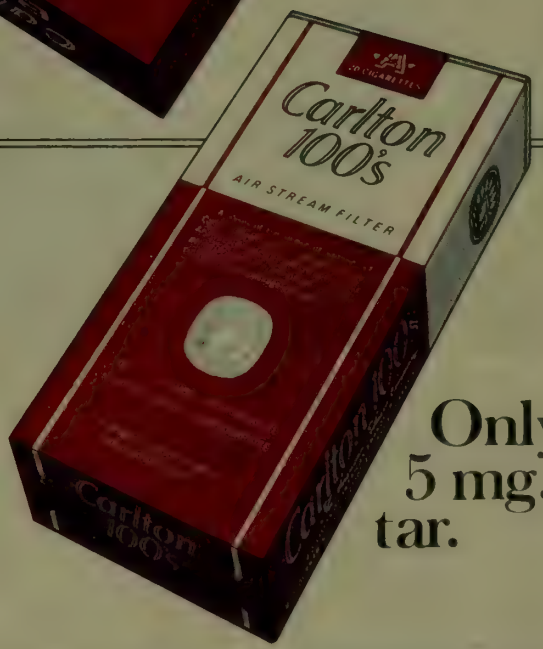
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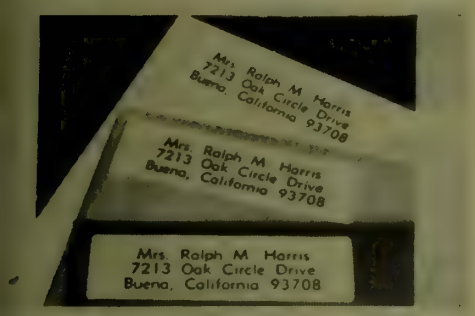
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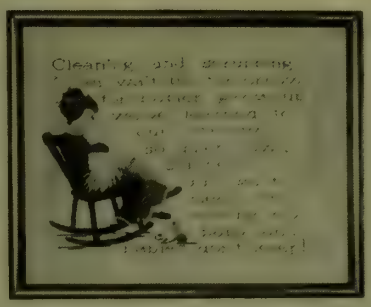
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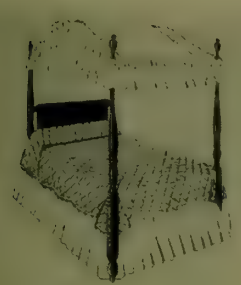
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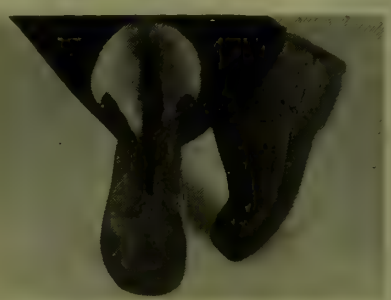
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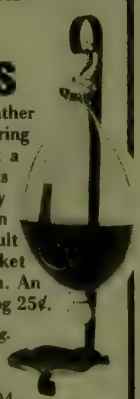
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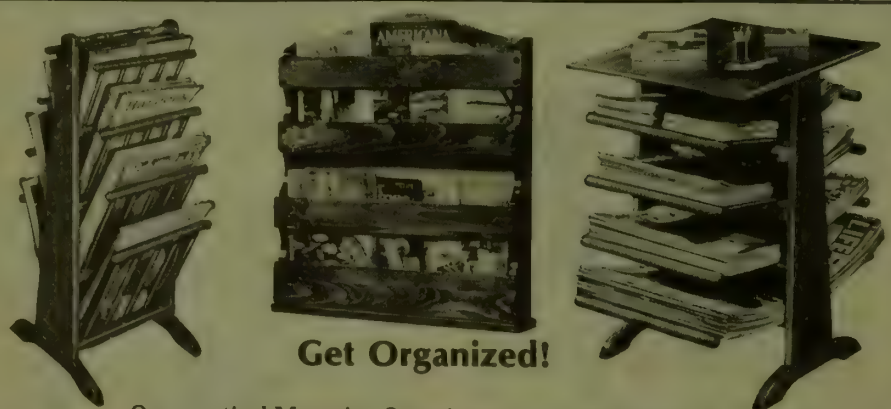
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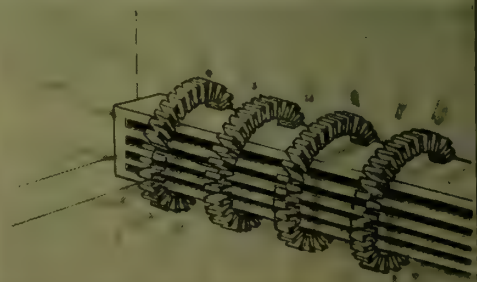
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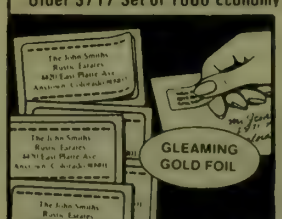
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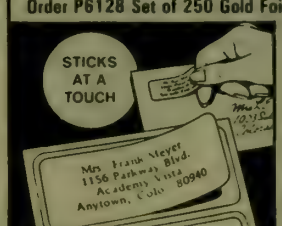
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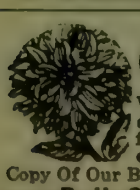
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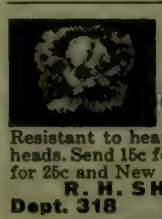
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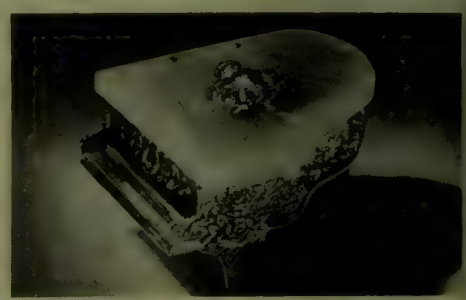
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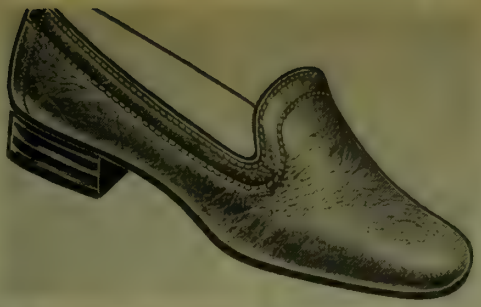
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Martha Ann's quilt rack



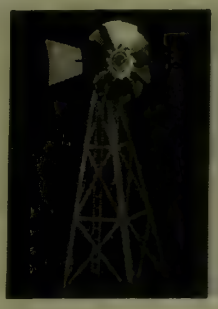
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Sun Dome I greenhouse

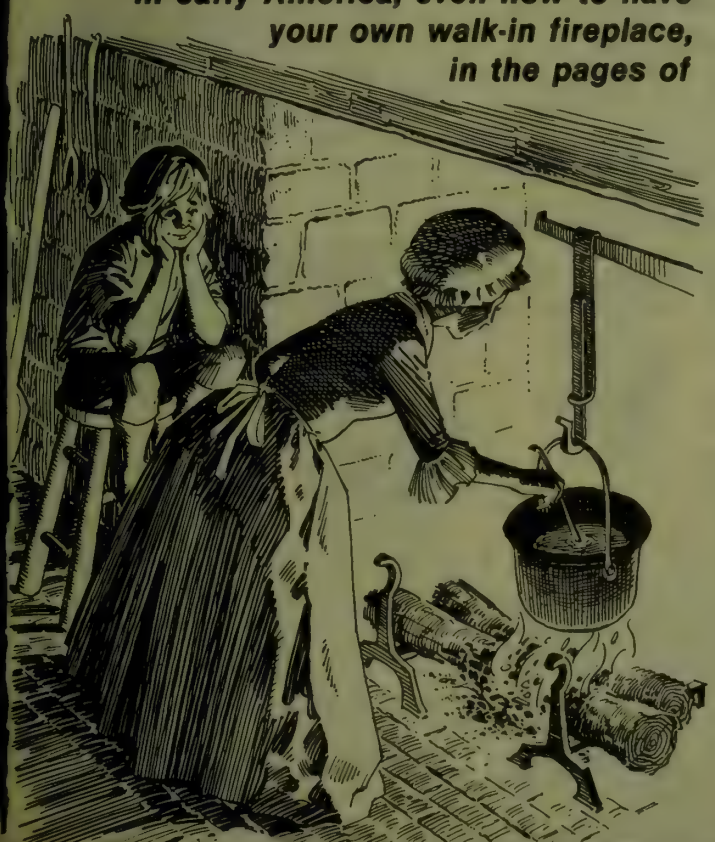


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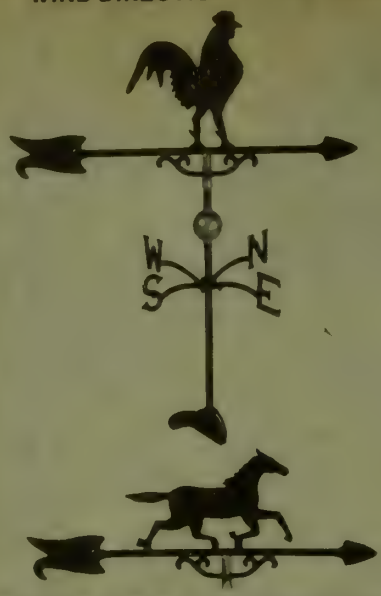
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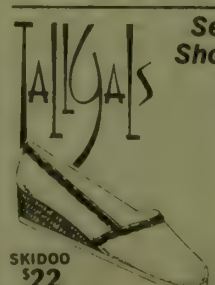


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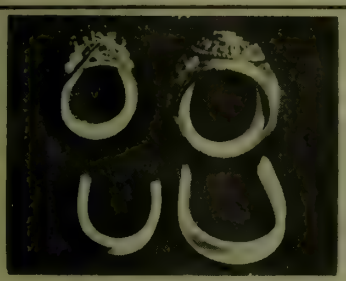
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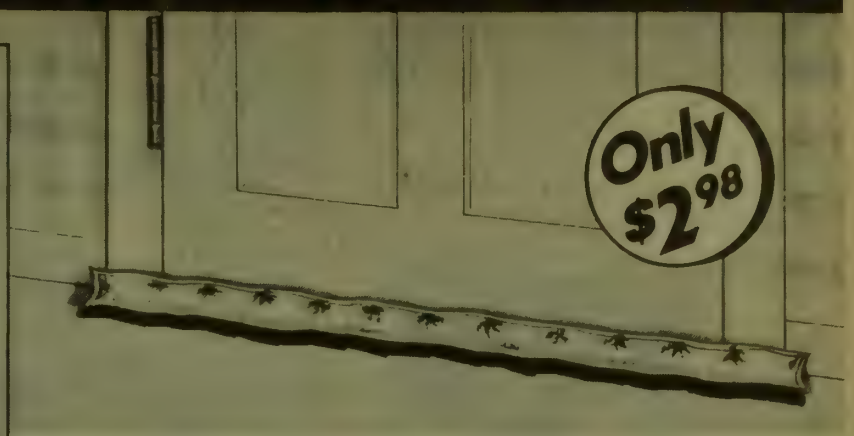
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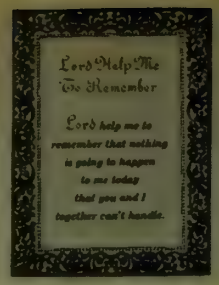
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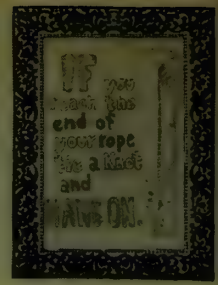
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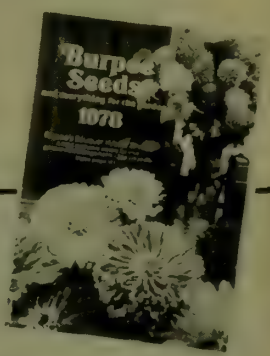
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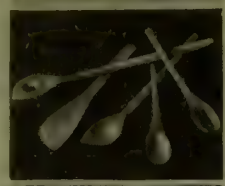


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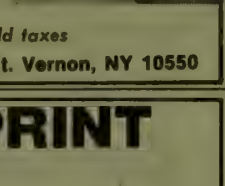
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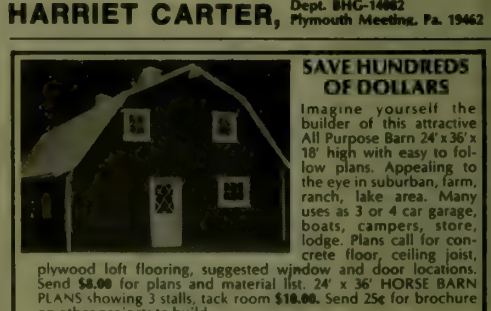


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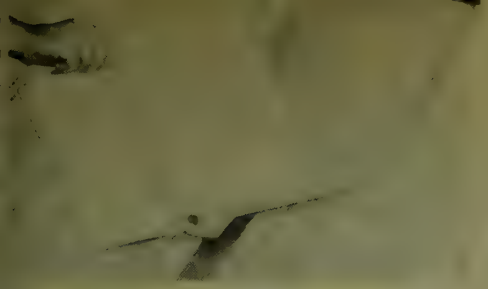
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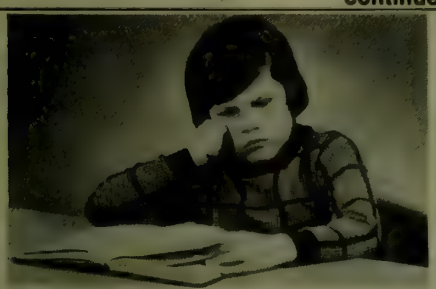
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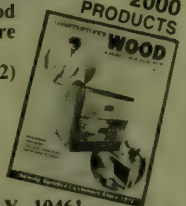


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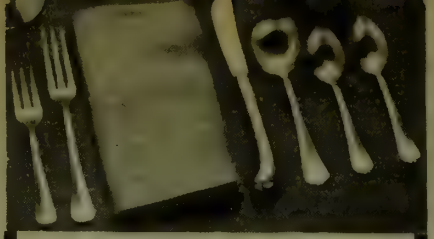


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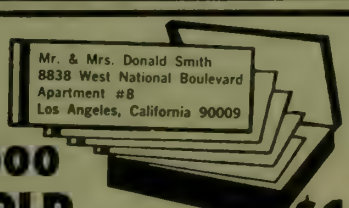
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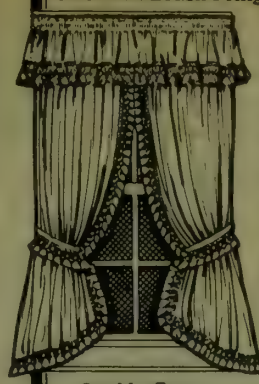
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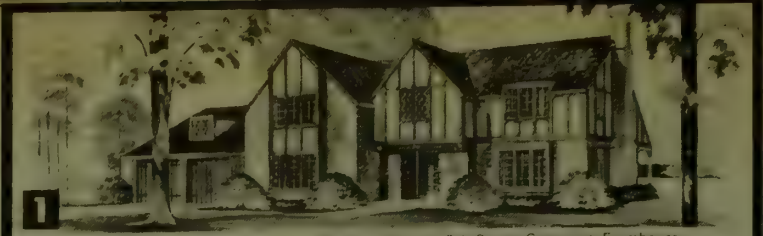
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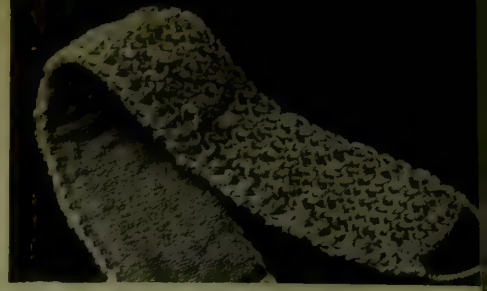
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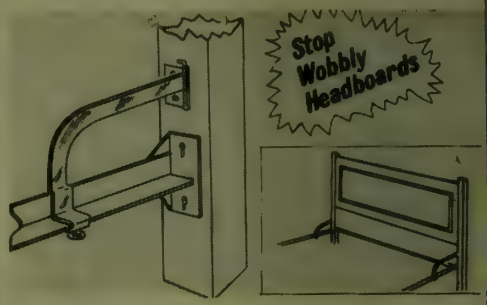
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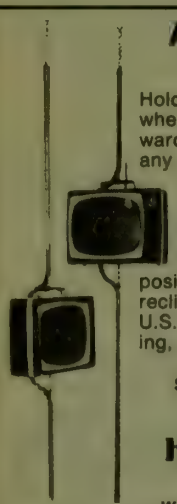
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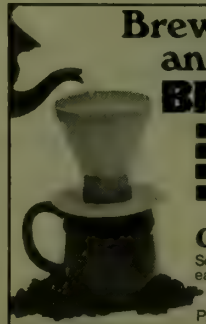
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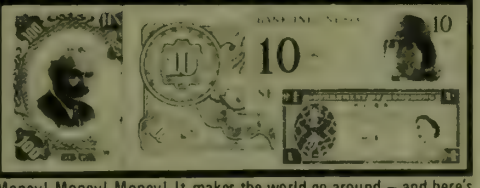
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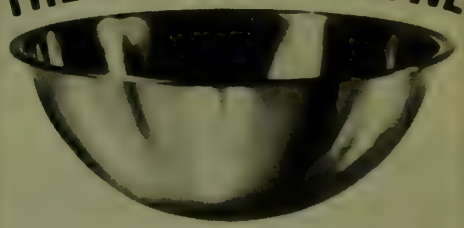
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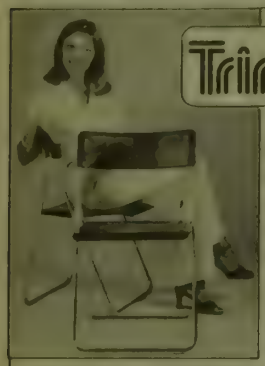
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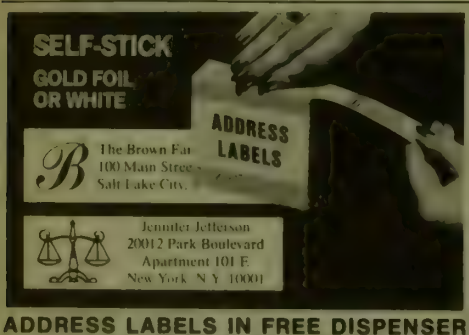
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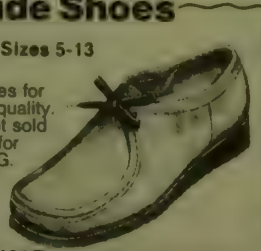


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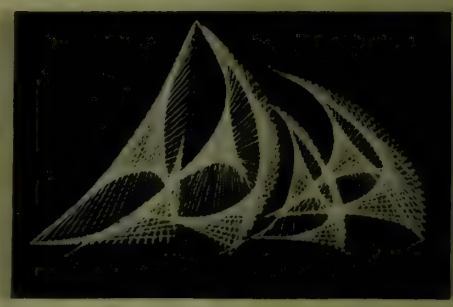
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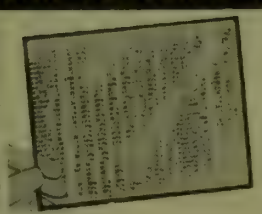
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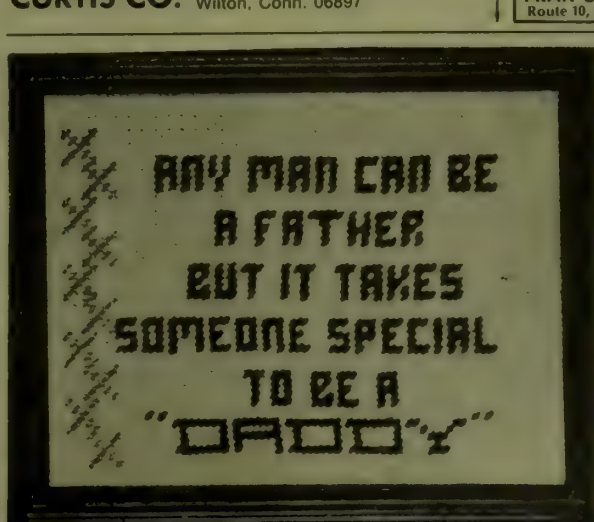
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The Man Next Door®

Grumpy Ned Carter complains that if the price of gasoline keeps going up, the neighborhood service station soon may stop honoring credit cards and start handing out loan applications.

It's true that he gets phone calls at all hours, says Doc Hannelly, but most of them have nothing to do with medicine—they're for his teen-age daughter.

Dad Hillis scoffs at all the talk about "second careers." He says he's always had a number of them—home repair, tax accounting, chauffeuring, counseling, and garbage collecting.

Congressman Nick Hanfli confides that he's pleased to see "No Opinion" still doing so well in the public surveys, since those with opinions usually don't want to listen to what he has to say.

According to Grandma Hillis, about the only thing that hasn't been affected by inflation is birdseed. A dollar's worth in the feeder still gives you your money's worth of entertainment.



Earl Reeves, our newspaper editor, doesn't have much use for people who complain "off the record" about the state of things but refuse to write a signed letter to the editor. "Silence," he says, "isn't always golden. Sometimes it's just plain yellow."

Bill Norman says he is beginning to like the idea of "early to bed." It spares him the disasters on the 10 p.m. news.



"This is your Great Grandmother Grafton who took the secret for easy hollandaise sauce with her to the grave."

One of my biggest dilemmas these health-conscious days is passing a friend on foot when I'm driving to town and trying to decide if he'll be more insulted if I DO offer him a ride than if I DON'T. It all hinges on whether he's walking for his health or because his car is in the shop.

According to Elaine Cowan, real elegance is buying brand-new gift bows instead of having to recyle them from birthday to birthday.

The original board fence around our backyard finally succumbed to the years and weather. Clearly it had to go, so the other morning Burt, Jr., and I hammered it apart, cut it up, and stacked it alongside the garage for fireplace kindling. Along the fence line, several nice trees had grown up, shrubs and perennials had filled in the gaps between trees, and Christine's flowers had nicely decorated the whole boundary.

And then the thought struck me: Why replace the fence? Was it really necessary? Do "good fences make good neighbors"? Well, perhaps they do in a neighborhood of strangers, of people with unknown habits and dogs that might threaten your quiet.

But we have been in our home a good many years now. We know our neighbors. They know us. We all know each other's "peculiarities" and accept them. When the Bowmans are away on trips, we feed the family pets. Then when we go out of town, the Bowmans pick up our mail and hold any packages that come for us.

When Chris became ill while I was away for a couple of weeks on a business trip, our neighbors brought in meals for her and the children. And when Rosemary went off to college, the Normans gave her a neat little weekend bag and told her, "This is to remind you to come home often."

No, good fences don't make good neighbors. Years of good shared experiences make good neighbors.

Burton Hillis

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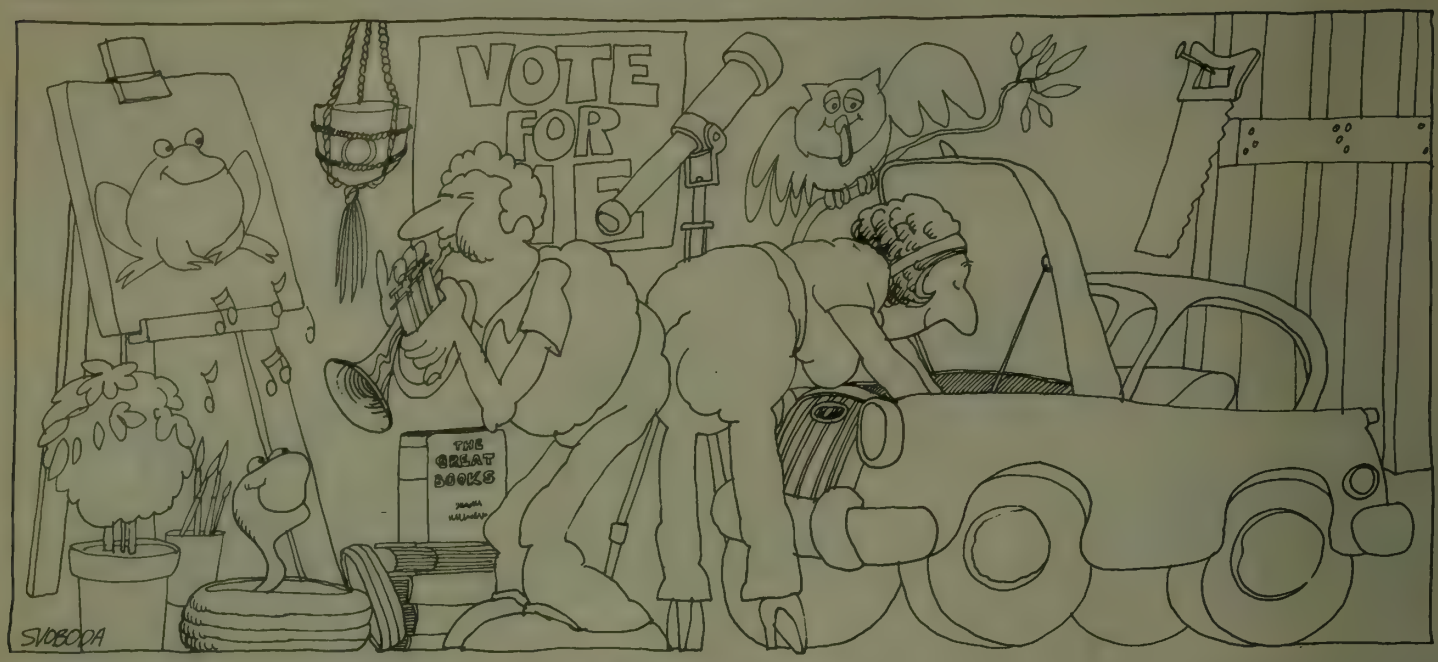
Of course, so many deliciously different entrees do create one small problem.

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HOW TO LEARN SOMETHING NEW WITHOUT GOING BACK TO SCHOOL

Learning something new doesn't mean you have to formally sign up at a nearby college—or plunk down lots of dollars. There's a number of places where you can learn a great deal about a variety of things, often at no cost to you.

A free general source of information on just about anything is your public library. But maybe you want an instructor's expertise, the camaraderie of a give-and-take discussion group, or the fun of do-it-yourself projects in a workshop. If so, you're bound to find lots of resources right in your community.

If you look around, you can probably find a class devoted to your favorite subject at almost any time your schedule allows. Such sessions are held at different times of the day and evening, and sometimes even on weekends. For details, consult your local paper, library, church, community-center bulletin boards, retail merchants' advertisements, radio and TV "community calendar," and the like.

Also, when you're vacationing, check to see if the resorts and historic sites in the area offer one- or two-session courses in crafts, gardening skills, or history.

Here's a sample list of what's available where in typical communities right now.

• **Art.** Lecture series might cover a broad subject, such as the Impressionists, while a specific talk might focus on an individual painter. Workshops range from discussion on how to choose art for your home to a mini-course on tombstone or brass rubbings. Typical sponsors: public and private art galleries, institutes (or centers) for the arts, community art councils, and art museums.

• **Auto maintenance.** Look for "Car Care" classes where you can learn fundamental maintenance principles and procedures. Classes are often consumer oriented, designed to help you troubleshoot minor car problems. (You'll save money by learning to do the work yourself, and you'll also be forearmed against any greedy mechanic who tries to rip you off by claiming there's lots more wrong with your car than there really is.) Also look into defensive driving courses that will help sharpen your skills behind the wheel. An auto course may be sponsored by an insurance company, a local garage or service station, a community recreation center, a high school, or possibly your credit union.

• **Crafts.** Crafts classes in most communities teach everything from macrame and creative stitchery to decoupage and jewelry making. Handicraft and needlework shops, art workshops, community centers, and some garden centers and gift shops all get into the act. Also watch for news of specific instruction at local weaving, pottery, or embroidery shops.

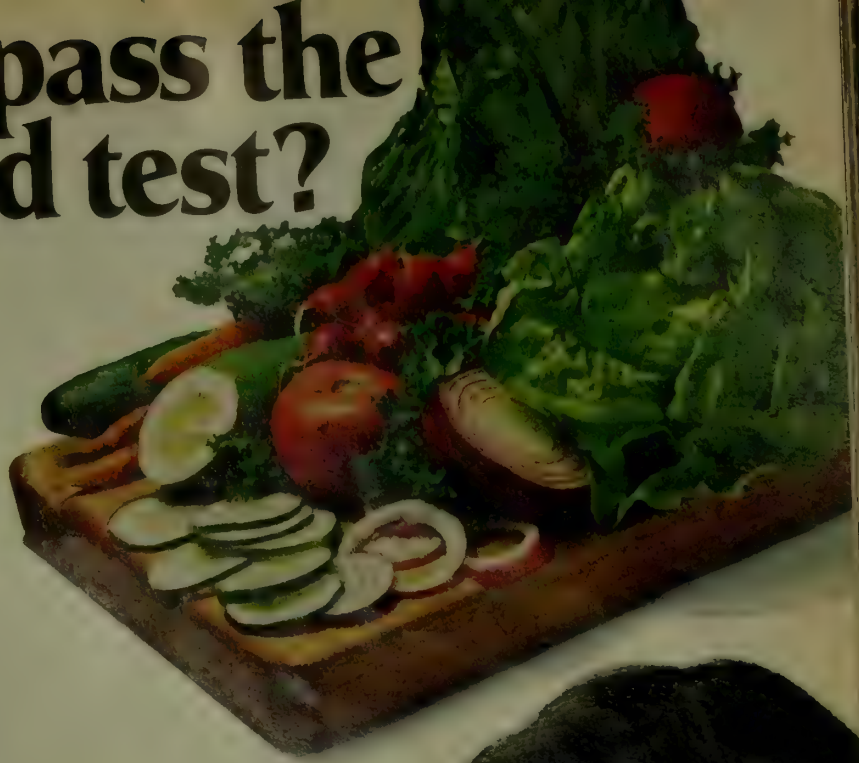
• **Dance.** Beginning Terpsichore or seasoned hoofer, you'll find community groups that will welcome you to their square dancing, modern dance, folk dance, or ballroom get-togethers. Look for workshops, creative or expressive movement classes, or ballroom courses sponsored by community recreation centers, the Y, church groups, city parks and recreation departments.

• **Health.** Health maintenance courses, nutrition seminars, drug or alcohol abuse programs, and disease prevention classes may be sponsored by the county public health department, the community mental health board, local hospitals, a county cooperative extension service, the Y, volunteer drug abuse centers, churches, neighborhood associations, parks and recreation departments, senior citizens centers. To learn more about a specific health

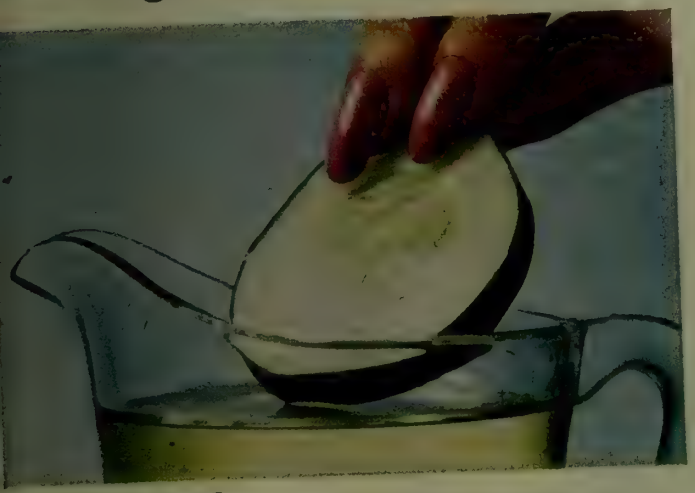
Drawing: Dudycha Schirck & Assoc.

continued

Can your oil pass the Crisco Oil salad test?



1. Pick...your favorite fresh-from-the-garden vegetable.



2. Dip...your vegetable into Crisco Oil.

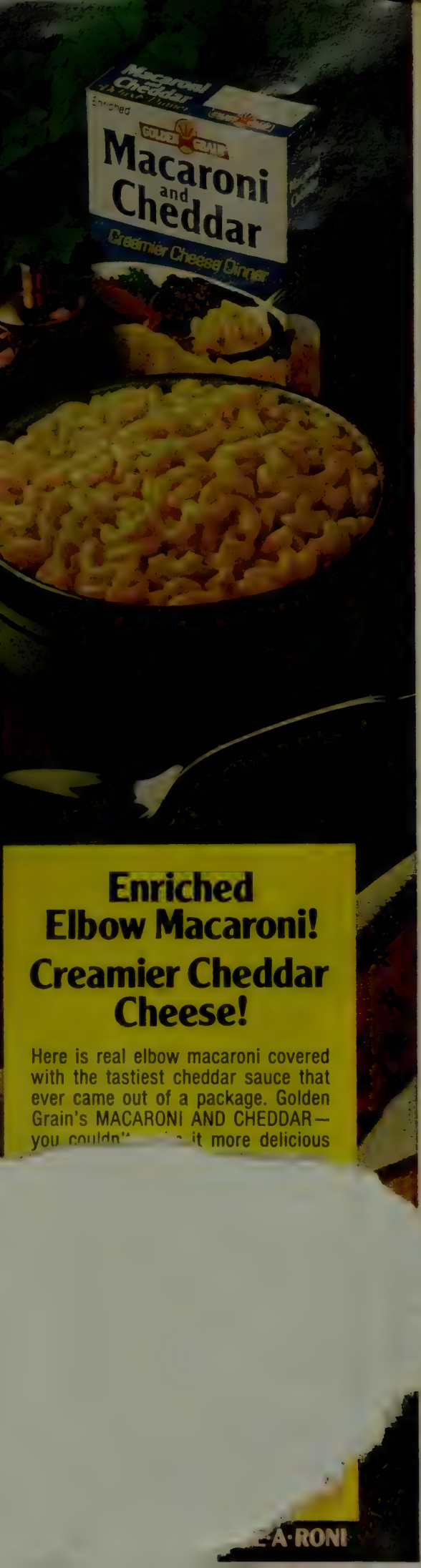
3. Taste...the flavor of your vegetable, not the oil.





Crisco
a heavy,

it turns good
into a great sa



continued

Learn something new

problem, watch for lectures arranged by local chapters of national agencies, like the National Council on Alcoholism, Alcoholics Anonymous, American Cancer Society, American Heart Association, Epilepsy Foundation of America, Cystic Fibrosis Foundation, and the National Multiple Sclerosis Society.

● **History.** Lectures and mini-courses range from the development of the railroad to the life (and loves) of Henry VIII. Try your public library, historical museums, civic center, or historic homes now open for public tours. Also don't miss walking tours through older parts of town, and guided tours of historic homes presently occupied but occasionally open for public tours.

● **Home improvement.** Want to learn how to build a new bathroom, redecorate, make your house more energy efficient? Check into classes run by community centers, local lumberyards and home improvement centers, hardware stores, furniture or department stores, lending institutions, insulation companies, even your local utility company.

● **Horticulture.** To turn your purple thumb green, inquire about gardening classes at greenhouses, botanical clubs, art centers or workshops, garden centers, plant clinics, clubs specializing in such interests as bonsai and organic gardening.

● **Literature.** Is your interest Shakespeare? Modern novels? Women in literature? Watch for Great Books study groups, lectures on TV or public radio, contemporary authors series, readers' theater classes at a community center.

● **Music.** When you want to learn more about music, rather than just listen, investigate opera guild or symphony board lecture series; music stores, and stereo shops; church-sponsored religious music workshops; a particular music group such as a classical guitar society.

● **Parenthood and child care.** Look for courses, study groups, workshops, and discussions sponsored by organizations such as the La Leche League, Lamaze, Parent After Childbirth Education (PACE), single parents' groups, the county health or social services department, a local nursery school or church, or the PTA.

● **Personal finance.** Local banks, securities dealers, insurance companies, or credit unions may offer mini-courses or single lectures by experts on how to manage your family finances. Watch for adult education classes at the high school or community college, too.

● **Politics and current issues.** Want to know more about the "powers-that-be" and the decisions they make that affect your life? Then you'll be interested in workshops sponsored by your state legislative district representative, the county bar association, the American Civil Liberties Union, Peace Education Center, League of Women Voters, your local newspaper, or a specific political party.

● **Retirement living.** There are lectures, films, and classes on topics such as "Leisure Activities," "Physical Fitness," "Traveling Abroad," and "How to Write a Will." Check with the American Association of Retired Persons, a community drop-in center, the city parks and recreation department, various unions, your employer, the Retired Senior Volunteer Program (RSVP), and senior citizens' offices.

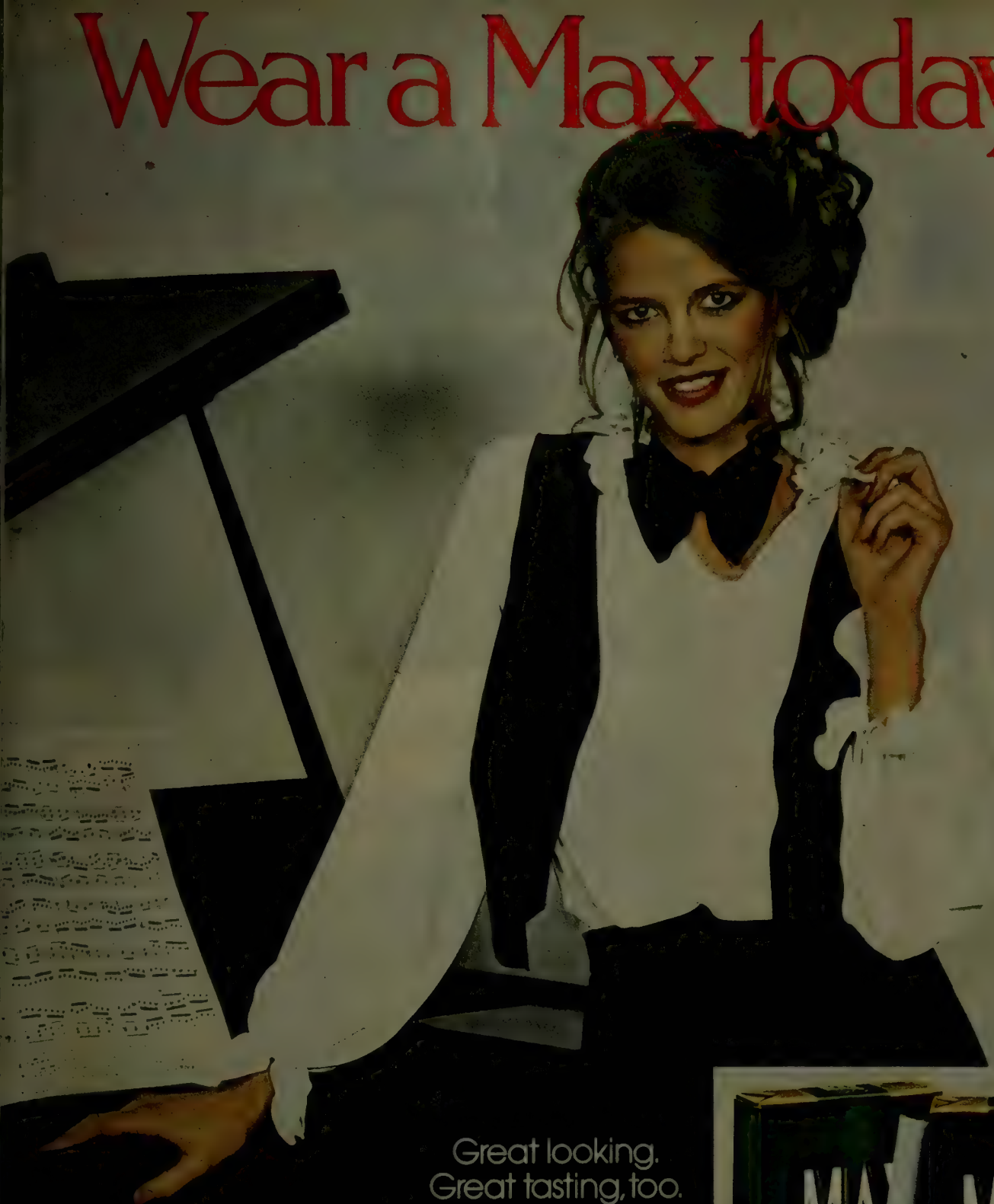
● **Science and nature.** Courses might be sponsored by a planetarium, aviary, nature center, natural history or science museum, observatory, arboretum. Look also for outdoor (and indoor) nature programs and demonstrations conducted by a park naturalist. (Take advantage of those programs while you're on vacation in our national or state parks.) For camping tips, ask at any large sporting goods store.

● **Sewing.** Sewing machine manufacturers and distributors, yard goods stores, even department stores often provide brief courses on how to make your own clothes.

● **Speed reading.** Commercial courses can be quite expensive. Local high schools and colleges often offer excellent speed reading courses for far less money. ■

(Produced in cooperation with Donna M. Paananen.)

Wear a Max today.



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Great looking.
Great tasting, too.
Long, lean, all-white
Max 120's.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular and Menthol:
17 mg. "tar," 1.3 mg.
nicotine av. per cigarette,
by FTC Report August 1977.

INTRO
A NEW HORIZON







PLYMOUTH HORIZON

NEW CONFIDENCE, NEW COMFORT,
A NEW KIND OF CAR FOR THE AMERICAN ROAD.

COMFORT

Horizon is loaded with comforts. Like a variety of seating o
And such standard comforts as cut pile carpeting and
color coordinated interiors.



NEW PLYMOUTH HORIZON

Horizon is a new answer for a changing America. An America concerned about energy and inflation.
Horizon gives you four doors, fold-down rear seat and hatchback to make it easy to pack luggage. Horizon even offers the o
of automatic transmission, stereo, roof rack and sporty trims.
By any standard of room, ride, comfort, style, price and mileage, Horizon is uniquely suited to today's times and needs

DUCING
FOR AMERICA.



FOUR BIG PEOPLE

rizon is so roomy, four six-footers can relax in comfort and back. And there's still room for the things you need for your trips.



SNOW, WIND, RAIN

on gives you outstanding handling and traction because it's first American-made car of its size with front-wheel drive.



LONG TRIPS

can travel hundreds of miles in comfort and confidence se Horizon's front-wheel drive, rack and pinion steering dependent 4-wheel suspension combine for outstanding stability and handling.



PRICE/ECONOMY

Price includes front bucket seats, AM radio, whitewall radial tires, rack and pinion steering, front disc brakes—many things not standard on other cars of its type.

WHEN YOU WANT TO GO ANYWHERE IN COMFORT AND CONFIDENCE.

RELAX.
PLYMOUTH HORIZON CAN HANDLE IT.

You can buy or lease the new Plymouth Horizon at your Chrysler-Plymouth dealer.

CARS Robert A. Dickelman

HOW TO THWART A CAR THIEF

As a homeowner, you probably make sure all the doors of your house are locked before you go to bed at night. But what about your car, truck, or van? If you leave it unlocked in the driveway or street, you're inviting a car thief to drive your car away. Here's how to discourage a thief from picking your vehicle as a target.

Despite the efforts of automobile manufacturers to make their cars more theft-resistant, the theft of cars and vans (and of parts like fancy interior pieces, tires, stereo radios and tape decks, and CB equipment) is on the rise. Not only that, recoveries of stolen vehicles are on the decline.

In 1976, nearly 1.5 million vehicles were stolen, according to the National Auto Theft Bureau. And because used car prices have followed new car prices upward, more professionals are getting into the act.

What can you lose?

You might not be too worried about losing your vehicle, thinking that your insurance company will at least cover any loss you incur. But often what an insurance company is willing to pay is much less than the value you place on the vehicle.

If your car or truck is stolen, you'll also have to face the ordeal of living without it. Even if your car is found by the police, it can take up to a year in some cities to recover a stolen vehicle—and if it was used in a crime, the waiting period can be much longer. And unfortunately, many insurance companies are unwilling to negotiate a settlement until the police close the case.

What kind of car is an easy mark?

Generally speaking, high-priced cars and vans are the most appealing targets, although family sedans, economy cars, and pickup trucks figure heavily in the statistics. That's because a thief will steal any vehicle that is an easy target—and will sell quickly.

The eastern and central sections of the United States have the highest vehicle theft rates, followed by the South and Southwest. The western states have the lowest theft rates. In any part of the country, a car is safest in a low-density rural area—and most prone to be stolen in a heavily populated urban area.

What products are available to theft-proof your car?

Almost anything you do to beef up your car's security will help discourage theft since thieves tend to zero in on targets that offer the least resistance. There are many anti-theft devices on the market, ranging from a one-dollar kit (burglar alarm decal for the window and fake alarm shut-off switch for the fender) to a $200 system that sets off an underhood siren if anyone even bumps into your car.

Unfortunately, it's nearly impossible to recommend just one good system. You'll have to determine how much you are willing to spend because costs vary greatly. Perhaps you will want to base this decision on the amount of time your car is parked out of a garage. But you can get an adequate system from an auto-parts or department store for about $50; the system should include an alarm siren, switches for all doors, hood, and trunk lid, and a system shutoff switch (either a key-operated switch that mounts in the fender or an electronic time-delay switch that gives you a few seconds to get into the car and disarm the alarm).

You can also custom-design an alarm system for your car. For example, consider installing a motion-detecting switch that sets off the alarm if a thief tries to jack up or move your car. Another special device sets off an alarm if someone tries to hot-wire the engine or open a door while the car is parked. The alarm is triggered by any change in the steady current in the wiring.

Relatively new on the market is a $190 alarm system that guards your car silently. If anyone breaks into your car, the system sets off a pocket beeper you carry with you.

Another good way of theft-proofing your car is to install one or more hidden devices that will prevent a thief from making a quick getaway. (Remember he'll probably leave your car alone if he discovers that he's going to have to spend a lot of time hunting for anti-theft devices.) Among the best products on the market are cutoff switches for the ignition system and battery, cutoff valves for the fuel system, and electronic "black boxes" with combination dials that won't allow the engine to start until the correct combination is entered.

Besides a hidden deterrent, a visible one can be effective—especially in stopping nonprofessional teenage thieves. Consider an inside locking hood release; a bar that prevents steering wheel and pedal movement by clamping around both to lock them together; and smooth door-lock knobs to replace the mushroom-shaped ones that are easily unlocked with a coat hanger.

What else can you do?

None of the devices on the market will make your car theft-proof if you're careless in your parking habits. Remember, the idea is to make your car hard to steal, so the thief will move on; he won't risk getting caught to spend a lot of time working on your car.

- Always take the keys with you and lock the car—no matter how

continued

BECAUSE THE SOCK DISAPPEARS, SO DOES THE DIRT.





Before you buy a washer, take off your socks.

Throw one into a Frigidaire washer, the other into the best selling brand's best washer. Start the machines, and watch what happens.

See how quickly the Frigidaire sock is sucked beneath the suds. And see how long the other sock just hangs around the top.

What you are seeing is our special Jet Cone agitator at work.

It goes up and down instead of back and forth like other washers. It pulls the clothes down to the bottom of the tub. And that's where the best cleaning action takes place.

In fact, independent laboratory tests have proven that our Jet Cone washing action circulates the wash load three times more often per regular wash cycle. And gets clothes cleaner than the best selling brand's best washer.*

But our quest for clean didn't stop there.

Only Frigidaire washers have the Jet Circle Spray action. It shoots water into the tub from not one but twelve outlets around the top of all 1-18 lb. washer tubs. This forces the detergent into solution and even helps push the clothes down under the water to loosen dirt.

So take a look at a Frigidaire Jet Cone washer.

It'll not only knock your socks off. It'll get them clean.

*Tested in accordance with AHAM's Standard HLW-1 Soil Removal Test using a 15-lb. dry weight mixed cotton test load.

FRIGIDAIRE GM
WHY SETTLE FOR LESS?



Look for our Jet Cone washers and easy-to-load wide mouth dryers, just part of the complete line of Frigidaire appliances at your local Frigidaire dealer.



Deltique™ by Delta®. See how elegant it is. Find out how expensive it isn't.







If you thought decorator faucets had to be expensive, Delta's new Deltique Collection can make you think twice.

Because Deltique costs much less than you'd expect. Especially for so many impressive decorator faucet features.

Its dazzling beauty, for instance, in two stunning designer styles. A rich antique brass finish sculptured with bold, ornate detail. Or a subdued antique brass finish with a smooth, mellow glow.

There's also designer versatility. Colonial, Contemporary, Mediterranean, Scandinavian...whatever your mood, Deltique fills any bathroom, lavatory or powder room with style and imagination.

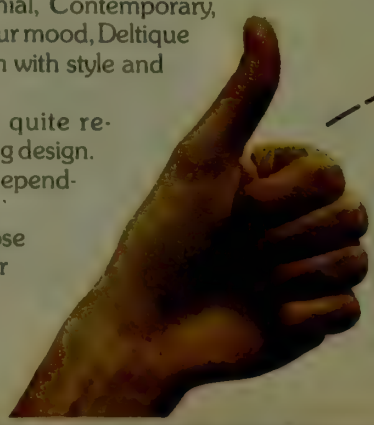
Yet Deltique also offers something quite remarkable on the inside. A unique water-saving design. Plus the same washerless simplicity and dependability Delta first gave to faucets.

So you don't have to experience those problems caused by ordinary decorator faucets with compression washers.

That's beautiful, too.

Which brings us back to Deltique's very affordable price. And that you can find out from your plumber, home builder or remodeler.

Just ask for the first decorator faucets made beautiful and washerless and affordable by Delta. Or write us for a free Deltique brochure.



DELTA & DELEX FAUCETS

No washers · No washer worries

Delta Faucet Company, Indianapolis, Indiana 46240..
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The First Ladies of the United States Thimble Collection

A COLLECTION OF FINE BONE CHINA THIMBLES, INDIVIDUALLY-DECORATED IN 24 KARAT GOLD.

EACH THIMBLE BEARS AN ORIGINAL CAMEO PORTRAIT

OF ONE OF THE FORTY-TWO FIRST LADIES OF THE UNITED STATES.

Available by subscription only.
Subscription deadline: March 31, 1978.

When the infant Prince of Wales was christened at Windsor Castle in 1842, Queen Victoria is said to have issued an inscribed imble to commemorate the event, giving one as a ft to each member of the Royal Family.

It was not an unusual gesture. For the seemingly imble thimble has had a long and fascinating story—and has been cherished by collectors ound the world, both for its beauty and its historical gnificance.

Today, the craftsmen of Franklin Porcelain udios of the world-famous Franklin Mint are creatg an intriguing *new* collection of commemorative imbles in that rich tradition: The first collection of imbles ever to honor all 42 First Ladies of the nited States—those gracious, often influential omen who have charmed and inspired the American eople since George Washington became our first resident in 1789.

Crafted in fine bone china, the aristocrat of porcelains

hese exquisite thimbles will be crafted in fine bone ina—the aristocrat of porcelains—and will be decated in 24 karat gold. Each thimble will bear a meo portrait of one of the forty-two First Ladies. ach portrait will be an original work of art, created r this collection. And to assure their historical accucy, these works will be based on official *First adies portraits* in the White House and in the permaent collection of the Library of Congress.

An attractive display shelf provided at no additional charge

o that you may show the thimbles to best advantage, wall display shelf will be provided. This handsome elf is specially designed to display the complete llection.

Along with each thimble, subscribers will also ceive a commentary describing each First Lady's ccomplishments, the role she played in history, and ghlights of her life in the White House.

A limited edition

hese elegant bone china thimbles will be available nly from Franklin Porcelain. Furthermore, they will e produced *exclusively* for subscribers to this series, nd for special presentation to First Lady Rosalynn arter and each of the distinguished women who are rmer First Ladies of the United States. Thus, the tal edition of this collection will be forever limited to he exact number of original subscribers, plus the mall number for presentation.



Enlarged detail: Thimbles bear First Ladies monograms in 24 karat gold.

Subscribers will be able to build the collection at the rate of just two thimbles per month. And the price for each fine bone china thimble—$9.50—will be *guaranteed* for the series.

Subscription deadline: March 31, 1978

Because this is the *first collection* of commemorative thimbles by Franklin Porcelain, it is likely to have a special significance for collectors of fine works of art in porcelain.

To take advantage of this unique opportunity, mail the application below to Franklin Porcelain, Franklin Center, Pennsylvania. It is not necessary to send any payment. But your application must be postmarked no later than March 31, 1978 to be accepted. Applications postmarked after that date will, regretfully, be refused, and this collection will never be offered again.

So please be sure to mail your subscription application by March 31.

A specially crafted display shelf will be provided for the display of the 42 thimbles in the complete collection.



SUBSCRIPTION APPLICATION

THE FIRST LADIES OF THE UNITED STATES
THIMBLE COLLECTION

Must be postmarked by March 31, 1978.
Limit: One collection per subscriber.

Franklin Porcelain
Franklin Center, Pennsylvania 19091

I wish to enter my subscription for *The First Ladies of the United States Thimble Collection*, consisting of 42 fine bone china thimbles, each bearing an original portrait of one of our Presidential First Ladies.

I need send no payment now. I will be billed $19.* ($9.50* per thimble) with each monthly shipment of *two* thimbles.

**Plus my state sales tax*

Mr.
Mrs.
Miss_____
PLEASE PRINT CLEARLY

Address_____

City_____

State, Zip_____

Signature_____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE



begins on page 18

Car theft

brief the stopover. Turn the wheels to the curb to prevent your car's being towed. Also, make sure the steering wheel and transmission locks are engaged.

- If your car has an alarm system or other theft-prevention device, make sure it's engaged before you leave the car behind.
- Never leave an open invitation for a thief inside your car; put your tape deck, CB radio (including the antenna), and any packages or luggage in the trunk.
- At night, avoid parking on dark side streets or alleys—especially when you're attending an event where someone can estimate how long you'll be gone (like a concert or ball game). Always park on well-traveled, well-lighted streets.
- If you have trouble with your car on the freeway, stay with it and wait for help to come to you.
- Carry your vehicle registration with you, rather than leaving it in the glove box. Otherwise, if your car is stolen, your home might get robbed, too, because the thief will know where you live.
- Avoid airport lots without attendants. In an automated lot, a thief can drive up to the gate, take a parking ticket, back up, and repeat the process as often as he wants. Then he can return at his leisure to "shop" for just the right car—and use one of the tickets to check it out of the lot.

Don't forget

- Before leaving on a trip to another state, find out how its traffic laws differ from those of your home state.
- If you're going to trailer a boat this summer and you've never done it before, you'll need to adjust your driving habits beforehand. Find an empty parking lot and practice starts, stops, and turns. Also try backing up; remember the trailer will go in the opposite direction of your car when you turn the steering wheel.
- Celebrating a birthday this month? Some states renew licenses on birth dates, so take a quick look at your license to see if it will expire.
- You are causing extra wear on your tires and may be throwing your car out of alignment if you jam the wheels against the curb as you pull into parking places.
- If your car stalls in a heavy rain, it may be the result of wet spark plugs and wires. Dry the areas around the spark plugs and wires with a paper towel or cloth before trying to restart the car.
- Carrying highway flares in your car is a wise practice. In case of a breakdown, the warning they give other motorists can prevent accidents. Place three flares behind your car on the shoulder near the road; one should be just behind the car, one 200 feet back, and one 500 feet back. Don't light flares, however, if you smell gasoline or see it leaking out of the car.
- Turn on your headlights at the first sign of rain or fog to help other drivers keep track of your moves as driving conditions change. ■

MOM'S OMNI.

Seems like Omni was built for mom. To help her with her chores and errands. To pick up the gals for fun and games. And do it all without messing up her fuel budget.

EPA ESTIMATES
39 MPG HIGHWAY/25 MPG CITY.

According to EPA estimates, Omni is rated 39 MPG (highway) and 25 MPG (city) when equipped with its standard 1.7 litre engine, four-speed manual transmission, and 3.3 transaxle ratio. That's very efficient going, even though mom's mileage may vary according to her car's condition and the way she drives. (A California mom's mileage is lower.)

And there's a lot more for moms to like about Omni. It's easy to handle and park, thanks to its front-wheel drive and precise rack-and-pinion steering. It has comfortable seating. There are optional soft touches like automatic transmission, air conditioning, smart cloth upholstery, and lots more.

Dodge Omni has four wide-opening doors. And for any mom who's had to deal with a brace of grocery bags, or a bunch of kids, or just the general ins and outs of a day on the go...those four doors become important.

Then there's Omni's hatchback. Open it up, and you're confronted with a special storage compartment covered by a carpeted security panel. Into it you can put five, six, maybe seven bags of groceries. Four fully loaded golf bags. All kinds of odds and ends...all tucked nicely out of sight. Or, you can lift that hatchback, fold down the rear seat and security panel, and turn Omni into a station wagon with truly astounding cargo handling dimensions. For rocking chairs. Or fireplace wood. Or even playpens.



MOTOR TREND CAR OF THE YEAR

$3901.* (PRICE OF CAR SHOWN)
$3706.* (BASE STICKER PRICE)

And the beauty of it all is that Omni fits so nicely into the family budget. The one you see here is really gussied up—with Premium Exterior and Classic Two-Tone Paint Packages and other good things. Yet, it's priced at $3981.* But Omni's base price starts at just $3706* with such standard items as an AM radio, white sidewall radial tires, and vinyl body-side moldings . . . which leaves you lots of room to choose the options you want, and still end up with a reasonable price. Mom, why don't you go to your Dodge Dealer's. Get acquainted with this marvelous new car. And bring dad along. If things go the way they should, you and he will end up buying or leasing the car *Motor Trend* magazine has made its "Car of the Year."

DODGE OMNI.
IT DOES IT ALL.

Dodge
A PRODUCT OF CHRYSLER CORPORATION

*Does not include taxes and destination charges.

Wait till you taste

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Source of tar and nicotine disclosure above is FTC Report August 1977. **Of All Brands Sold:** Lowest tar, 0.5 mg. "tar," 0.05 mg. nicotine; **Kent Golden Lights; Kings Regular**—8 mg. "tar," 0.6 mg. nicotine; **Kings Menthol**—8 mg. "tar," 0.7 mg. nicotine av. per cigarette. FTC Report August 1977. **100's Regular and Menthol**—10 mg. "tar," 0.9 mg. nicotine av. per cigarette by FTC Method.

Kent Golden Lights.

You won't believe they're lower in tar than all these brands.



19 MG. TAR 1.2 MG. NIC.
18 MG. TAR 1.2 MG. NIC.
17 MG. TAR 1.0 MG. NIC.
17 MG. TAR 1.3 MG. NIC.
17 MG. TAR 1.0 MG. NIC.
18 MG. TAR 1.3 MG. NIC.
17 MG. TAR 1.0 MG. NIC.
19 MG. TAR 1.4 MG. NIC.



12 MG. TAR 0.9 MG. NIC.
11 MG. TAR 0.8 MG. NIC.
12 MG. TAR 0.7 MG. NIC.
11 MG. TAR 0.7 MG. NIC.
12 MG. TAR 0.9 MG. NIC.
19 MG. TAR 1.3 MG. NIC.
11 MG. TAR 0.9 MG. NIC.
11 MG. TAR 0.6 MG. NIC.

25¢

Save 25¢

on a pack or carton of Kent Golden Lights Kings or 100's

25¢ CODE 3014



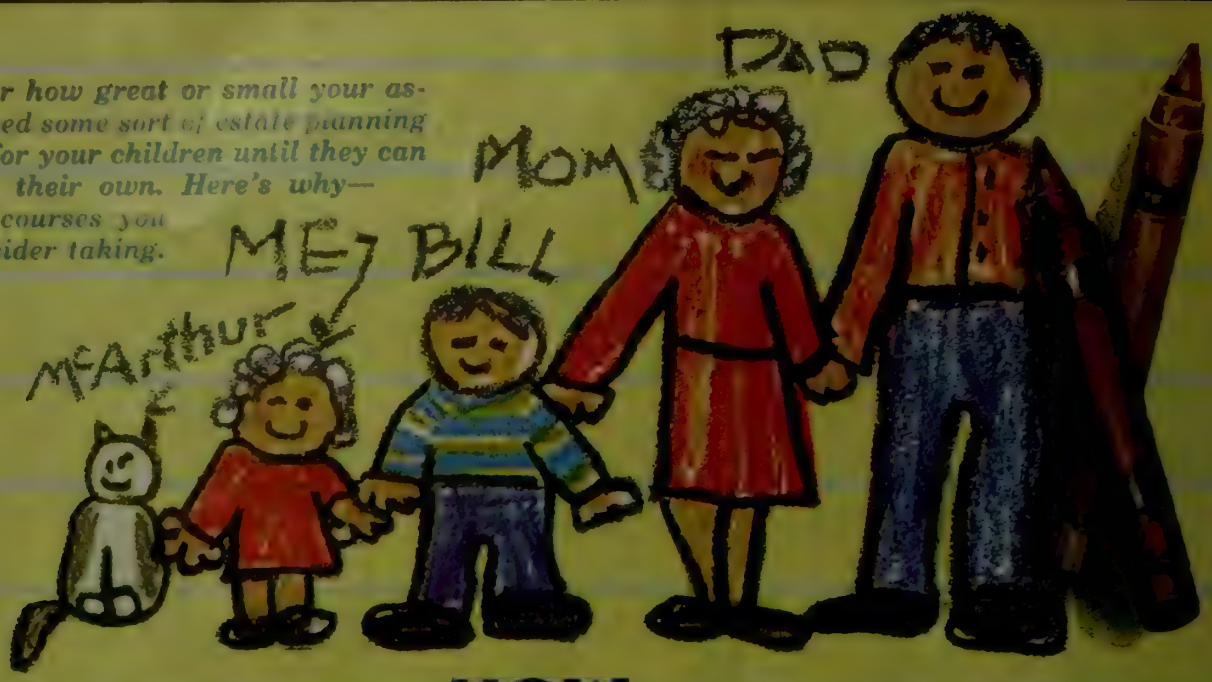
CODE 3014 25¢

TO THE CONSUMER: CAUTION! Don't embarrass your dealer by asking him to redeem coupons without making the required purchase. He must redeem coupons properly to get his money back. REMEMBER, coupons are good only on the brands called for. Any other use constitutes fraud. DEALER: You are authorized to give the person presenting this coupon the face value off your regular store price of a pack or carton of Kent Golden Lights, King Size or 100's. Upon compliance with the terms of this offer, you will be refunded the face value plus 5¢ handling allowance. This coupon may only be redeemed by you directly with Lorillard and may not be transferred or assigned. Invoices proving purchase of sufficient stock within the last 90 days to cover coupons must be shown on request. This coupon is void when presented by outside agency, or where prohibited, taxed or otherwise restricted. Offer good only in U.S.A.; expires Sept. 30, 1978. Limited to one coupon per purchase and TO PERSONS OVER 21 YEARS OF AGE. Consumer must pay any applicable sales tax. Cash value 1/20 of 1¢. Presentation of this coupon to Lorillard for redemption in knowing violation of any of the terms of this offer shall constitute fraud. For redemption, mail coupon to LORILLARD Cigarettes, P.O. Box 1446, Elm City, North Carolina 27898.

25¢

orillard, U.S.A., 1978

No matter how great or small your assets, you need some sort of estate planning to provide for your children until they can manage on their own. Here's why—and what courses you should consider taking.



HOW ESTATE PLANNING BENEFITS YOUR KIDS

If you haven't made definite plans for distribution of your property when you die, or if your plans are not drawn up according to the laws of your state, you're courting chaos for your family. That's true especially for your youngsters who cannot yet manage on their own.

For one thing, without adequate planning you relinquish control over how your property will be divided among your heirs and when they will receive it. For another, you may be giving up your say-so about who will look after your youngsters while they are minors.

To begin to understand the potential problems, consider the various ways property ownership passes on at death. Most commonly:

- Jointly owned property (like your home, perhaps, or some bank accounts) passes right to the surviving owner or owners.
- Life insurance proceeds are collected immediately by the beneficiary named in your policy.
- Any money or property you may have put into a "living trust" for your family remains in the trust until its terms authorize releasing the assets to the beneficiaries.
- Your will can dictate how you want all of your property, or specific property, to be distributed.

What if you don't have a will?

Then the laws of the state where you live at the time of your death will dictate who receives your property. Any property not legally bound by other means—joint ownership, insurance policies, or trust, for example—will be divided among your spouse, children, or other relatives according to the state's "law of intestate succession." Typical distribution might be two-thirds to the children and one-third to the spouse; or, fifty-fifty. If your spouse dies before you, or if you both die at the same time, it is likely that the children will all share equally in your estate regardless of age.

Once each child's share of your estate is determined, it is immediately available for the child's benefit unless you have provided otherwise in a trust or will.

That's where inadequate estate planning can cause problems. For example, any of your children who has attained majority (at age 18 in most states) will receive his or her share outright, with no restriction as to its use. If the youngster is still too immature to assume this financial responsibility, it's possible the inheritance will be needlessly dissipated through unwise investments or frivolous purchases.

Need for a guardian

Your will also can state exactly who you would like to act as guardian for your children. That person may be guardian of a child's *property*, of a child's *person*, or both.

If you leave no specific instructions through your will or other legally binding document, the court will appoint a guardian to hold the *property* of any children who are underage. Probably the court will choose a relative. However, if no relative is willing to assume the responsibility, the court may select a stranger.

All the questions of court-appointed guardianship can escalate legal and court costs—expenses taken out of the youngsters' assets. More important, when the court must make decisions because you did not, distribution of your property and the care of your children may take place in ways you never intended.

Whomever the court appoints, the guardian will be responsible for the care of the property of the child (called the "ward") so long as he or she is a minor. The guardian's responsibilities include investment of funds, as well as distribution of the money necessary for the care and support of the child. The court usu-

continued on page 33

Illustration: Sheila Barger

Impress friends and influence people.



Seagram's V.O.

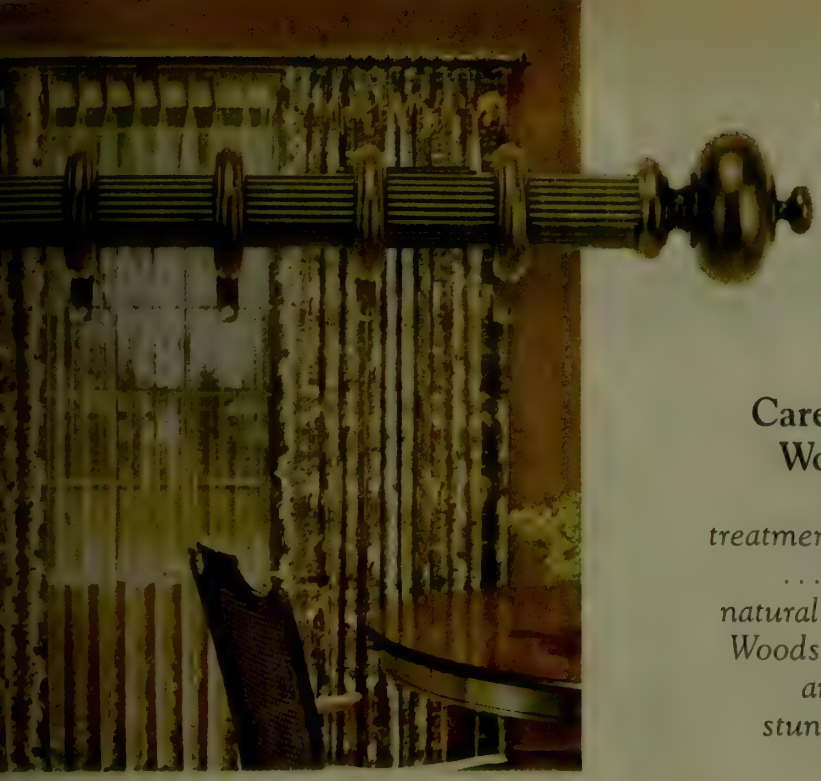
Bottled in Canada. Preferred throughout the world.

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Today's natural look begins with Kirsch.

The look of wood.
Creating an Early American decor? Going informal? Kirsch Sherwood® traverse rods are a natural . . . with the look of wood and the strength of steel.

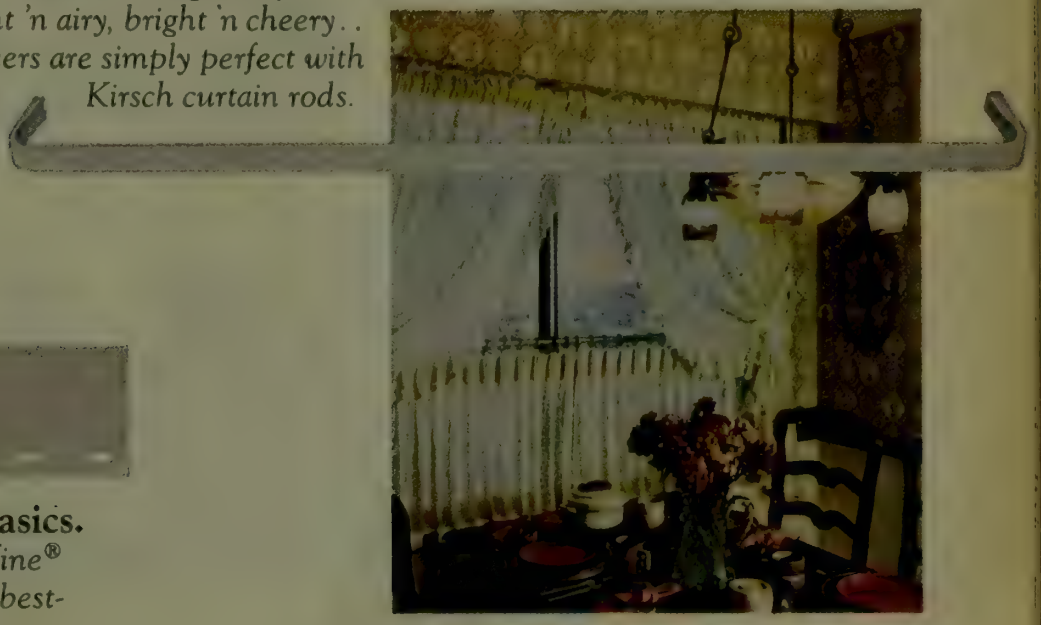


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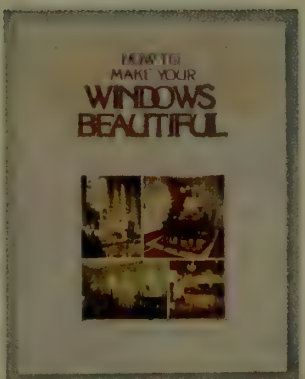
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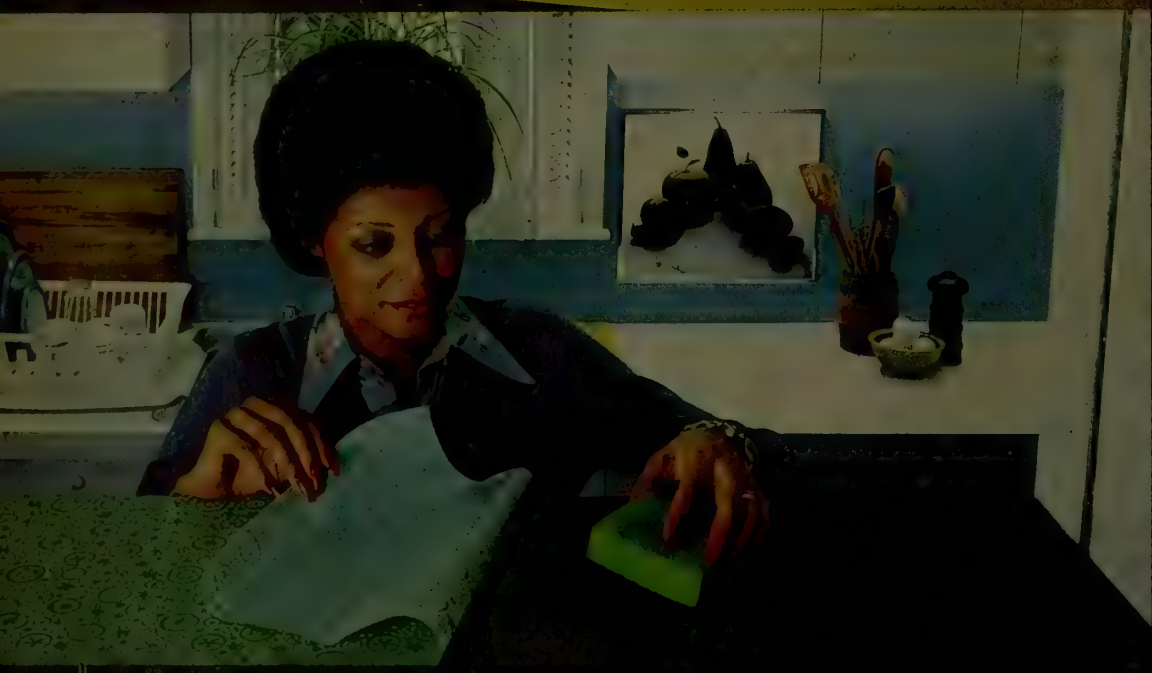
RUBBERMAID TAKES THE STICKINESS OUT OF LINING YOUR SHELVES.



Remember the trouble you used to have with that sticky, peel-off shelf covering?

Well, forget it.

Rubbermaid Shelf Liner has Tack Back Adhesive. It isn't sticky. But it sticks.



To activate the adhesive, just dampen the shelf. Rubbermaid Shelf Liner goes down easily and stays down.

It's plastic, so it cleans up beautifully, too. And the pattern won't wear off because it's printed from the underside.

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Rubbermaid comes in a variety of pretty colors and patterns.

And it costs less, too. About $1.29 for a 10-foot roll of 12" wall cabinet width or a 5-foot roll of 22" base cabinet width.

RUBBERMAID SHELF LINER. THE ONLY ONE WITH TACK BACK ADHESIVE.

Rubbermaid®

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begins on page 28

Estate planning

ally requires periodic accounting of how the property is being handled. Also, the guardian may need to seek court approval of certain investment or disbursement decisions.

When the ward reaches his or her majority, the guardian must make a full accounting to the courts. Should the child die before coming of age, his or her estate would have to be probated.

If both parents are dead, the court will also appoint a guardian over the *person* of the minor—generally until the youngster becomes of age. This guardian is responsible for all nonfinancial aspects of the child's well-being.

What should you do?

First of all, each parent should draw up a will. If you already have wills, review them to see that they reflect your current family needs. Be sure your wills take into account the possibility of the death of both parents as well as of one parent.

Consider these basic questions:

- **Who would you like to be appointed to raise your minor children in your absence?** Other members of the family are obvious considerations—but remember that when the time comes, grandparents may be too old to properly care for and supervise your children and their property during the formative years. Don't overlook close friends who are approximately your age and in whom you would have confidence.
- **How would you like to have your property divided among your children—or among their families, if your children are deceased?** You might want to make a distinction based on the relative ages and status of your children. For example, if you have already supplied an advanced education for an older child, you may want to make a monetary provision for a similar education for a younger brother or sister.
- **When would you like to have your children receive their inheritance?** Receiving the entire amount at once or at too young an age would probably impose an unnecessary financial responsibility on the child. There are several alternatives. The principal might be distributed in installments to your child at certain ages. Or, you may want to have your property held in a common fund until all of your children have had the same financial opportunity for a college education.

Does a trust make sense?

Even if you're not wealthy, a trust can be useful to you in many ways. It usually avoids the need for appointing a guardian over the property of a minor, since the trustee fulfills that function. A trust also can be the best way to delay inheritance until your children are more mature. And, the terms of the trust can include a "spendthrift clause," which protects your children's inheritance from being reached by creditors and also prevents your children from selling their shares.

Although you can create a trust

continued on page 37

"I switched from clay litter to Litter Green®...

when my granddaughter said 'Grandma's house smells like a kitty box!'

"Nobody ever told me before. But Jenny blurted out the truth. My house did smell of a sour catbox odor. And all this time I thought my clay litter was working. Then I read about your Litter Green with chlorophyl. And how its natural deodorizers stop odors better than clay. So I bought a bag and tried it. What a difference. It really works. I think everyone with a cat ought to try your Litter Green so their house won't 'smell like a kitty box'."

Litter Green stops odors better, keeps your home fresher.

Litter Green cat box filler has chlorophyl and natural alfalfa deodorizers

© 1977 The Clorox Company





Back then all men were created equal.
And all women were created equal.

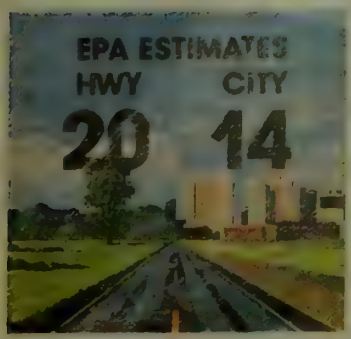
16mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


You've come
a long way, baby.
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SLIMS
Slimmer than the fat cigarettes men smoke.
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The New Chevrolet.

More of the things you want in a wagon.



MORE MILEAGE.* Compared to 1976 full-size Chevrolet wagons. EPA estimates with the standard 305 V8 and auto. trans. Power train not available in California.



CONVENIENT DOOR-GATE. Opens out like a door for people. Drops down like a gate for cargo. Counterbalanced. Easy to operate.



ROOMY CARGO COMPARTMENT. Takes loads up to 4 feet wide through a rear opening that's wider at beltline, higher overall than the 1976 model it replaced.



PUSH-BUTTON SEAT CONVERSION. A lever releases the folding third seat back. A button high on the side panel lets the second seat fold forward.



LOCKABLE STORAGE UNDER THE FLOOR. 8.0 cubic feet on 2-seat model. Less on 3-seat model (shown).



LOCKABLE STORAGE IN THE SIDE. Over 2 cubic feet. Handy storage trays hold things that usually clutter seats and floor.



MORE MANAGEABLE IN CITY TRAFFIC THAN THE MODEL IT REPLACED. Something to appreciate as you slip into tight parking spaces.



SEATS 8 WITH AVAILABLE THIRD SEAT. Built to take big families with plenty of room for heads, hats, legs, and feet.

1978 Chevrolet Caprice Classic Wagon with available Estate equipment.



*Your mileage may vary depending on how and where you drive, your car's condition and available equipment. (Chevrolet is equipped with GM-built engines produced by various divisions. See your dealer for details.)

Introduced a little more than a year ago, The New Chevrolet quickly became the best selling full-size wagon in America.*

You can see some of the reasons for its success on this page.

The other reasons will become obvious the first time you test drive The New Chevrolet Wagon.

And the best place to do that is at your local Chevrolet dealer's Wagon Stop, your complete shopping center for wagons. *Based on R. L. Polk registrations for 1977 model year.

Chevrolet Wagon Stop

SEE WHAT'S NEW TODAY AT YOUR CHEVROLET WAGON STOP.

GM
MARK OF EXCELLENCE

continued from page 33

Estate planning

for your children during your lifetime (a "living trust"), the most common is created by the terms of your will (a "testamentary trust"). It is put into effect only upon your death. One advantage of testamentary trusts is that they may be made contingent on several factors. You can provide that the trust won't come into being if your spouse is still alive when you die, for example.

If you decide on a trust, most estate planners recommend using a bank as trustee, since bank trust departments have a great deal of experience in this area. Furthermore, banks provide a neutral third party should a dispute regarding the trust arise among family members.

Some independent trustees will charge a fee for their services, others charge nothing. Banks' fees generally run between one-half of one-percent to one percent per year of the trust's value, with a minimum of $250 or $300 a year. The fees are tax-deductible.

What steps to take

Drafting a will or trust requires an expert hand. A lawyer familiar with your state laws will be able to advise you.

If you want to draw up a trust, talk to the potential trustee. Do not be reluctant to discuss fees or to specify how the trust will work. Often a bank trust officer will be willing to work with your attorney on the terms of your will or trust.

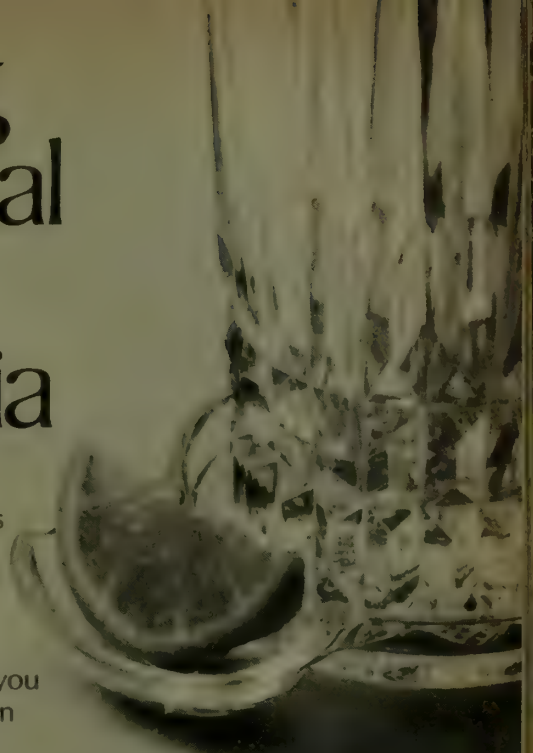
Also talk to the people who you want to act as the children's personal guardians. You usually won't have to go into any details about your finances, but the potential guardian may want to know approximately what kinds of funds will be available to provide for your children's needs.

Be sure to clarify all fees with the lawyer and the bank (if involved) before you draw up any papers. A will can cost from about $75 to $150, unless it is unusually complicated. Drawing up a trust agreement will run from about $100 to $300. ■

(Produced in cooperation with Robert A. VanOrsdel)

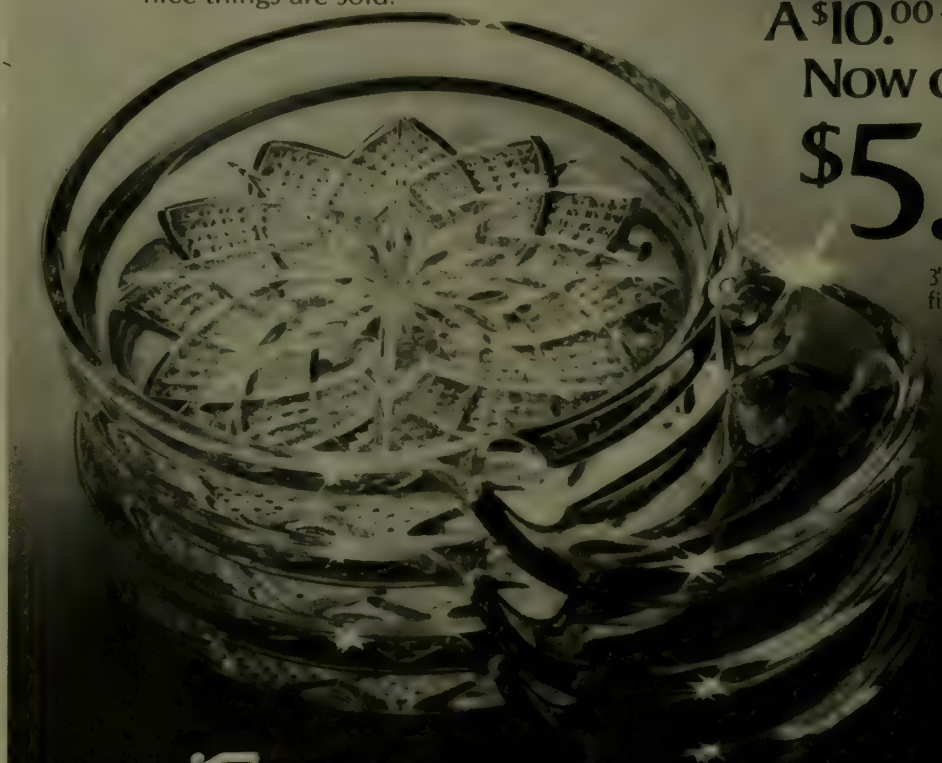
Charming lead crystal coasters by Fostoria

What a convenient idea: coasters designed with a versatile built-in "spoon rest." Imagine how lovely they'll look when you entertain. Great for gift-giving, too: the Fostoria name on each one says you sent the best. Look for companion pieces from our Great American Lead Crystal collection—wherever nice things are sold.



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3" diameter
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Please send me _____ sets of lead crystal coasters. I enclose my check or money order for $_____ ($5.95 per set. Please add 35¢ per set for postage and insurance)

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Clip and keep: We want you to be completely satisfied with your order—but we do know mistakes can happen. If you have any problems or questions, please let us know

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions.

Right now there's a free gift of handy refrigerator magnets in specially marked packages of Vivarin.

HOUSEPLANT HOW-TO

When you're out plant shopping, do you skip the rows of foliage plants and search for the cactus and succulents instead? You're in luck because plant shops are stocking more of your favorites now, due to increased demand. Here are three interesting varieties you'll find.



Photographs: Tom Hooper

Often mistakenly called miniature jade, the *Portulacaria afra, above,* is native to South Africa where it's used as fodder for livestock. The portulacaria does resemble the jade, but is much rarer and therefore sometimes difficult to locate. You may find it called by the popular name elephant bush.

Portulacaria needs the same conditions most succulents do to thrive indoors. Give the plant at least half a day of full sun; light from a south or west window is good. Water when the soil feels dry. Feed the plant once a year in spring when new growth begins to show. After several years, the portulacaria may produce delicate pale pink blossoms.



The *Echeveria secunda* is an easy plant to identify when it's blooming, *above.* Its tall pale green flower spikes tower over the plant, and small pink and yellow blossoms appear all the way up the spike. When the blooms fade, cut the spikes back to the soil. Then let the plant rest awhile by moving it into less intense sun and watering less often.

The secunda needs at least half a day of full sun. Water when the soil feels dry; use a watering can with a long spout to get water to the base of the plant. Feed once in spring.



The blooms of the *Echeveria pulvinata,* while not as unusual as its cousin's tall flowering spikes, are every bit as colorful, *above.* Bright pink or orangy yellow blossoms literally cover the plant. The pulvinata has the common name plush plant because of its fleshy leaves covered with velvety hairs.

The pulvinata needs only bright, indirect light and should be watered when soil is dry to the touch. Feed once each spring. ■

With Sony's new electronic digimatic clock radio, every second counts, but not out loud. Because the clock is electronic, with no moving parts, all you hear from it is the sound of silence. The FM/AM radio, on the other hand, with its big 3¾" speaker, gives you full, rich Sony sound, loud and clear.

The electronic clock numbers appear, of course, in lights which you can make brighter or dimmer as you see fit. There's an alarm light time display so you can see at any time exactly what time you're set to wake up. There's a switch you can pull to automatically zero in to the 0 second for perfect timing. And the entire clock radio is on an adjustable base so you can have the right angle at any angle.

There's even a new flashing power-failure indicator light. Plus all the accoutrements—snooze bar, 0-59 minute sleep-timer, 24-hour pre-set, earphone jack, FM external antenna—and a cabinet color choice of metallic gray or silver.

All in all, it's a time machine as up to the minute as you can get. Model ICF-C800W Electronic Digimatic Clock Radio

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TIME SHOULD BE SEEN AND NOT HEARD.



"IT'S A SONY."®

Reactivating an antique armoire

More and more families are discovering the joys of owning antique furniture. And, as any flea market regular can tell you, half the fun is finding new ways to use lovely old pieces. Here's an example of what one antique buff did to breathe new life into an antique armoire.

When more bedroom storage space was needed, the owner of this antique armoire decided to restructure the armoire's inner workings. He made a custom-fitted storage unit that slips inside the old armoire. Since he did not attach the new section to the armoire, he also can slide out the storage piece and use it elsewhere as a separate item of furniture.



Source: Barbara Sims/Linda Magazzine



Architect: Mark Shekter, AIA. Photographs: John Rogers

Just open the big panel doors and you can see how well the new blends with the old. Inside the 3½x7x1½-foot antique shell there's a thoroughly modern storage unit.

The inner unit was made of birch plywood and painted to maximize the contrast of old and new materials. Drawers in the lower section roll on ball-bearing glide slides and offer lots of room to store foldable clothing plus accessories. Spanning the closet width on recessed standards is an adjustable laminate-covered shelf that keeps reading material handy. ■

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We tortured out the secrets. From day in, day out speeds up to 90 mph, from slamming into turns and diving into water, from millions of miles that tear at tires came our finest steel belted radial tire ever, the Firestone 721.

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Remember, the safety of any tire depends on wear, loa... ...llation and driving conditions.

New Oneidaware™

Special Introductory Offer

Any four-piece place setting only $2.95!









We are particularly proud to present our new Oneidaware line because we feel it answers a real need homemakers have for a good set of solid stainless designed for everyday use. Oneidaware, available in three attractive patterns to appeal to every taste, fulfills that need beautifully. Each piece reflects the same fine American craftsmanship as our established lines of Oneida Community flatware but at prices which will leave you feeling free to use Oneidaware for even the most casual family meals. Discover the delights of our new Oneidaware now by taking advantage of our special introductory offer.

Betty Crocker

You would expect to pay twice as much in stores for comparable quality stainless by Oneida. But Betty Crocker coupon savers can realize tremendous savings by acquiring practical new Oneidaware through the Betty Crocker Coupon Catalog.

Start your set with this four-piece place setting offer (consisting of dinner fork, solid handle knife, teaspoon and salad fork) for just $2.95. Choose traditional "Whittier" pattern, Early American "Allegiance" or contemporary "Rosewood."

Then continue collecting Oneidaware in your favorite pattern (everything from iced drink spoons to special serving pieces is available) by taking advantage of Betty Crocker coupons found on more than 175 General Mills products. A Betty Crocker Coupon Catalog will be sent with your order.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded. Order soon: special offer expires, May 15, 1978.

General Mills, Inc., Box 137, Minneapolis, MN 55460

☐ I enclose $ _____ (CHECK OR MONEY ORDER) for a 4-piece place setting(s) in the pattern(s) checked below:

☐ WHITTIER ☐ ALLEGIANCE ☐ ROSEWOOD

Limit: Two place settings per family, please. Give zip code. Offer good only in U.S.A. Please allow up to six weeks for shipment. Expires May 15, 1978.

PRINT CAREFULLY—THIS WILL BE YOUR SHIPPING LABEL.

Name _____

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City _____ State _____ Zip _____

Photographs: Maris/Semel. Source: Ruth Grenci

A UNIQUE GREENHOUSE



What's surprising about this greenhouse is the location—the unit hooks onto the second floor of the house. You might prefer your greenhouse off a hallway or even a stair landing, as is the case in this remodeling. Or, you might hook the unit to a master bedroom and gain a verdant seating area in the bargain.

The principal ingredients of this 5½x11-foot greenhouse are redwood supports and acrylic plastic panels. Both the uprights and the rafters are 4x6s. They were installed first and the acrylic plastic was cut to fit each opening and then fastened in place with 1x2 stops around all sides. Where the plastic sheets join, a clear sealant stops air and water leaks.

At this house, the greenhouse was hooked on just outside a pair of windows. Then one of the windows was replaced with a single French door for access.

To plan a unit like this for your own home, choose the location first. Installing a new door will be much easier if you replace a window. Then you can utilize the existing header and will only need to remove the wall below the bottom of the window.



Build the greenhouse floor with 2x8s on 16-inch centers and attach one side to the house with joist hangers. Support the outer corners with 4x4 posts resting on concrete piers. Then add a plywood subfloor on the top of the framework, insulate, and add a "ceiling" to the bottom.

Install the 4x6 uprights and rafters and the acrylic panels and you're ready to apply the finishing touches. Indoor-outdoor carpeting will add a splash of color and shrug off watering spills. To make your plants happy, you may need to use a portable humidifier and, if your existing heating system won't do the job, add an auxiliary electric heater. ■

© 1978—R.J. REYNOLDS TOBACCO CO.

"Vantage gives us more taste and less to argue about."



"My husband and I like to smoke. But we're both aware of the things being said against high tar.

"So there we were facing each other every day, smoking our high-tar cigarettes and daring each other to switch to something lower.

"I'd bring home a lot of those new low-tar cigarettes and he'd keep rejecting them. 'They just can't make a cigarette that has low tar and good taste,' he'd say.

"Then one day I came home with a pack of Vantage.

"I said they tasted a lot better than those other low tars. But I was anxious about what he might say.

"Well, he liked Vantage right off, and after the first pack I knew we'd found a low-tar cigarette we could stay with.

"Today, we both smoke Vantage. You could say we're getting less tar and we're getting along—with Vantage."

Toni Chamberlain

Toni Chamberlain
Bothell, Washington



Regular, Menthol, and Vantage 100's.

Vantage. A lot of taste without a lot of tar.

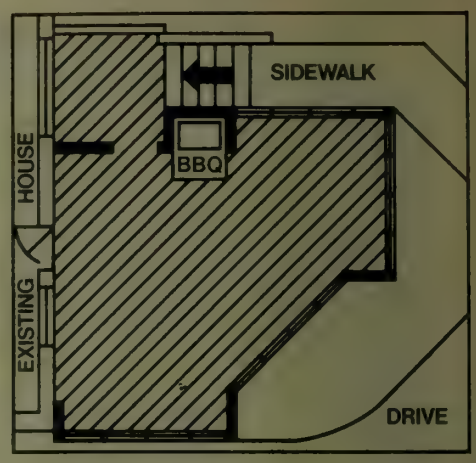
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER: 11 mg. "tar", 0.7 mg. nicotine,
MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report AUG. '77;
FILTER 100's: 11 mg. "tar", 0.9 mg. nicotine av. per cigarette by FTC method.

About-face for a back porch

Your back porch can be more than a place for rain gear and old clothes. With careful planning and some elbow grease, you can turn your back-of-the-house eyesore into livable space. The Robin Christensons proved it at their house.





The Christensons' remodeled porch is so spacious that it actually functions as an outdoor family room. But thanks to extensive screening, the comfortable feeling of a porch is retained.



Photographs: Tom Ebenhoh

Inside, the family can barbecue on the vented grill while guests wait comfortably in the seating area. Food is served piping hot at the dining table just steps away.



Architect: Thomas L. Thomson, AIA. Source: Lois Rea

Three skylights make the porch seem even more a part of the outdoors. The floor is eight-inch pine laid diagonally. ■



When you're expecting, your joy needn't be spoiled by hemorrhoids.

Awaiting the arrival of your baby can be one of the most happy and fulfilling times of your life. It can also be the time when you first experience the discomfort of hemorrhoids. That's because, as the weight of the baby increases, the extra pressure can cause hemorrhoids.

Many expectant mothers first discover Preparation H at this time. Because Preparation H does *more.*

In many cases, Preparation H® gives prompt relief for hours from the burning pain and itch. Then, with its additional medical ingredients, Preparation H goes beyond soothing. It helps *shrink* swelling of hemorrhoidal tissues caused by inflammation. And Preparation H does all this without anesthetics or astringents.

So enjoy completely a most fulfilling time of your life. Use doctor-tested Preparation H for hours of relief from hemorrhoidal symptoms. Use only as directed.

Moving is having to say "hello."

For a 6-year old, moving away can seem like the end of the world. She's sure she'll never find friends as nice as the ones she's leaving behind. And won't it be strange coming home to a house so different from the one she's known?

But then she discovers that people are people, wherever you happen to live. And maybe her parents were right after all. They said, "Just wait, you'll make lots of new friends."

These are the private, personal feelings that only a family can share. And United Van Lines knows what they mean to you. So we concentrate on the thing we do best; taking care of your family's belongings. That's our way of helping you forget how hard it was to say "goodbye."

Call us. We're in the Yellow Pages under "MOVERS."



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THE NURSING HOME DILEMMA

Part 2: Choosing the best care

Last month, in the first of three articles about the nursing home dilemma, we discussed how families can help an elderly parent make decisions about entering a nursing home. This month, we tackle the problem of choosing the best possible nursing home—what you and your parent should look for when you visit prospective nursing homes. In next month's article we'll look at ways to finance nursing home care.

Is it really possible to find a good nursing home—one that provides excellent physical care in a warm, loving, homelike atmosphere?

The answer is yes!

There are many nursing homes that provide high-quality care for their elderly residents, often under difficult circumstances. But you may have to look hard to find one because truly good nursing homes are not necessarily the newest, cleanest (although they must be clean), or fanciest; and often they have long waiting lists.

Here are the steps you should follow as you seek the best nursing home care.

What kind of care

Your first step should be to determine exactly what kind of nursing home care your elderly parent needs. Let's look at the case of Mrs. R. Like most elderly people in need of nursing home care, she suffers from more than one chronic illness. Her condition has recently grown worse, and she is no longer able to care for herself, even with the help of such programs as Meals-on-Wheels and twice-weekly visits by a social service homemaker. Thus, Mrs. R. and her daughter, who is employed full time, agree that a nursing home will be the best solution.

They also consult with Mrs. R.'s physician. His diagnosis will help them determine which of the various levels of nursing care is needed.

If Mrs. R. needs extensive nursing and rehabilitative care (as is usually the case after hospitalization), the physician will recommend a *Skilled Nursing Facility (SNF)* that provides nursing care closest to that found in a hospital. According to federal Medicare/Medicaid guidelines, a minimum of one registered nurse must be on duty during the day shift, seven days a week. (This minimum standard may be surpassed in various states and varies according to the size of the facility. Some nursing homes voluntarily exceed the standards.) The RN works with the patient's physician, who is required to visit once a month for the first 90 days of the patient's stay, and every two months thereafter.

If Mrs. R. needs less intensive care, the physician will recommend an *Intermediate Care Facility (ICF)*. Typical patients in an ICF are those suffering from long-term chronic conditions that are not in the crisis stage. These patients need less complex nursing care than do SNF residents. Registered nurses are not required on the ICF staff, but a part-time RN consultant is required. A licensed practical nurse is required to be on duty, and again the federal minimum requirements may be exceeded in some instances. Required visits by the physician can be spaced as much as 60 days apart right from the start of the patient's stay.

Robert N. Butler, M.D., Director of the National Institute on Aging, says one of the most important elements of a good nursing home, safety factors aside, "is the number of RNs per shift relative to the number of patients." It's impossible, though, to set up formulas for nurse-to-patient ratios because the quality of nursing care depends not only on the numbers of patients, but on the physical and mental condition of the patients as well—and on the institution's philosophy of care.

Residential care facilities are for people whose physical or mental condition has not greatly deteriorated but who need help with the basic tasks of daily life: meals, dressing, bathing, and social activities. Such residential care is not covered by Medicare or Medicaid.

Some nursing homes, or homes for the aging, in addition to offering all these three levels of care, include purely residential facilities for the well elderly. This is reassuring for an elderly resident, because if his condition worsens or improves he will not move to entirely new surroundings.

The terms "Skilled Nursing" and "Intermediate Care" define a facility's ability to meet the physical and social needs of residents. Such facilities can be certified—if they wish and if they meet government standards—for reimbursement by the Medicare and Medicaid programs.

- Medicare reimburses *only* patients in an SNF and then only for limited periods of time with patients paying a part of the costs.
- Medicaid, a federal/state sharing program administered by all states except Arizona, reimburses certain patients—those with limited income—in

continued

Drawing: Hellman Design Assoc.

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continued

Nursing homes

both the SNF and the ICF.

For many families, the search for nursing care goes hand in hand with a search for ways to finance nursing home care. Be sure to check if your parent has supplemental means to pay for nursing home care. Some health insurance policies provide for nursing home care, as do some pension plans.

Next month, in the third article in this series, we'll explore the ways nursing home care can be paid for.

Where to look for help

After you, your parent, and your family physician have determined the level of care needed (and, if possible, how the care will be financed), your next step is to compile a list of nursing homes in your area that meet those needs. The list should take into consideration your parent's interests and personality. Perhaps your father has strong ties to a fraternal organization; perhaps your mother has deep ethnic or religious ties. If so, then it might be best to try to find a home where your parent can be among people with a similar background. Another important factor is the location. The home should be close-by. Distance is often an excuse for postponing visits.

Involve your parent in the decision as much as you can. Does your parent like the hustle and bustle of city life? If so, a nursing home in a rural area is not the place. Another factor is the nursing home's proximity to friends and relatives outside the immediate family. Even if you can't make frequent visits, other friends and relatives may be able to fill in the gaps.

To compile your list of appropriate homes, talk to your physician or clergyman, or a hospital social worker. You can also get names from a local social service agency, your social security office, the local health department, a state health care or nursing home association, or a local agency on aging.

If the list is long, narrow it down by making a few phone calls. Ask about location, affiliation, Medicare and Medicaid certification, availability of rooms, and whether the home provides the level of care your parent needs.

Visiting the homes

Now you're ready to arrange personal visits to the homes that sound promising. (It's only courteous to make an appointment beforehand.) Visit in the midmorning, after breakfast and the morning cleanup routine.

If your parent wants to go with you and is able to, it's a good idea to take him or her along. Of course, visiting a number of prospective nursing homes may tire, confuse, or depress an elderly person. In that case, narrow the choice to two or three homes before asking your parent to go along.

Verify that each home you visit is licensed by the state and that the administrator, too, has a current state license. Ask to see the licenses. Do not consider a home that lacks either one.

Another gauge of an administrator's competence is "fellowship" in the American College of Nursing Home Administrators. This voluntary certification by the College usually indicates a high level of competence. But, as with all honorary certification, the fellowship is only a guide.

Other forms of accreditation may help you size up a nursing home. A certification from the Long-Term Care Council of the Joint Commission of Accreditation of Hospitals (JCAH) is one positive sign that the home is a good one. JCAH inspects homes that ask to be reviewed.

Talk to the administrator and the director of nursing, and take their measure as people. Nursing homes reflect the attitude and commitment of the people in charge. J. Albin Yokie, executive vice-president of the American College of Nursing Home Administrators, says, "It is the attitude of the administrator that really makes the difference. He has direct impact on the quality of care; therefore his commitment and dedication to serving the needs of the chronically ill and the aged are of prime importance." If an administrator seems to be more interested in finances than in service, turn around and walk out.

Ask the administrator for a copy of the home's most recent fire safety report. And ask for an explanation of any deficiencies.

Also ask about the number of nurses

continued



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continued

Nursing homes

on duty per shift in the home. While Medicare requires a minimal number —one RN per day in an SNF—determine if this low requirement is met or, better yet, surpassed, particularly in a large facility.

During your visit, be sure you're given a complete tour of the home. Ask to see all areas. Make sure that the nursing home is clean, bright, safe, and as homelike as possible. Are there wet spots or scatter rugs on the floors that might cause patients to slip? Is furniture left where residents can bump into it? Are there grab bars in bathrooms and handrails in the hallways?

Be sure to be sensitive to the intangibles, attitude and atmosphere. These determine whether a nursing home is a pleasant place to live.

"We always advise people to use their five senses when they enter a nursing home," says Sarah Burger, coauthor with Martha D'Erasmo of *Living in a Nursing Home: A Complete Guide for Residents and Their Families* (Seabury Press, 1976). "How do the residents look? Are they all tied into their chairs, not conversing? Or is there a gentle hum of life? There should be. What does the place smell like? There may be a little odor, especially in the morning, but it should not be pervasive, nor should there be a strong odor of disinfectant, as if to cover up the smell of urine. Of course, there should be no odor lingering about the patients.

"Use your eyes, too. The place should be clean—not necessarily squeaky clean, like a hospital, but as clean as your own home."

Where are the residents? Most of them, if they're able, should be out of bed and dressed in street clothes. Being up and about prevents bedsores, which are painful and can be difficult to cure. And a person who is sitting up in a chair outside his room is less susceptible to pneumonia than he would be lying in bed much of the time.

Also, the patient who is left in bed to watch TV is isolated. Jeanette Kramer, of Northwestern Memorial Hospital's Center for Family Studies in Chicago, says involvement is one sign of a good nursing home. "Residents who function least well are in the living areas of the home, where the action is. Their collective disabilities can sometimes overwhelm the visitor, but if patients are always stashed away back in their rooms, they retreat into themselves; they are not making connections with each other or the outside world."

As you walk about the halls, observe whether the staff members are friendly and cordial, or remote and businesslike. Do they reach out and warmly touch, even embrace, the old people?

When preparing to move a patient in a wheelchair, does the nurse or aide first bend down and explain where they are going? Or does she move him without explanation, thus demeaning his self-respect and dignity?

Glance into the residents' rooms. In good nursing homes there will be signs of individuality in nearly every room: small pieces of personal furniture, family pictures, paintings on the walls, books, a radio or TV, and plants. (Some state regulations forbid some of these items. Check with the administrator to see which are allowed.) Such small but important links with the past help a nursing home resident retain a sense of individuality.

By all means visit the kitchen and the dining room. Check them for cleanliness, and ask (preferably in advance) to eat a meal with the residents. Is the food tasty? Do the aides help those residents who cannot eat by themselves? Are there provisions for special diets?

While the residents cannot be occupied all the time, there should be a variety of programs designed to engage their interests during the day. Herbert Shore, Ed.D., nursing home administrator and former president of the American Association of Homes for the Aging, says: "There should be a reason for the residents to get out of bed in the morning. Older residents need to have something to look forward to—a break in the routine, something to give life meaning and purpose as well as length. Each day should be special." A good nursing home will have a full-time director of activities to plan programs at different levels of skills for the residents. Judge an activity program by its quality rather than its quantity. Ideally, there should be opportunities for residents to make a contribution to life in the nursing home or even to the community. It should not be all balloon volleyball and bingo. There ought to be crafts of varying complexity; music and singing for those who can't or don't want to engage in crafts; movies; parties; birthday celebrations; and celebrations of important holidays. Religion is often a real comfort to old people, so check to see if religious services are available for your parent.

It's also a good sign if volunteers from the community regularly work in the home. Volunteers provide contact with the outside world, and if the nursing home is of poor quality, volunteers will be hard to attract.

Ask about the home's arrangements for such special services as physical therapy. Does the home employ a registered physical therapist? If not, is a therapist on call or does one make regular visits to the home?

"By visiting in the evening, you can tell a great deal about whether a home is cutting corners," says Ms. Burger. "Are the residents all in bed at 6 p.m.? Are trays of food lying untouched at the residents' bedsides because no one served dinner to those who couldn't eat by themselves? Remember, you are not snooping. You are just observing."

Involving your parent

If your parent hasn't accompanied you on your preliminary visits to nursing homes, try to take him or her along after you've narrowed your choice to a couple of homes so he or she can have a say in the final choice. If this cannot be done, then describe the homes and ask your parent to make a choice. If such a decision proves too difficult, then perhaps he or she can be given a choice between two rooms in the nursing home, or which of some favorite pictures might be hung in the room. If the decision must be still simpler, then you might offer a choice of clothes to be packed, or even of magazines or books to take along.

The greater the role your parent plays in such decisions, the faster and more positively he or she will adjust to the new life in the home.

Signing the contract

When you have decided on a nursing home, you will be asked to sign a contract—sometimes called an admission agreement or entrance contract. The contract will spell out the conditions under which your parent is accepted

continued



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continued

Nursing homes

and the home's obligations to him or her. Whoever signs the contract will be legally bound by it so have the administrator explain anything that isn't clear to you, and have your lawyer review the document.

Be sure you're provided a written statement of basic monthly charges and also of any "extras," because they're defined differently from home to home. Extras usually include medications, physical therapy, beautician and barber visits, and sometimes such items as laundry, special feeding, and terminal care. Physicians, dentists, and podiatrists usually make their own charges for any visits.

The nursing home should also have some method of safekeeping any money your parent might have. In many states, nursing home residents who are receiving public assistance get a small monthly stipend. If this is the case with your parent, check to see that he or she may draw against this account and is given a regular monthly statement of the balance.

You usually pay the basic monthly charge in advance, so make sure the contract states that the charge will be refunded if your parent leaves the home before the end of the month.

The average "basic charge" for an SNF or an ICF will range somewhere between $550 and $850 per month, depending on the nursing home and the locality. With extras, the monthly bill rises to about $700 to $1,000.

The patient's bill of rights

Those nursing homes participating in federal programs such as Medicare and Medicaid are required to have written policies that state the patient's rights and obligations.

As you review nursing homes, check to see if this "patient's bill of rights" is prominently displayed. During the admission procedure, nursing homes are required to explain the patient's rights and get a signed statement that the patient is informed about those rights.

The 14 points set out in the bill of rights are guarantees that give the patient: information about his condition; management of his own financial affairs (or at least regular accounting of them); freedom, under ordinary circumstances, from chemical or physical restraint; confidentiality of his medical records; and the right to voice grievances to the staff without reprisal.

Making the transition

When your father or mother enters the nursing home, it will not be easy for him, her, or you. But you can help make the transition much smoother by accompanying your parent on the first day and spending at least three or four hours with him or her. Make sure your parent is introduced to the nurses, to his or her new neighbors, and to the social worker. The first weeks may be the most difficult. Your parent may feel depressed, confused, and abandoned at being uprooted from familiar surroundings to live among strangers. It is crucial that you let him know that you are going to to be with him through this difficult time.

Above all, visit your parent as often as possible. Don't let your own subconscious feelings of guilt and anger ("I can't stand to see him in that place! I just can't go there, it's better for both of us!") keep you away. Visit as frequently as you can and take along the grandchildren. You and your family have a large role to play in helping make your mother's or father's new life as rich as possible.

For more information

For more guidance on choosing a nursing home, you can write for two booklets: *How to Select a Nursing Home*, available from the Division of Long-Term Care, Public Health Service, HEW, Room 17-B-20, Parklawn Building, 5600 Fishers Lane, Rockville, Maryland 20857. This excellent booklet includes a checklist you can use as you investigate nursing homes, as well as the complete patient's bill of rights.

Thinking about a Nursing Home also has a consumer's checklist and contains addresses of all of the state health care associations. It's available from the American Health Care Association, 1200 Fifteenth Street, N.W., Washington, D.C. 20005. ■

Next month: Financing nursing home care.

(Produced in cooperation with Mark Perlberg.)

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1 pound top sirloin or round steak
1 large onion
3 stalks celery
¼ pound mushrooms
6 scallions
1 can (5 ounces) water chestnuts
½ cup hot water
1 teaspoon *Herb-Ox* Instant Beef Style Bouillon or 1 *Herb-Ox* Beef Flavor Bouillon Cube
1 tablespoon sugar
3 tablespoons soy sauce
¼ pound fresh spinach leaves

Cut meat and vegetables except spinach into thin slices and arrange decoratively on a plate. Cook just before serving.
Heat oil in a large skillet or wok. Brown meat slices quickly, push to one side. Add onion, celery, mushrooms, scallions, cook 3 minutes, stirring constantly. Add water chestnuts, water, instant bouillon or bouillon cube, sugar and soy sauce. Bring to a boil. Add spinach, cover pan, cook 2 minutes. Stir, serve with boiled rice. Makes 6 servings.

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HOUSES YOU'LL NEVER OUTGROW

A LOT OF HOUSE FOR ANY LOT

By Noel Seney



Here's the second of three well-planned houses resulting from the joint efforts of *Better Homes and Gardens* and the Armstrong Cork Company. The three were designed to meet young families' criteria of versatility, expandability, and affordability. Each house has been furnished to show how its multi-function areas can work for you.

In case you'd like a first-hand look, Armstrong has arranged with builders throughout the country to build models of these Concept Houses. Check page 173.





Photographs: Maris/Semel. Interior design: Louisa Cowan, ASID, Armstrong Design Center

The 24x32-foot core house is the perfect answer for the family with limited first-home funds. Since the house is so compact, it can snuggle into a small lot—another money-saving factor. And, the house can be sited either to the street or to the side yard so you can make wise use of almost any available plot of ground, even a leftover.

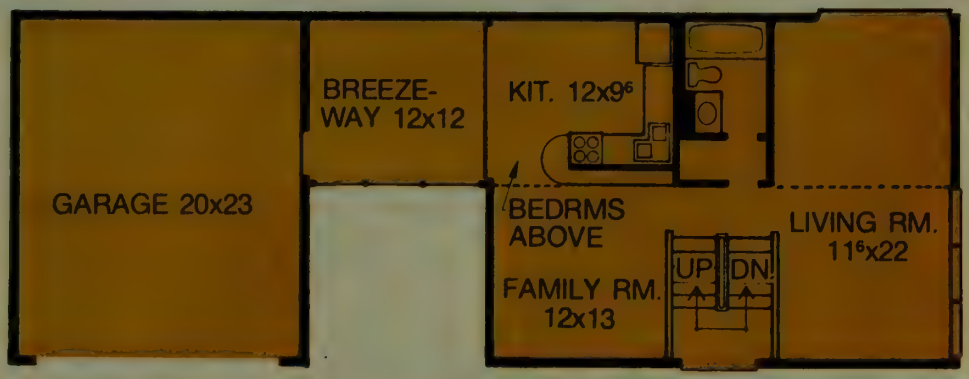
When the pocketbook allows, there's any number of expansion possibilities. Continue the floor level of the upper bedrooms, add a shed dormer and, presto, you've got two more bedrooms. Or add space off either end—and increase the space on the main level.

But just as important as the amount of space a house has is how the space is used. By using space wisely, Booth, Nagle, and Hartray, Architects/Planners of Chicago, gave this house a surprisingly wide-open look. It comes, in part, from the staircase that dominates the front portion of the house.

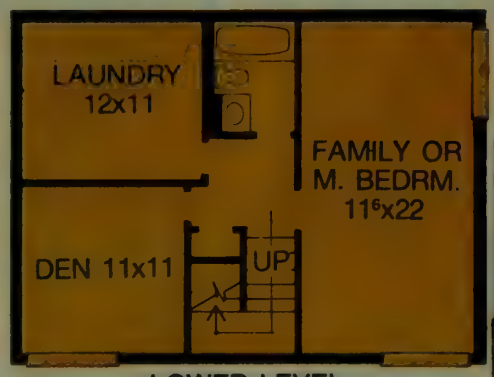
A few steps up from the double front door and you're in the main living area with the front half of the house rising two stories high over the dining area and a part of the living room. It's this lofty look that makes the average-size house seem twice as big as it is. The open stairway moves up from the main level to a landing, then changes direction to the upper level which includes two bedrooms and a bath.

To the right of the staircase is the breath-of-fresh-air living room with high stair-step windows and space-stretching white walls. Only a low divider wall backs the L-shaped modular seating arrangement.

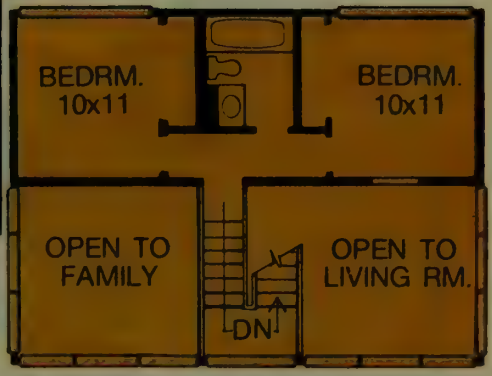
Better Homes and Gardens® House Plan 19818. To order, see page 177.



MAIN LEVEL



LOWER LEVEL



UPPER LEVEL



A LOT OF HOUSE FOR ANY LOT





The area to the right of the stairs is 11½x22 feet and can be used as a large living area or, as shown, divided. This way, you get a living room and a guest bedroom/study behind it. It's options like this that help make the house all-out livable.

More multi-function possibilities lie in the area to the left of the stairway. Here are all the components for a formal dining room, a casual family room, or a combination of both. The combination (*above*) features built-in storage shelves as well as a built-in sofa on the divider wall, next to the stairway. With these two elements fixed, all you add are table and chairs to make the area serve for everything from a happy birthday party to a Saturday night bridge game. And the

area is close to the kitchen so refreshments are just a few steps away.

However, if you'd like to have separate dining and family rooms, use the main-level spot for dining only and the 22x11½-foot space on the lower level for a family room. We opted to use that lower level for a master bedroom suite with its own bath, two floors below the children's quarters. This arrangement provides Mom and Dad with the kind of privacy more and more couples are demanding.

The kitchen is everything a family could want, and it's only 9½x12 feet. It features an L-shaped lineup of work centers to short-cut kitchen chores. A tiny snack bar rounds off the end of the L—the counter is big enough for solo breakfasting or pre-



paring the grocery list. A freestanding divider-counter offers auxiliary space also and stores small appliances under its sliding top.

The breezeway has been screened to yield an extra slice of fair-weather living space. It makes a secure and enclosed spot for youngsters to play within Mom's eyeshot while she's busy in the adjoining kitchen. The breezeway can easily be converted into full-time living space later on; just replace the insect screening with insulated walls and install windows where you want them.

All this livability and versatility make it hard to remember that this house is modest in size, but it is. The basic living space is only 1,150 square feet, and all three levels total 1,900 square feet. This small size pays off in energy efficiency and in lower heating and cooling, too.

Models of this and the other two houses in this series are open in many communities—check page 173.

BUILD 'EM & buy 'em storage ideas

5 GREAT PROJECTS TO UNCLUTTER YOUR HOUSE

By David Haupert

Have you *ever* lived in a house that had enough storage space? Few people have, and it's probably because there's a bit of the pack rat in most of us. If you're feeling the stowage pinch, here are some ideas and sketches to help you design your own storage problem-solvers.

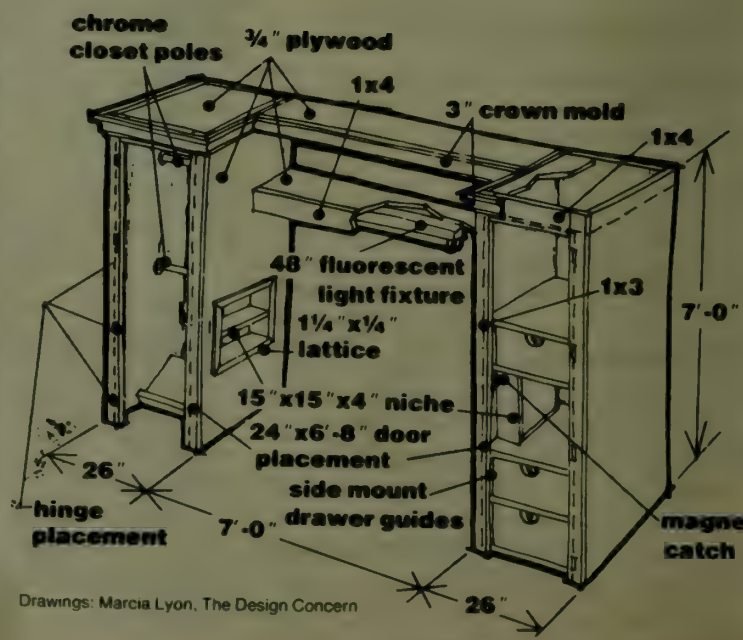


Photograph: John Rogers. Designer: Gerald Tomlin, ASID. Source: Barbara Sims/Linda Magazine

When you can't squeeze one more shirt into the bedroom closet, and you're starting to keep your shoes under the bed, it's time to add a unit like this one. It not only solves storage problems; it also looks great.

Though each side section is only about two feet wide because of this room's tiny proportions, you could build the unit as large as your space permits. You can use the top portion of each closet section for hanging storage and keep shoes on tilted racks in the bottom portion. Or, if sweater space is a bigger problem, build a few drawers into one or both sides.

Build the upright sections from oak-veneer plywood and front them with oak-stained pine doors. Then tie together the two sides with a bookshelf or two, capped off at the bottom by an oak or oak-plywood valance. Slip a fluorescent fixture behind the valance and run wiring to a switch mounted on the side of one of the tall sections. And if your bed doesn't have a bookcase headboard, just build recessed nooks into the side units to hold your clock radio and other bedtime necessities.



Drawings: Marcia Lyon, The Design Concern





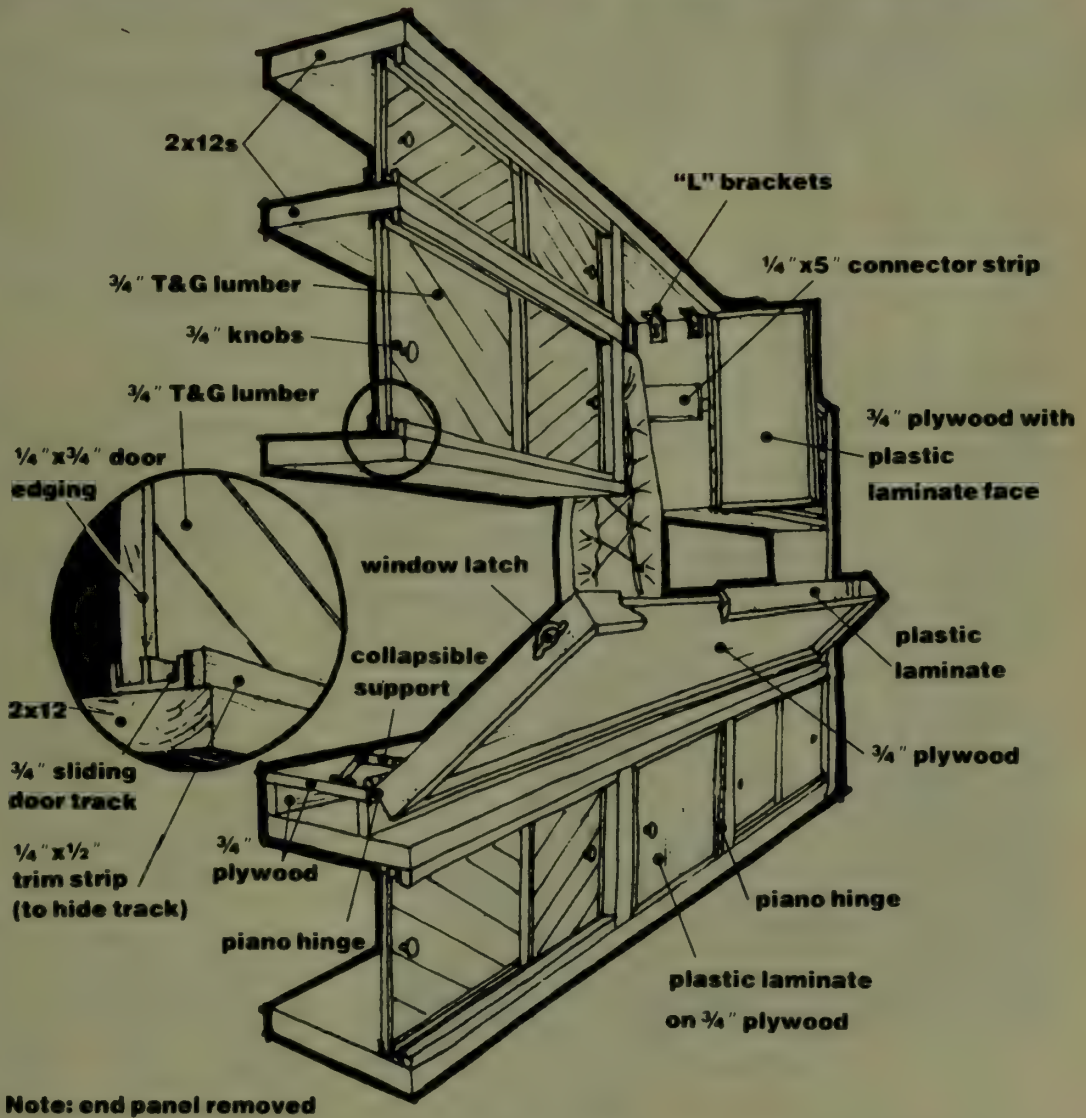
Photographs William Hopkins Designer Catherine Ma Source Patricia Carpenter

If you're piling dirty clothes in the middle of the laundry room floor, folding laundry on the sofa, and ironing shirts in the den, fall back and regroup. All those necessary but unglamorous activities can be neatly confined to one wall—just a few steps from your washer and dryer.

If your laundry is in an unfinished basement, knock together a no-frills version of the storage unit above. Or, if good looks are paramount, use premium materials (our product is mostly redwood).

This clothes-care center was built to last. The main framing elements are 2x12s, the sliding doors are tongue-and-groove planking, and the folding counter is ¾-inch plywood.

When you must face up to the ironing job, just lower the counter, open the top blue door, and flip down the ironing board. (Note how the top cabinets are tied together inside the ironing board cavity: L-brackets connect the top 2x12 and upper shelf section; a ¼-inch plywood strip—nailed and glued—bridges the space between upper and lower shelf sections.)



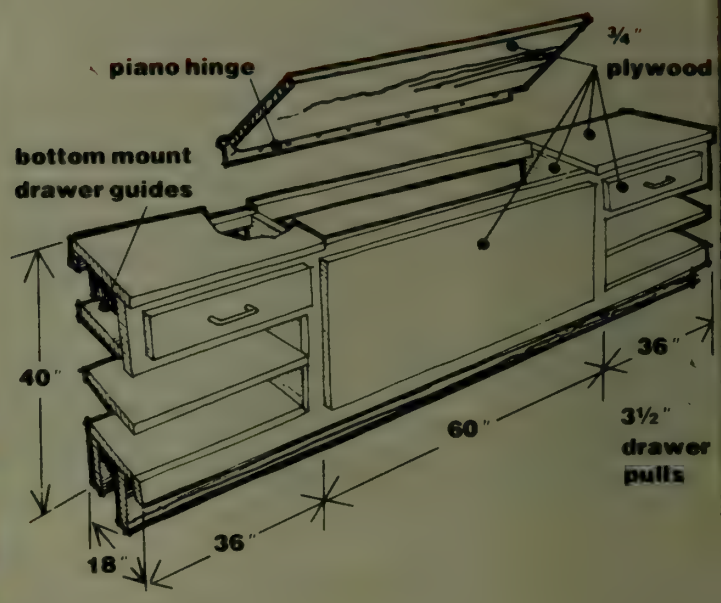
Note: end panel removed

There's virtually no end to the items you can stash behind the doors. After you've put away your detergents and the like, you should have plenty of space left for all kinds of seasonal items. And don't forget to save room below for dirty clothes awaiting that never-ending cycle of wash/dry/fold, wash/dry/fold.

BUILD 'EM & buy 'em storage ideas



Photograph: Bill Helms. Architect: Edward Bing. Source: Estelle Bond Guralnick

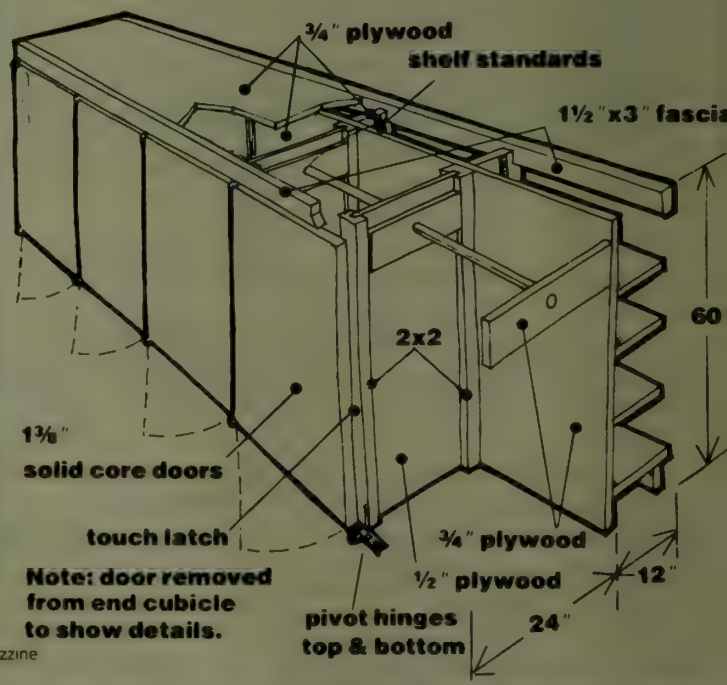


Uncluttering a kid's room is never easy, but the job is practically impossible when every available cubic foot of closet and drawer space in the room is packed solid. If you've weeded out as many "treasures" as your little one allows—and you still need more storage—consider a headboard unit like this one. The middle section was designed to hold extra blankets, but its 18 cubic feet can handle a lot of toys and games, too. All sorts of goodies can find a home in the drawer-and-shelf sections at both ends of the unit.

Tailor this project to the age of your child and the amount of building space you can spare.



Photograph: John Rogers. Architect: Paul G. Putty, Jr., AIA. Source: Barbara Sims/Linda Magazzine

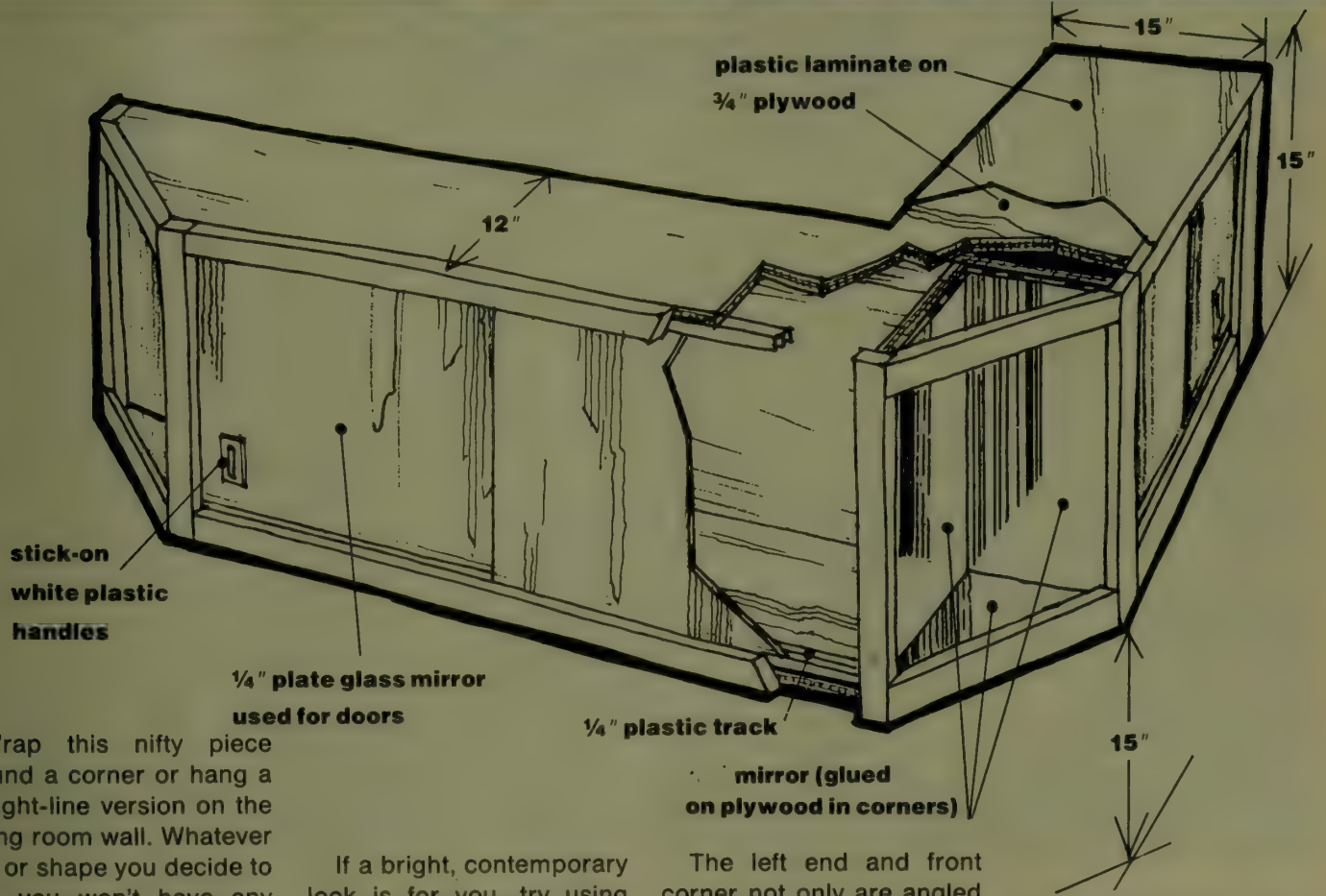


Here's a classic solution to a two-pronged problem: a skimpy coat closet and an entry that cuts right into the living room. The five-foot-high module is tall enough to divide traffic, but not so tall that it isolates the living space beyond.

You can section off this unit in a host of ways. In this version, the two cubicles nearest the entry are used as coat closets, the next two hold games and projection equipment, and the last stores camping supplies. And though the project pictured doesn't have shelves on the back side, we show you how you could add them—just one of many adaptations you may want to consider.



Photograph: Maris 'Semel Designer: David W. Durrant Source: Estelle Bond Guralnick



Wrap this nifty piece around a corner or hang a straight-line version on the dining room wall. Whatever size or shape you decide to use, you won't have any trouble filling the space inside. This unit is just the place for your company-only tableware and large serving pieces.

If a bright, contemporary look is for you, try using mirror doors like the ones pictured. The ¼-inch plate mirrors ride in ¼-inch plastic tracks and are hidden by 1x2 edge pieces.

The left end and front corner not only are angled to streamline the unit, but also play neat tricks on the eye. The device: mirrors on the two sides and bottom of each triangular void.

Here's another trick worth copying: Extend the flooring up the wall to dramatize the cantilevered effect of the buffet.

build 'em & BUY 'EM storage ideas

A PLACE FOR EVERYTHING KITCHEN

By Joan McCloskey and David Ashe

With today's hectic schedules, erratic mealtimes, and family-participation cooking, salvation lies in having a kitchen with a place for everything.

We took a tiny kitchen and made it a storage marvel. Every nook, cranny, and corner is filled with ideas to expand storage and work space.



We started with stock cabinets from a mail-order house, then painted them pristine white to provide a showcase for the colorful storage units inside. To cut costs, we piggyback-stacked three 36x30-inch upper cabinets to form a tall pantry unit at the end of the kitchen. Standard base cabinets house the sink and dishwasher, while an island holds the self-venting cooktop and oven.

An easy-grab pot rack above the island holds everyday pots and pans. Simple S hooks attach cooking gear to a chain-link fence gate, secured to the ceiling.

Buying information, page 196.





Next, note the storage units tucked beneath the tops of the upper cabinets. Clear plastic containers of various sizes slip neatly into brackets to stash seasonings. These stacking units are great for saving valuable shelf space. A wall-mounted bracket to the left of the sink holds four coffee-lover-size mugs.

Even down-under spaces can shoulder their share of storage duties. Turn chaos into organization with roll-out drawer units to hold tall jugs. Corral lunch bags with a simple bag holder, right on the cabinet door. On the other door is a space-stretching wastebasket; it hangs from hooks and lifts off for trash disposal.



As you meander through the kitchen, study the six space-savers in the stacked pantry wall. Convenient pot racks hold all lids; they're spaced on the cabinet door so they don't interfere with groceries inside. A lightweight roll-around cart is great for holding tall bottles, napkins, and glasses.

A two-inch-deep bright red grid bulletin board comes with hooks to hold pot holders, aprons, and messages.

You'll never have to hunt for aluminum foil, waxed paper, or plastic wrap if they're neat and tidy in their own special holder on upper cabinet doors.

See-through canisters on the shelves hold everything from Chinese noodles to salad dressing mixes.

The niche left between the pantry and adjacent base cabinets was put to good use with a hanging plant holder that's perfect for keeping potatoes or onions at hand.

continued on page 174

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BLOOD BANKING: A LIFESAVING INVESTMENT

We've all seen it in movies. The stricken hero lies unconscious and wan in a hospital bed, his life ebbing away for want of a blood transfusion. Meanwhile, hospital personnel scramble frantically in search of a donor with the "right" kind of blood to save him. In Hollywood fashion, a donor—not uncommonly a long-lost father—is finally tracked down, and the hero usually lives happily ever after.

That's fiction. In real life, the right kind of blood is probably no farther away than the hospital's blood bank. And the only search that goes on is probably the daily one of trying to get high-quality blood donations on a regular basis. Blood banks, and the relatively few Americans who support them, make it possible to supply this life-giving fluid on the spot, and with little advance notice.

Blood banks are depositories where blood, processed by trained technologists, is available for a number of uses—for example, to treat the chronically or acutely ill and patients undergoing surgery, and to cope with accidents and natural disasters. Obviously, it pays in more ways than one to keep blood banks well stocked.

The benefits for the blood recipient are clear enough. But what about the donor? What's his or her percentage? Well, for one thing, there's the satisfaction that comes from knowing he's played a part in saving lives. And there's the security that comes with knowing that the blood he donates, like the money he might deposit in the bank, will also be there for him to draw upon, often with "interest," if he needs it. Most Americans have neither given nor received blood. So if you're one of the many with no personal experience, or knowledge, of blood banks or blood donation, you'll profit from this closeup look at blood banking.

The need for blood

Every minute of the day, five persons in the United States need an estimated three pints of blood. Multiply those 15 pints by the minutes in a day, and the total daily consumption of blood becomes enormous. And the only way to meet that demand is to replenish the supply on a day-by-day basis.

Meeting the demand for blood would be less pressing if the blood of animals could be used, or if attempts to develop a blood substitute had come to fruition. At present, only human blood will do. The human body rejects animal blood, and scientists have been unable to manufacture a chemical substitute.

Complicating the supply and demand picture is the fact that blood is perishable and can't be stockpiled for future use. Even when it is stored under ideal conditions (with refrigeration at precisely the right temperature), the limit of its usefulness is 21 days. That period of time will increase by only 14 days if the government approves a blood preservative now under consideration. Although blood intended for human transfusion may be frozen for as long as three years, that's a partial solution at best because of the time it takes to defrost the blood and the expense involved. Once defrosted, the blood must be used within 24 hours or thrown away.

Many uses for blood

The first blood transfusions were performed for only one reason—to replace blood lost by the recipient. Today, advanced technology permits the use of parts of blood, as well as whole blood. That means a pint of blood can be used to treat one patient, several patients, or many patients. After the whole blood is mechanically separated, the components are set aside for different purposes. White cells, for example, could be used to curb a life-threatening infection; red cells for a case of severe anemia; platelets (the clotting agent in blood) might be used to treat leukemia; the cryoprecipitate (a protein substance) to control a hemophiliac's bleeding; and the remaining plasma might be used to prepare medications for use by persons with any type of blood.

Blood or substances derived from it are also used to protect unborn babies whose blood is incompatible with their mothers'. Vaccines made from blood components are used to prevent illness after exposure to a contagious disease, such as infectious hepatitis.

Who can give blood?

Although most people are eligible blood donors, there are a few who, for legal or health reasons, can not, or should not, give blood. Generally, no one under 17 or over 66 is acceptable as a donor (there are some exceptions though).

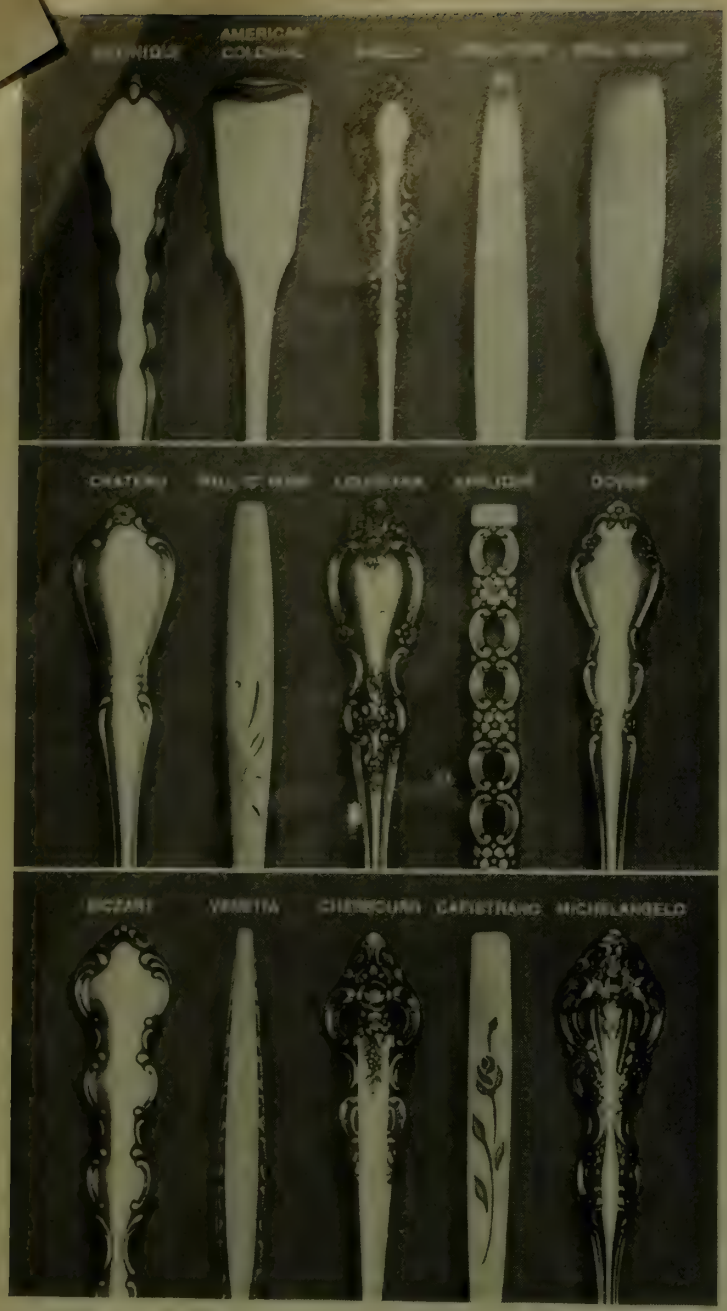
Government regulations that apply to every blood bank or center provide protection for blood donors as well as blood recipients. Furthermore, the American Red Cross (ARC), the American Association of Blood Banks (AABB), and the Council of Community Blood Centers (CCBC)—the three organizations that oversee the collection and distribution of nearly all the blood used in the United States—have their own rules to protect donors and recipients.

Even a willing donor may be turned away temporarily because of the following reasons:

- Pregnancy
- Underweight
- Recent immunization against a communicable disease
- Recently received blood
- Recent major surgery
- Travel in a tropical country during the previous six months.

Kidney disease, anemia, high blood pressure, heart ailments, syph-

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continued

Blood banking

ilis, alcoholism, or diabetes might call for permanent rejection. Viral hepatitis will automatically disqualify a donor.

There are several motivations for giving blood. The strongest, according to the three major blood collecting agencies, should be the individual's desire to help others. In any case, you'll want to ask these questions at your local blood bank:

- Does your donation (or donations) provide coverage for friends and relatives outside your immediate family?
- Are you and your family protected in the event you need blood away from your hometown?
- What are the fees you will have to pay in the event you use blood?

Aside from their different recruiting incentives, the American Red Cross, the American Association of Blood Banks, and the Council of Community Blood Centers function cooperatively with a single purpose in mind—to maintain a steady supply of blood so no one in need will ever be denied.

Simple and safe procedure

If you've never given blood, here's what you can expect to happen at the blood bank:

First, you register, furnishing such basic information as your name, address, age, and so on. If the bank is among those who offer a "plan," you will also be asked to indicate how you wish your donation credited.

Next, a medical history is taken to reveal any circumstances or conditions that might affect your eligibility as a donor. Then, a drop of blood from your finger or ear lobe is analyzed, and your pulse, blood pressure, and temperature are checked. Finally, a physician or other qualified person reviews all this data and decides if you are an eligible donor or not.

Assuming there's nothing to prevent you from giving blood, you are then asked to lie on a bed, or in a contour chair. Giving the pint of blood feels about the same as having blood taken from your arm for a blood test, and the procedure takes only five to ten minutes. Afterward, you'll rest a short while, have a cup of coffee or some fruit juice if you want, and then you're on your way, none the worse for the experience and ready to resume your usual activities.

Your body doesn't miss the blood for long. Within 24 hours, the normal volume of blood—about ten to 12 pints—is restored. However, it does take about five weeks for all the red cells to be replaced, and that's why you can donate blood only every eight weeks or five times per year.

The American Blood Commission

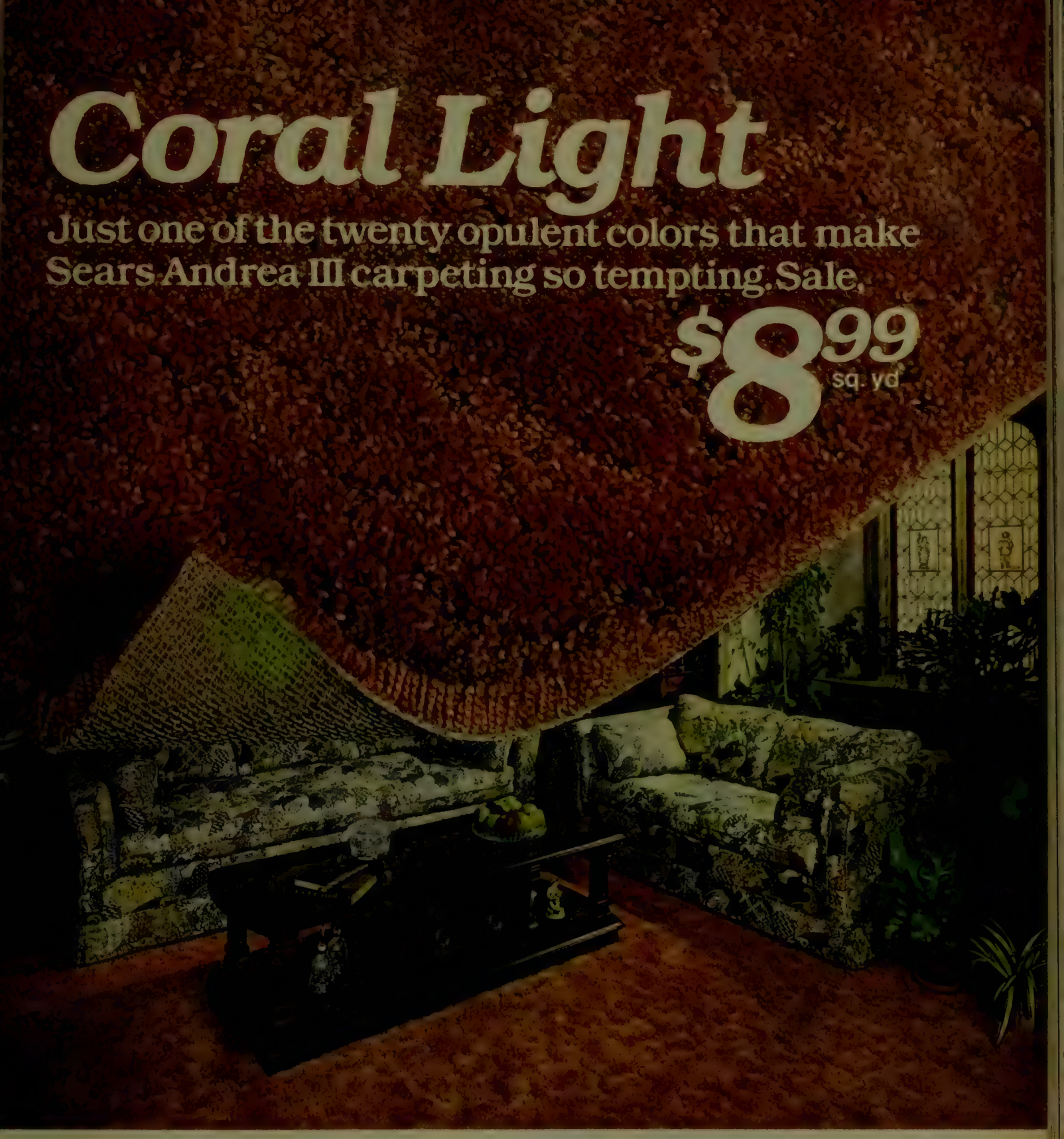
The American Blood Commission (ABC) is a nonprofit, private-sector corporation composed of 45 national organizations (representing blood donors, blood banks, patients who use blood, various medical profes-

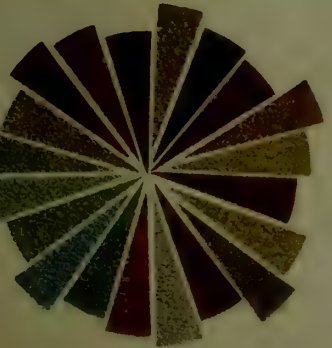
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Coral Light

Just one of the twenty opulent colors that make Sears Andrea III carpeting so tempting. Sale,

$8.99 sq. yd.





The temptation to carpet becomes overwhelming when you see what Andrea III can do for your home. Every one of Andrea's plush colors knows how to set off a room with sparkle and style.

Its sculptured surface helps hide some of the everyday wear and tear of household traffic. Made from 42 oz. per sq. yd. of 100% nylon pile (the longest wearing carpet fiber made), Andrea III is also treated with anti-stat and SCOTCHGARD® Brand Fabric Protector.

Then it's backed by the Sears Label of Confidence, the label behind every piece of Sears floor covering. It reveals important information like fiber content, construction and wearability...and most everything else you need to know before you make that all important purchase.

Go ahead and treat yourself. Andrea's low sale price makes it an easy addition to your home. It's available, right now, in most larger Sears retail stores.

Prices higher in Alaska and Hawaii.

Only at **Sears**

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Reg. $10.99 sq. yd. On sale February 26 through March 25, 1978

Hidden Valley Ranch® Original flavor buttermilk salad dressing turns Ugh into Ahhhh.



It's really amazing how many people who say they would never use buttermilk are enjoying it in our Hidden Valley Ranch® Original Buttermilk Dressing.

One taste and they say it's thick, creamy, the most incredible salad dressing they've ever tasted. And chances are, you will too!

Just take the fixin's and mix them up with mayonnaise and buttermilk for the zestiest, freshest taste a salad has ever had. Hidden Valley Ranch Salad Dressing. The Original flavor buttermilk dressing. Try it tonight and you'll say "Ahhhh."



continued

Blood banking

sions, and those who pay for health care services). Th ABC was formed in 1975 to implement the Departmer of Health, Education, and Welfare's 1973 *Nationc Blood Policy*.

The National Blood Policy spelled out four mai goals that the ABC is working to implement:

- Develop an all-volunteer blood donation system.
- Ensure uniform high quality of blood that is use for transfusions.
- Ensure that everyone, regardless of economi status, will have access to blood when needed.
- Improve collection, processing, storing, and utiliza tion of blood.

Before those goals can be achieved, three major prob lems must be solved:

- The use of blood that comes from paid donors mus be eliminated.
- The management of blood inventories must b greatly improved.
- The competition between collection agencies (fo donors) must be stopped.

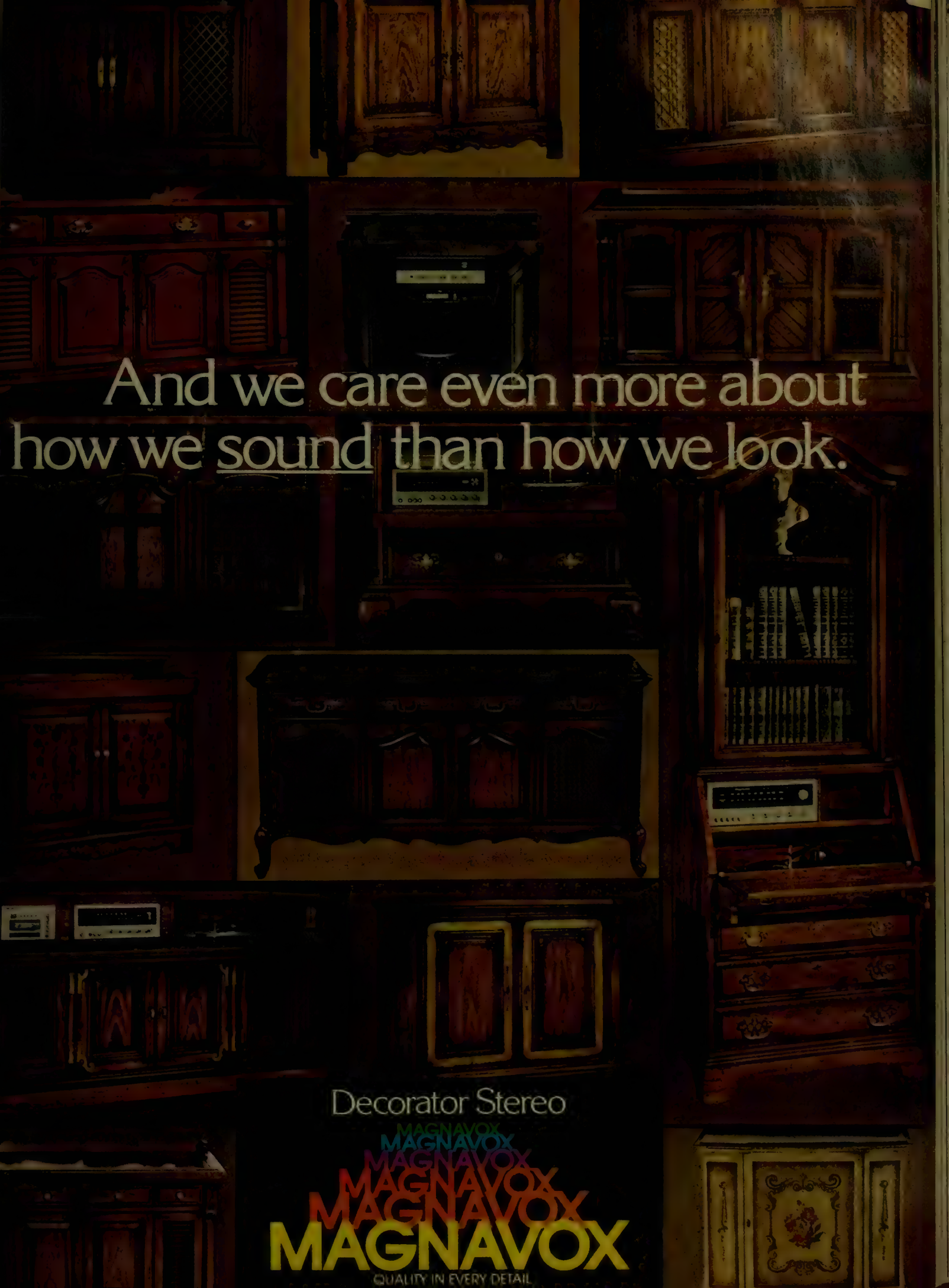
The National Blood Policy may not be law, but it ha been effective. According to the ABC's Robert C. Hub bell, one indication of that effectiveness has been the de clining number of paid donors. He says, "Five year ago, 15 to 20 percent of all blood collected came fron paid donors. Today, only five to seven percent of blooc is collected from paid donors and there are fewer case of hepatitis resulting from blood transfusions."

You'll be hearing more about the ABC as it attempt to regionalize blood services, establish a national blooc data system to keep track of processing and donors, anc systematize blood bag labeling. A uniform labeling sys tem should reduce errors that have occured as a result o the more than 144 different label variations in use.

Suggestions for would-be donors

1. If you're not sure where to give blood, call you local Red Cross Chapter, look in the Yellow Pages fo the number of your community blood bank, contact a hospital in your area, or ask your doctor.
2. If getting to a blood bank is a problem, find out if a blood bank can come to you—via a mobile unit.
3. For the sake of convenience, make an appointmen with the blood bank.
4. If you have a fever (temperature over 99.7), or i you have an allergy that is acting up on the designated day, postpone your appointment.
5. If you, like most people, are a bit apprehensive about giving blood the first time, take a friend (one who has done it before) along for moral support.
6. Bring some form of legal identification with you.
7. Allow at least an hour for your blood bank visit.
8. If doubt about the state of your health has kept you from donating blood, check with your doctor.
9. Don't underestimate the value of your donation. All types of blood are needed. Urgently. All the time. ■

(Produced in cooperation with Lilian Rothman.)


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THESE PEOPLE KNOW FOOD

SEAFOOD SAVVY FROM A FAMILY MARKET

By Rosemary C. Hutchinson





Photographs: Lynn Source: Barbara Gilmcart

"The first thing we do in the morning is load the window up," explains Sal Sancimino as he opens the door to Swan Oyster Depot. "We display everything to show people it's fresh. There'll be crab, shrimp, prawns, salmon—whatever is available fresh."

There's a note of pride in Sal's voice and well there might be. For the last 30 years the Sancimino family have run their combination oyster bar and fish market in San Francisco. But let Sal tell it: "The shop was started in 1912 by the Lausten brothers. At first the shop sold only shellfish. Then I bought it and we took on a bigger line."

Today, Swan's specializes in fish and seafood indigenous to the Pacific Coast—everything from rex and petrale sole to California lobster. The store does a thriving sit-down counter business as well, serving crab, shrimp, or lobster cocktails, oysters on the half shell, and bowls of clam chowder.



The operation of Swan's is a family affair. Four of Sal's six sons, Vincent, Steve, Tom, and Jimmy, work in the store, and daughter Mary helps out after school.

The day begins with the whole family arriving at 6 a.m. to do chores. After the preliminary work is done, the family sits down to a hearty breakfast of whatever fish or seafood delicacy is in season. Soon customers begin dropping by and the family goes into action. Everyone from Sal to Mary is an expert on fish, so an uncertain customer can count on a knowledgeable answer to any seafood question.

continued on page 75

What the best drinks have in common.

Seagram's 7 Crown makes any drink taste better, because it tastes better all by itself. Just pour 2 oz. over ice for a smooth, rewarding drink.

Seagram's 7 Crown

Where quality drinks begin.



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av. per cigarette, FTC Report AUG. '77.



I won't settle for anything less than taste.

A lot of cigarettes promise taste.
But for me, only one cigarette delivers. Winston.
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I won't settle for less. Would you?

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Winston King. Winston 100's.



CLAMS & PRAWNS BIANCO

Sal flavors the shellfish in this easy seafood stew with sliced green onion, garlic, snipped parsley, and clam juice.

FISH CAKES IN TOMATO SAUCE

These cakes are a blend of bass, cod, garlic, and parmesan cheese. They're fried and topped with a tomato sauce.

SALMON SAUTÉ

Sal serves salmon in the "peasant" tradition—quickly poached in a mixture of onion and wine vinegar.

FILLETING FRESH FISH



1 To fillet a dressed fish, first remove the scales with a serrated fish scaler, working toward the head end. Then cut off all the fins. Remove the head by cutting along the gills and through the backbone.



2 Cut the fish in half horizontally by inserting a sharp knife at 45-degree angle at the underside of the fish and sliding the knife to the tail. Lift each half of the fish, in one piece, free of the bones.



3 Working with half at a time, place the fish skin side down. Hold the tail with one hand and work toward the head end. Move the knife in a sawing motion between skin and flesh to cut the flesh free.



4 To complete the filleting, hold the skin to the cutting board with the tip of the knife and gently pull the fillet free with your hand. Discard the skin. Repeat steps 3 and 4 for the other half of the fish.

continued on page 150





Country England is on sale at Sears

Sale February 26 through March 25, 1978

Welcome to Sears Renfrew Hall Collection
Most items on sale now

The next 16 pages of this magazine take you on a grand tour of Renfrew Hall; Sears exclusive and exciting collection of Country English furnishings and accessories.

Discover the beauty of Renfrew Hall. Masterfully proportioned Country English furniture reflecting England's 16th and 17th century Tudor and Jacobean eras. Gracefully surrounded by a host of exquisite and appropriate accessories. Solid in style, strength and value. A lovely welcome to your home.

Dine like nobility with Oaken Splendor
Sale $699. Save $100

5-piece set

Oaken Splendor is the name given to Sears finest Country English dining room furniture. And with good reason. It's massive, heavy and built for endurance. It's gently hand-finished to find glowing golden highlights in oak's splendid hardwood grain. And it's graced by beautifully antiqued, heavy, brass-finished hardware.

The five-piece Oaken Splendor dining room set sale price includes the 66-inch by 42-inch majestic trestle table, an 18-inch leaf and four stately ladderback side chairs. The rust-gold comfort cushions are upholstered in textured Herculon® olefin for easy care. All other Oaken Splendor dining room pieces shown are on sale, too.

Dining room set	reg. $799.95	Sale $699.00
Trestle table	reg. $339.95	Sale $299.00
Side chair	reg. $115.00	Sale $100.00
China base	reg. $340.00	Sale $290.00
China deck	reg. $360.00	Sale $310.00
Arm chair	reg. $135.00	Sale $120.00
Server (special order only)	reg. $299.95	Sale $269.00

Put treasures at your feet with Dynasty Classic rugs
Save $20 to $110 now

Sears Dynasty Classic oriental design rugs. Authentically reproduced from centuries old, valuable orientals. Beautifully made with fine quality, lustrous 100% wool. Tightly and thickly woven in Belgium into three fascinating patterns. Four sizes. Sixteen soft, tasteful color combinations. All are on sale now.

Dynasty Classic rug (8-ft. 3-in. x 11-ft. 7-in.)	reg. $349.99	Sale $279.99

Available in most larger Sears retail stores. Sale prices good from February 26 through March 25. All prices higher in Alaska and Hawaii.

The Renfrew Hall Collection Only at Sears

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Country England is on sale at Sears

Sale February 26 through March 25, 1978

Renfrew Hall Collection

Crown your table with rubies and lace

Most items now on sale

Here are spectacular additions for any festive occasion.

The Sheraton lace Perma-Prest® tablecloth is adapted from a delicate, classic 18th century pattern and it's made from 100% polyester and treated for stain release. Choose round, oval or rectangle shapes. Seven sizes in all. All just $13.99 each, a special purchase price.* Coordinating Princess lace panel or priscilla curtains are on sale.

The rich ruby-colored glassware is tempered for durability and dishwasher safe. Combined with your dinnerware or used alone, it adds jewel-like sparkle to any table. The 20-piece set includes a five-piece setting for four. Consider the other possibilities:

Ruby 20-piece service for 4	reg. $14.99	Sale $11.99
Ruby 7-piece salad set	reg. $ 8.99	Sale $ 6.99
Ruby 12-piece coffee set	reg. $ 8.99	Sale $ 6.99
Ruby goblets set of six	reg. $ 6.99	Sale $ 5.99
Ruby wine glasses set of six	reg. $ 6.99	Sale $ 5.99
Sheraton lace tablecloth, special purchase on 7 sizes	each $13.99	

Most items shown are also available in clear or smoke-colored glass.

Clear 20-piece service for 4	reg. $11.99	Sale $ 9.99

*A special purchase, though not reduced, is an exceptional value.

Mist your windows with sheers and lace

Now on sale

Soften your windows. Soften the light that shines through them. With Princess lace or Spindrift semi-sheer curtains. All machine washable. All sizes and colors on sale now.

Light falls in patterns from your windows through Princess lace rod-pocket panel or priscilla curtains. They're made from 100% polyester and they coordinate with the Sheraton lace tablecloth.

Or you can tone the light from your windows with Spindrift rod-pocket panel curtains. They're made from semi-sheer Dacron® polyester batiste with an ever-so-delicate silk-look texture. And there are thirteen glowing colors to choose from.

Princess lace rod-pocket panel (60-in. x 81-in.)	reg. $ 9.99	Sale $ 7.99
Princess lace priscilla (100-in. x 81-in.)	reg. $22.99	Sale $19.99
Spindrift semi-sheer panel (40-in. x 81-in.)	reg. $ 3.79	Sale $ 2.99

Available in most larger Sears retail stores. Sale prices good from February 26 through March 25. All prices higher in Alaska and Hawaii.

The Renfrew Hall Collection
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Country England is on sale at Sears

Sale February 26 through March 25, 1978

Renfrew Hall Collection

Survey your kingdom in spectacular comfort

Sale $399 sofa. Save $100

Spectacular comfort. You'll find it in Sears Centurian sofa and every matching piece. Luxury that looks and feels like leather. It's really practical, long-lasting Naugahyde® vinyl. Frame construction made from kiln-dried hardwood with double-dowelled joints and a coil spring base. Polyurethane foam and polyester fiberfill cushions.

Sofa (87-in. long)	reg. $499.95	Sale $399.00
Sofa sleeper (87-in. long, not shown)	reg. $599.95	Sale $499.00
Chair	reg. $329.95	Sale $299.00
Ottoman	reg. $139.95	Sale $119.00
Recliner	reg. $329.95	Sale $299.00
Demi sofa (not shown)	reg. $399.95	Sale $349.00

Oaken Splendor furniture pieces

Carefully constructed solid oak and oak veneers. Heavy, antiqued, brass-finished hardware. Golden oak finish.

Grandmother clock	reg. $639.95	Sale $569.00
Cocktail table	reg. $159.95	Sale $139.00
Hex commode	reg. $159.95	Sale $139.00
Leg end table	reg. $149.95	Sale $129.00
Hall tree	reg. $239.95	Sale $219.00
Student desk	reg. $219.95	Sale $199.00
Student desk chair	reg. $ 99.95	Sale $ 89.00

Save on sculptured plush carpet

Sale $8.99 sq. yd.

Sears Best

Sculptured plush in 20 rich, clear colors—that's Sears Andrea III carpeting. Gently sheared with loops that form a soft random pattern. Densely constructed with 42 ounces per square yard of 100% nylon pile, the most durable carpet fiber. Heat-set to retain resiliency. Treated with SCOTCHGARD™ Brand Fabric Protector and a static control treatment.

Andrea III carpeting	reg. $10.99	Sale $8.99 sq. yd.

Drape your windows in luxurious damask

Sale $10.00

50-in. x 84-in.

Sears famous Petit Plume damask draperies. Made from a blend of cotton and polyester, foam-backed, Perma-Prest® fabric that really stands up to your washing machine. All thirteen colors and over 24 sizes are on sale now.

Petit Plume draperies:

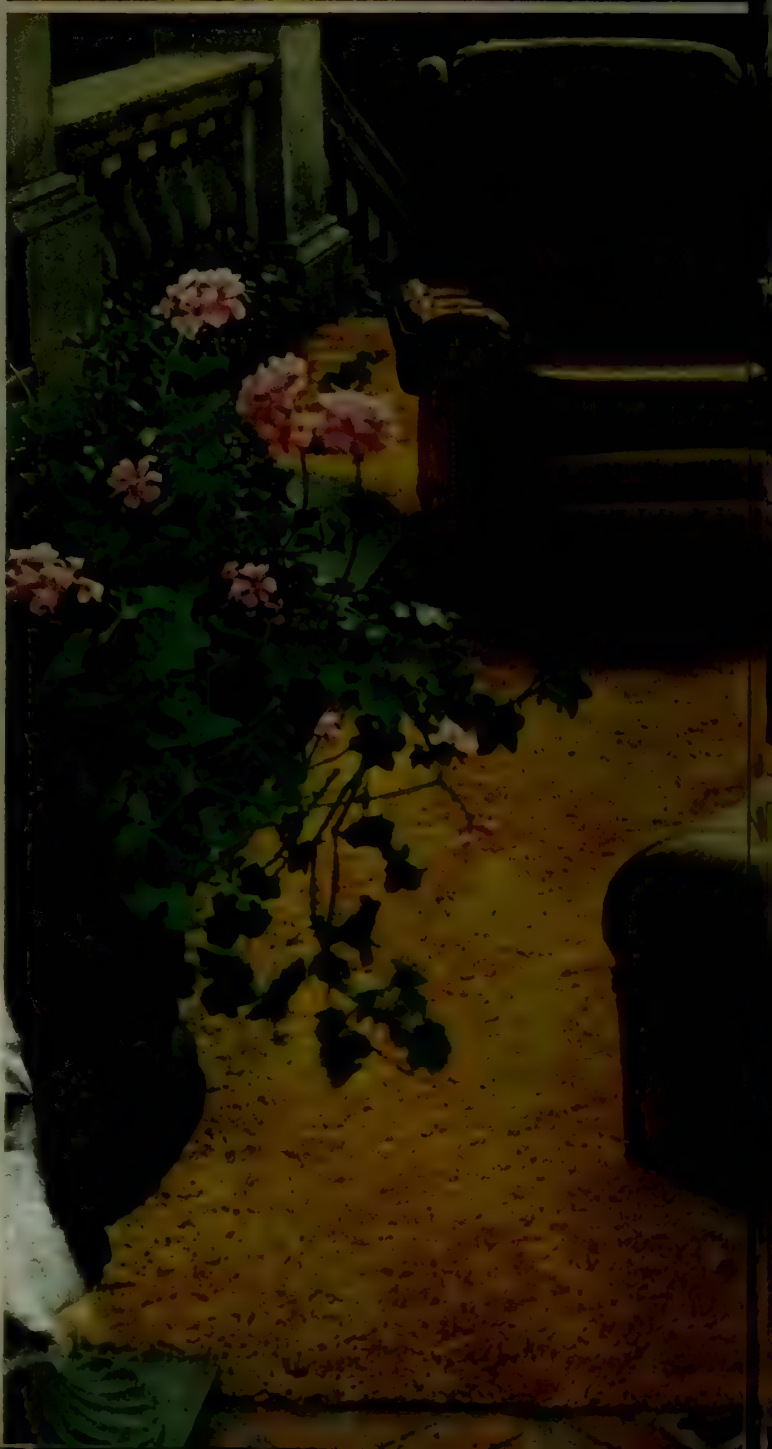
(50-in. x 84-in.)	reg. $12.99	Sale $10.00
(75-in. x 84-in.)	reg. $25.99	Sale $18.00
(100-in. x 84-in.)	reg. $34.99	Sale $24.00

Available in most larger Sears retail stores. Sale prices good from February 26 through March 25. All prices higher in Alaska and Hawaii.

The Renfrew Hall Collection Only at Sears

© Sears, Roebuck and Co. 1978











Country England is on sale at Sears

Sale February 26 through March 25, 1978

Renfrew Hall Collection

Sleep solidly in a Country English Oaken Splendor bedroom

Sale $799. Save $200 4-piece set

Oaken Splendor is the name given to Sears finest Country English bedroom furniture. And with good reason. It's carefully constructed from strong, solid oak and oak veneers with styling reflective of England's 16th and 17th century Tudor and Jacobean eras. It's massive, heavy and built for endurance. It's gently hand-finished to find glowing golden highlights in oak's splendid hardwood grain. And it's graced by beautifully antiqued, heavy, brass-finished hardware.

The four-piece Oaken Splendor bedroom set sale price includes the magnificent 70-inch wide triple dresser with matching hutch mirror, the 49-in. 5-drawer chest and the beautifully proportioned full/queen size cannonball headboard. The Oaken Splendor nightstand is also on sale.

Bedroom set	reg. $999.95	Sale $799.00
Triple dresser	reg. $350.00	Sale $280.00
Hutch mirror	reg. $210.00	Sale $168.00
5-drawer chest	reg. $270.00	Sale $216.00
Cannonball headboard	reg. $169.95	Sale $135.00
Nightstand	reg. $169.95	Sale $159.00

Find natural-look bedspreads at attractive prices

Sale $18 twin or full size

Natural-look bedspreads for only $28 queen size, $32 king size. Made from a 50% cotton, 50% polyester, machine washable fabric. Flecked and textured to look like the original handwoven country homespuns. Intricately quilted into a design that gives character and shading to the fabric. Trimmed with 5½ inches of 100% natural cotton fringe.

Four sizes of matching machine washable, foam-backed natural-look draperies are on sale, too. Coordinating throw pillows and floor cushions tie the whole look together, naturally.

Natural-look bedspreads		
twin size	reg. $26.99	Sale $18.00
full size	reg. $29.99	Sale $18.00
queen size	reg. $36.99	Sale $28.00
king size	reg. $41.99	Sale $32.00
Natural-look drapery (48-in. x 84-in.)	reg. $14.99	Sale $12.99
Natural-look pillow (17-in sq.)	reg. $ 6.99	Sale $ 4.99
Natural-look floor cushion	reg. $10.99	Sale $ 8.99
Tepee pillow	reg. $14.99	Sale $ 7.99
Tepee floor cushion	reg. $19.99	Sale $14.99

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The Renfrew Hall Collection Only at Sears

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Country England is on sale at Sears

Sale February 26 through March 25, 1978

Renfrew Hall Collection

Come home and relax in an Oaken Splendor family room

Sale $449 sofa. Save $50

Oaken Splendor is the name given to Sears finest Country English family room furniture. And with good reason. It's carefully constructed from strong, solid oak and oak veneers. It's massive, heavy and built for endurance. It's gently hand-finished to find golden glowing highlights in oak's splendid hardwood grain. And the 7-in. thick polyurethane core and laminated urethane cushions are covered in a handsome polyester olefin jacquard treated with SCOTCHGARD® Brand Fabric Protector.

Sofa	reg. $499.95	Sale $449.00
Chair	reg. $299.95	Sale $269.00
Cocktail table	reg. $159.95	Sale $139.00
End tables (each)	reg. $139.95	Sale $119.00

Welcome a sofa that sleeps as beautifully as it looks

Sale $399. Save $100

Here's a sofa sleeper that doesn't look like one. Beautifully quilted. Lots of loose back cushions. 100% soft-sheen, heavy cotton upholstery treated with SCOTCHGARD® Brand Fabric Protector.

And, underneath it all, the durability of a double-dowelled frame, sturdy, easy opening mechanism and a 4-inch polyurethane foam mattress.

Sofa sleeper	reg. $499.95	Sale $399.00
Sofa (not shown)	reg. $399.95	Sale $329.00
Demi sofa	reg. $349.95	Sale $299.00
Cocktail table	reg. $ 99.95	Sale $ 89.88
Sofa table	reg. $ 99.95	Sale $ 89.88
Square commode	reg. $ 99.95	Sale $ 89.88
Hex commode	reg. $ 99.95	Sale $ 89.88

Welcome accessories with the classic English look

(All sizes on sale)

Queen's Hamlet drapery (48-in. x 84-in.)	reg. $ 19.99	Sale $ 16.99
Dynasty Country rug (8-ft. 6-in. x 11-ft. 6-in.)	reg. $349.99	Sale $279.99
Amber Optic lamps		
table (39¾-in)	reg. $ 59.99	Sale $ 49.99
accent (35½-in)	reg. $ 39.99	Sale $ 34.99
Decorated glass lamps (insert picture)		
table (42½-in.)	reg. $ 99.99	Sale $ 79.99
accent (39¾-in.)	reg. $ 79.99	Sale $ 64.99
Gilt framed mirror (33-in. x 45-in.)	reg. $ 59.99	Sale $ 49.99

Available in most larger Sears retail stores. Sale prices good from February 26 through March 25. All prices higher in Alaska and Hawaii.

The Renfrew Hall Collection Only at Sears

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Country England is on sale at Sears

Sale February 26 through March 25, 1978

Renfrew Hall Collection

Discover Perma-Prest percale sheets as pretty as the English springtime

$2.97 Percale sheet twin size
$3.97 Percale sheet full size

The prices for all sizes of Sears Renfrew Hall percale sheets are just as pretty. Queen size is only $6.97. King size is only $8.97. All are made from smooth, 180 thread count Perma-Prest® percale. Polyester and cotton blend. Choose natural tones or clear pastels.

Discover bedrooms as soft as misty English mornings

Sale $3.99 Percale sheet twin size
Sale $4.99 Percale sheet full size
Sale $19.99 Bedspread twin size
Sale $19.99 Bedspread full size

Delicate florals etched in soft sand and earth tones create Sears Medley Etchings patterns. Everything in this collection is designed to match or coordinate with Medley solid colored sheets, blankets, comforters and bed ruffles.

All Medley sheets are made from fine, smooth 180 thread count Perma-Prest® percale. 50% combed cotton, 50% polyester.

Medley Etchings throw-style quilted bedspreads come in darker tones of the same pattern.

The matching Perma-Prest® draperies are foam backed for insulation against heat and cold. And the Medley Etchings coordinating semi-sheer panels are made from 100% Dacron® polyester batiste.

The cozy comforter reverses to solid white. And Medley solid color sheets come in lots of other colors.

Medley Etchings percale sheet twin size	reg. $ 4.99	Sale $ 3.99
Medley Etchings percale sheet full size	reg. $ 5.99	Sale $ 4.99
Bedspread twin size	reg. $26.99	Sale $19.99
Bedspread full size	reg. $29.99	Sale $19.99
Drapery (48-in. x 84-in. size)	reg. $19.99	Sale $16.99
Sheer panel (60-in. x 84-in. size)	reg. $ 7.99	Sale $ 6.99
Comforter twin size	reg. $29.99	Sale $25.99
Comforter full size	reg. $35.99	Sale $30.99
Bed ruffle twin size	at reg. price $7.99	
Bed ruffle full size	at reg. price $8.99	
Pillow sham (each)	at reg. price $7.99	
Solid sheet twin size	at reg. price $3.99	
Solid sheet full size	at reg. price $4.99	

All other sizes also available in most larger Sears retail stores. Sale prices good from February 26 through March 25. All prices higher in Alaska and Hawaii.

The Renfrew Hall Collection
Only at **Sears**

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Country England is on sale at Sears

Sale February 26 through March 25, 1978



Cover your bedroom with castles

Sale $24.99. Bedspread full size
Sale $19.99. Bedspread twin size
Sale $5.99. Percale sheet full size
Sale $4.99. Percale sheet twin size

Romantic, secluded, little castle retreats of 18th century royalty have been sketched to create Sears exclusive Queen's Hamlet pattern.

Notice the solid color blue piping and white border trim on the percale sheets and pillowcases. It's just one example of the quality you'll find in Sears Queen's Hamlet Collection. And the sheet fabric is fine, smooth 180 thread count Perma-Prest® percale. Made from 65% polyester, 35% cotton for long wear.

The same lovely pattern comes in matching draperies and semi-sheers. (Seen in chestnut with the family room furniture on a preceding page.) These machine washable draperies are 50% cotton, 50% polyester Perma-Prest® fabric with 100% polyester fabric lining.

Now is the time to buy luxurious goose feather and down pillows. Comfort touches to make your castle retreat complete.

All other sizes of the sale items listed below are also on sale.

Queen's Hamlet Collection:		
Bedspread full size	reg. $29.99	Sale $24.99
Bedspread twin size	reg. $26.99	Sale $19.99
Percale sheets:		
twin size	reg. $ 5.99	Sale $ 4.99
full size	reg. $ 6.99	Sale $ 5.99
queen size	reg. $10.99	Sale $ 9.49
Comforter full size	reg. $28.99	Sale $24.99
Comforter twin size	reg. $25.99	Sale $21.99
Pillow sham std. size, each	reg. $ 6.99	Sale $ 5.99
Medley bed ruffle full size	at reg. price	$ 8.99
Drapery (48-in. x 84-in.)	reg. $19.99	Sale $16.99
Rod-pocket semi-sheer panel (60-in. x 84-in.)	reg. $ 7.99	Sale $ 6.99
Guildhall tiebacks (24-in. length)	at reg. price	$ 2.99
Pillow standard size	reg. $14.99	Sale $12.49
90% white goose feathers—10% white goose down		
Pillow standard size	reg. $24.99	Sale $21.49
70% white goose feathers—30% white goose down		
All-Down Pillow standard size	reg. $34.99	Sale $29.49

Available in most larger Sears retail stores. Sale prices good from February 26 through March 25. All prices higher in Alaska and Hawaii.

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Country England is on sale at Sears

Sale February 26 through March 25, 1978

Renfrew Hall Collection

Sears Custom Shop bedrooms bloom like English gardens
Sale $150 Bedspread queen size
Sale $125 Bedspread full size

Marbury floral patterned bedspreads come in five color combinations of heavy 100% cotton sateen. The quilting outlines the pattern. The fill blooms full for luxurious loft. Save on all standard sizes now.

Sears Metropolitan antique satin quilted bedspreads are on sale at the same low prices. 60% rayon, 40% acetate. Sears Custom Shop's best-selling antique satin fabric in 100 colors.

Save on Marbury and Metropolitan drapery and sheer fabrics, too. A Sears Decorator Consultant will help you choose in your own home at no charge.

Marbury bedspreads:		
full size	reg. $150.00	Sale $125.00
queen size	reg. $175.00	Sale $150.00
Marbury drapery weight fabrics (choice of 3 patterns)	reg. $7.00 yd.	Sale $5.60 yd.
Marbury sheer fabric	reg. $6.00 yd.	Sale $4.80 yd.
Metropolitan antique satin bedspreads:		
full size	reg. $150.00	Sale $125.00
queen size	reg. $175.00	Sale $150.00
Metropolitan antique satin fabric	reg. $5.00 yd.	Sale $4.00 yd.
Pirouette sheer batiste in 15 colors (60-in. width)	reg. $4.00 yd.	Sale $3.00 yd.
Oaken Splendor queen size canopy bed (special order only)	reg. $599.95	Sale $539.00

Wrap up in Superplush towels
Save $2.00 bath size

Sears Best

Superplush towels. A Sears Best. Super big, super soft, super thick and super thirsty. 100% combed cotton terry loops on both sides. Looped through a 50% cotton, 50% polyester frame fabric for towel strength and durability. Up to 12 regal solid colors with a coordinating bold stripe, a classic two-tone woven border pattern and a new country pattern. All sizes, including supersize, are on sale. As are all sizes of Superplush solid color bath rugs and carpeting. 100% dense nylon pile. One-inch thick. Machine washable. Skid-resistant backings.

Superplush bath towel	reg. $ 6.99	Sale $ 4.99
Superplush solid color bath rug (24-in. x 36-in.)	reg. $ 7.99	Sale $ 5.99
Superplush bordered accent rug (24-in. x 36-in.)	reg. $ 9.99	Sale $ 7.99
Superplush antique satin double shower draperies	reg. $24.99	Sale $21.99
Superplush solid color bath carpeting (5-ft. x 6-ft.)	reg. $36.99	Sale $28.99
Buttermold porcelain bath accessories at reg. price:		
Mug, toothbrush holder or soap dish		$ 4.00
Pitcher and bowl		$10.00
Oatmeal spiced soap (box of 3)		$ 3.00

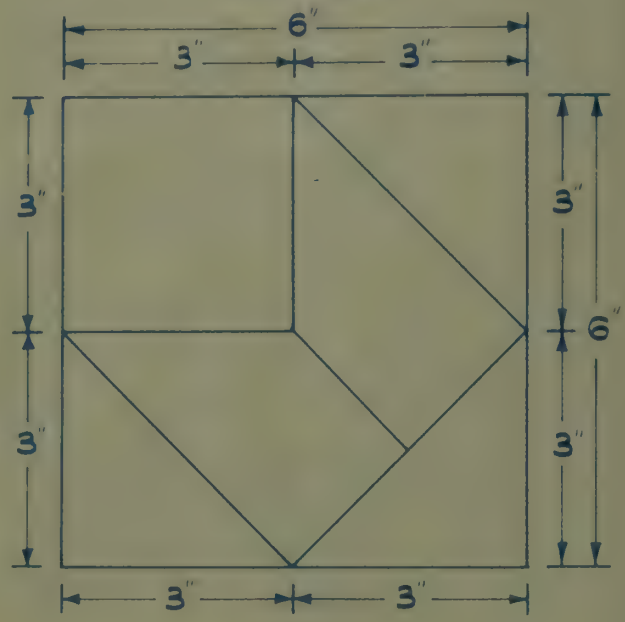
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The Renfrew Hall Collection Only at Sears

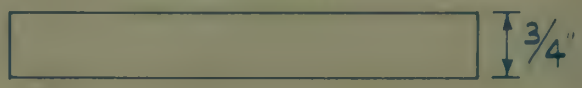
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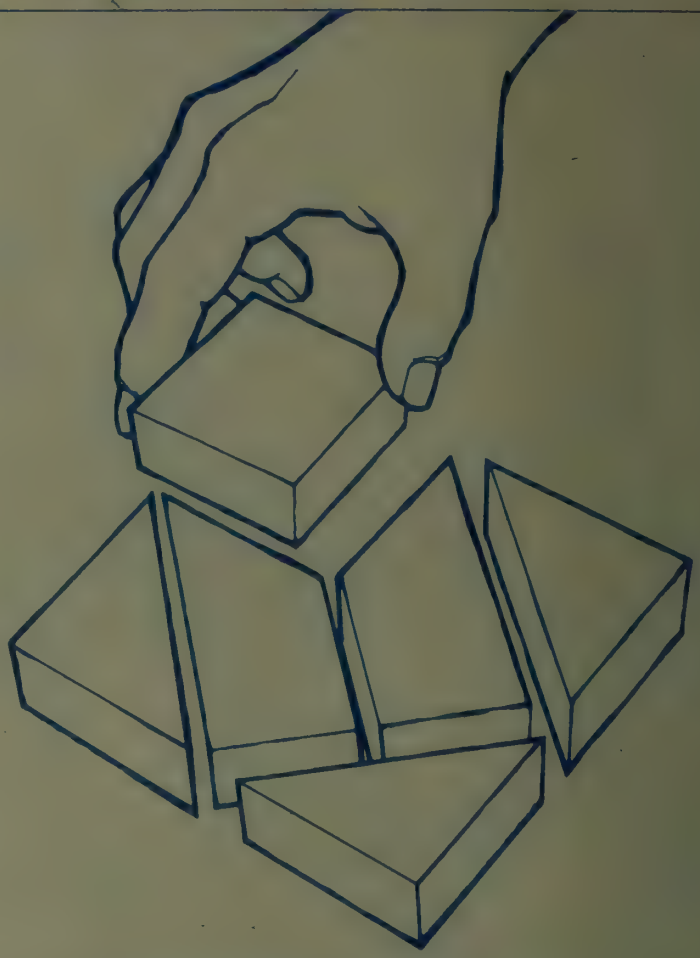
STEP-BY-STEP PROJECT SCRAPBOOK

TOP VIEW

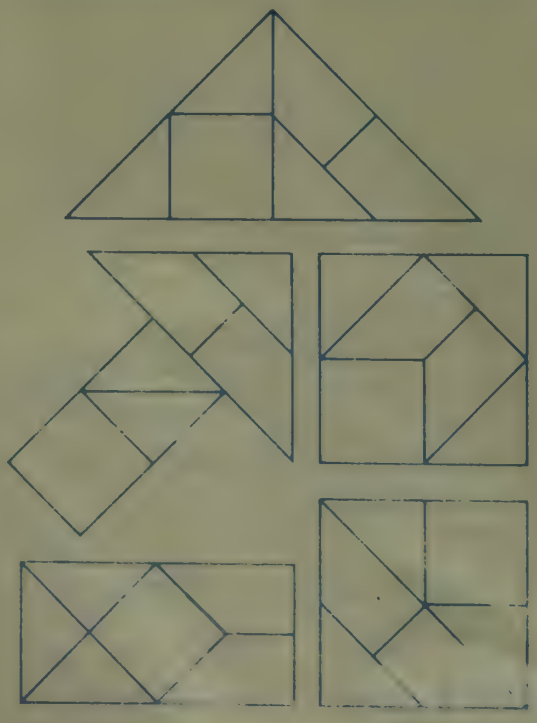


SIDE VIEW





POSSIBLE CONFIGURATIONS



WOOD PUZZLE

MATERIALS LIST

6"x6"x3/4" PINE
FINISH: SAND & PAINT, STAIN, OR LEAVE NATURAL

THERE'S MORE THAN ONE WAY TO MAKE A SQUARE WITH THESE PUZZLE PIECES.
YOU CAN ALSO MAKE DIFFERENT GEOMETRIC SHAPES AND LOTS OF OTHER THINGS.
JUST SHOVE THE PIECES AROUND AND USE YOUR IMAGINATION.

Guess whose mother used Downy?



You guessed.

It's static cling season. Shouldn't you use Downy?

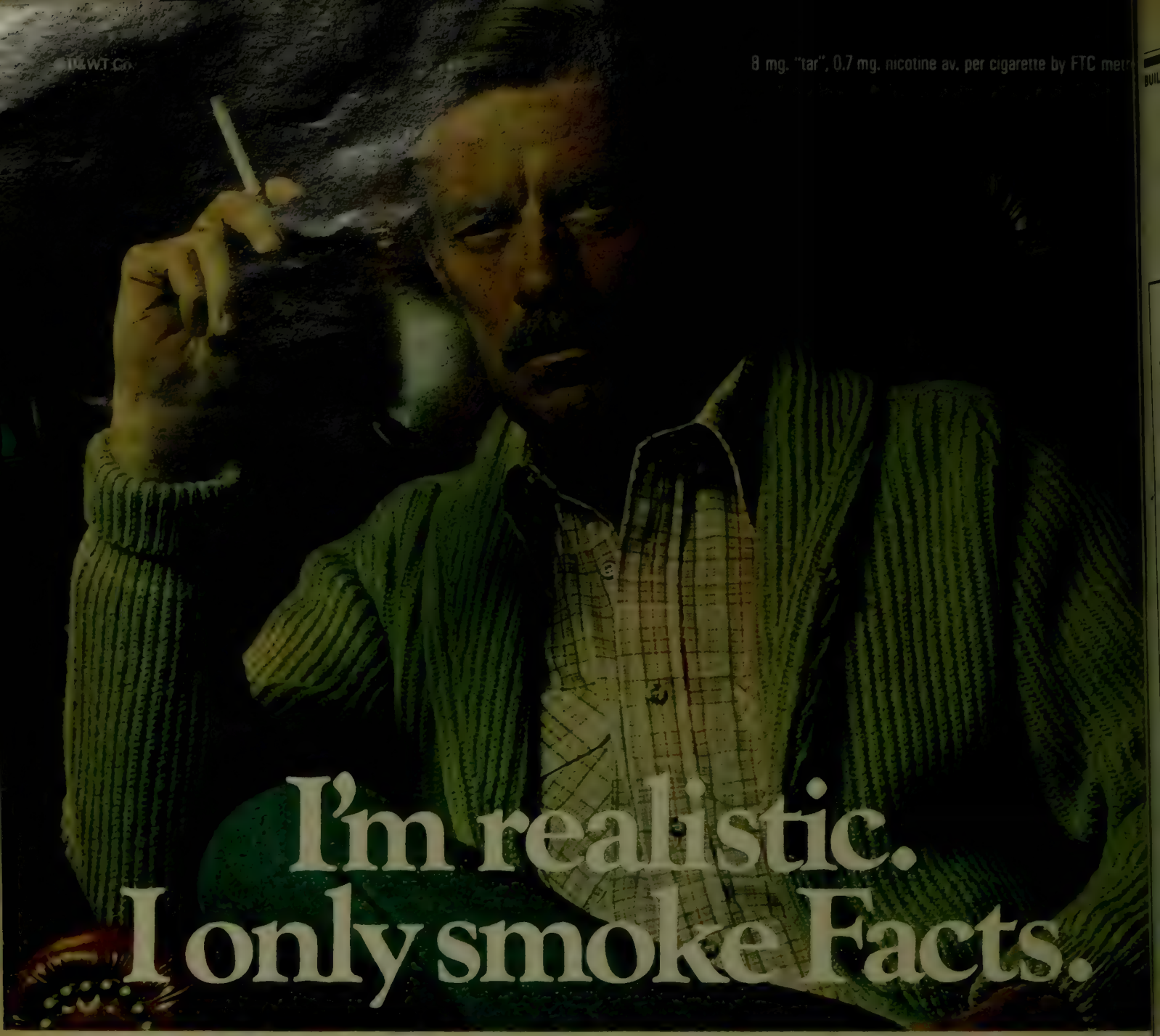
It's that time of year. Clothes are clinging. Riding up. Sticking together. Hiding. You need a fabric softener. Downy.® With Downy, your static cling worries are over.

You see, Downy works in the rinse. So—at the same time Downy's rinsing in softness and April Freshness—it's working to rinse *out* static cling *before* it starts. Before static has a chance to build up in the dryer.

That's such a sensible way to help keep clothes from clinging to each other. And clinging to your family.



Downy. A noticeable improvement.



FACT 1: We don't want your taste buds to go to sleep.

FACT reduces the aldehyde* gases that we believe muddy the flavor of fine tobaccos so you can enjoy wide-awake taste.

FACT 2: We have smoke scrubbers in our filter.

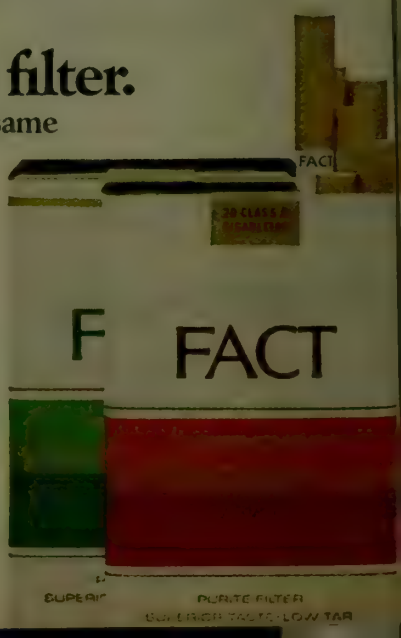
These Purite® scrubbers work like magnets to reduce these same aldehydes and let the fine flavor come through.

FACT 3: We have a patent on flavor in low 'tar' cigarettes: #3828800.

Our Purite filter helps deliver flavor in a way so new we've been able to patent it.

Add it all up. Low gas, low 'tar,' great flavor. That's a FACT.

*Formaldehyde, Crotonaldehyde, Acrolein



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

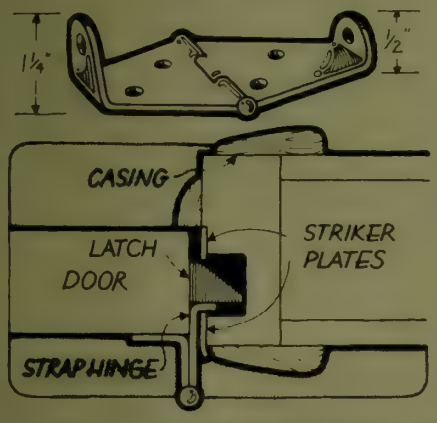
PROBLEM

You need a simple locking device to secure exterior doors—at home and in motels—so the doors can be opened only from the inside.

SOLUTION

Buy a three-inch strap hinge and bend it, as shown. To use it, just open the door, hook the longer leaf of the hinge into the latch recess in the casing, close the door, then swing the other leaf against the door, as illustrated. This trick will work in almost every installation in which there's enough clearance between the door and casing—and between the latch and striker plate—to accommodate the hinge. You may have to increase the 1¼-inch dimension for extra thick doors. Or, better yet, make two sizes so you can be ready for all thicknesses.

D.D., Ridgewood, N.J.



PROBLEM

The tongue pulled off one of your zippers, and you can't rejoin tongue and zipper.

SOLUTION

Snap a small fishing swivel (several sizes are available) to the zipper eye, and your zipper is as good as new again.

S.W., Dallas, Tex.

PROBLEM

You're hanging new wallpaper but don't want to lose the holes in the wall where shelf brackets are mounted.

SOLUTION

Insert wooden matchsticks or similar wood plugs, one in each hole, so only ⅛ inch protrudes; then sharpen the ends of the sticks. When you brush on the wallpaper, the wooden points will penetrate the paper without causing wrinkles or bumps. Then just remove the plugs with needle-nose pliers.

D.L., North Grafton, Mass.

PROBLEM

Your fingers are too big to hold small brads long enough to start them with a hammer.

SOLUTION

Steady the brads by slipping them—singly—between the teeth of a fine-tooth comb.

J.S.H., Hollis Center, Me.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

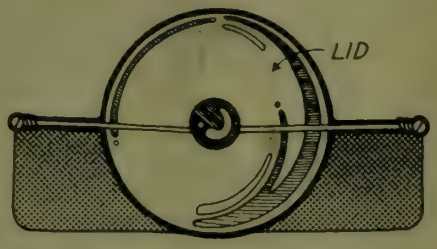
PROBLEM

Lids to your pots and pans take up lots of shelf space and are awkward to store.

SOLUTION

Screw some picture-hanging wire to the backs of cabinet doors or to the inside sidewalls of the cabinets, as shown. (Allow enough slack to handle extra thick lids.) Then just slip the lids—one per installation—behind the wire. Protect the cabinet surfaces from wear with a coat of polyurethane varnish.

L.K., Belmont, Mass.



PROBLEM

You walk with a cane, and the one you use isn't much good on icy sidewalks.

SOLUTION

Replace the rubber tip with a hole saw attachment, as shown. (Install it with a couple of small screws driven into pre-drilled holes.) The shallow but sharp points of the saw attachment will grip the ice tenaciously. Before you use the cane indoors, stuff a large washer inside a rubber tip (a size larger than the original), and then slip the tip over the attachment.

B.A., Rockford, Ill.



STRING NEEDLEPOINT

By Deborah Dugan

Who says you need to buy expensive yarns and canvas to create stunning needlepoint projects? We've combined low-cost string with canvas to stitch this smashing new openwork needlepoint at a delectable dime-store price.





The light and lacy look is exposed needlepoint canvas that lets the backing fabric shine through. And your projects can be as delicate or heavy-duty as you want, depending on the materials you pick and the price you want to pay. So if you think string is just for wrapping around packages and people's forgetful fingers—think again! Experiment with different canvas sizes and varying weights of string, jute, yarn, even twine. Start by stitching our decorative rug and pillow set shown here, then whip up a dainty wall hanging, room screen, or dozens of other quick projects that you dream up yourself.

Complete how-to begins on page 164

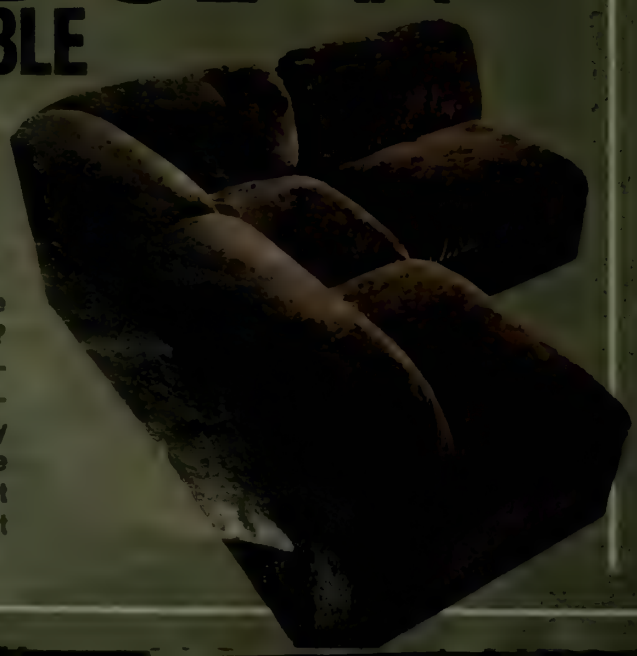
Photograph: William Hopkins. Designs: Chieko Hoshiai

MODULAR

THE FLEXIBLE WAY TO LIVE

By Shirley Van Zante
Pamela Wilson Cullison
Robert E. Dittmer

Looking for a flexible way to furnish a room? Try changeable, rearrangable modular furniture. You buy only the seating and storage units you need to fit your style, your budget —*and* your space.



With move-about modulars, you're never stuck with a static arrangement—regrouping the pieces is almost as easy as changing your mind. The L-shaped seating group pictured above actually consists of eight separate pieces—two corner units, four armless chairs, and two ottomans. Subtract five pieces to form the smaller grouping at left—or create your own configuration. These contemporary seating units would be right at home in a living room, family room, or den. Covered with rich-looking velvet pile, the modules are available in copper, green, brown, blue, gold, and red.

From Sears, Roebuck & Company.

Buying information, page 196.

MODULAR



You don't have to go the route of a "conversation pit" to reap the benefits of sectional seating. You also don't have to limit your selections to strictly contemporary pieces. The rattan seating units pictured here combine sophisticated, transitional styling with function and good design. As with the furniture on the opposite page, the idea is to "do your own thing" by assembling the modules—individually or in multiples—to suit the size of your room and the way you like to live. At left, two corner units pushed together make a handsome love seat. Place an armless chair between the two corner units and presto! you have a full-size sofa.
From Directional Industries.

MODULAR

BUY ONLY THE PIECES YOU NEED



With today's vertical wall systems, you trade just a bit of floor space for oodles of storage and decorative display. These tall and handsome units, with their engraved olive ash burl fronts, would look equally impressive in a dining room, living room, family room, or den. With this collection of multifunctional modular units, you have your choice of both open and closed storage in the form of drawers, doors, shelves, cabinets, and glassed-in areas for china or collection display. All of the units are designed to make maximum use of existing space. Some of the pieces fit neatly in corners; others wrap around walls at a 90-degree angle.
From Drexel Heritage Furnishings.

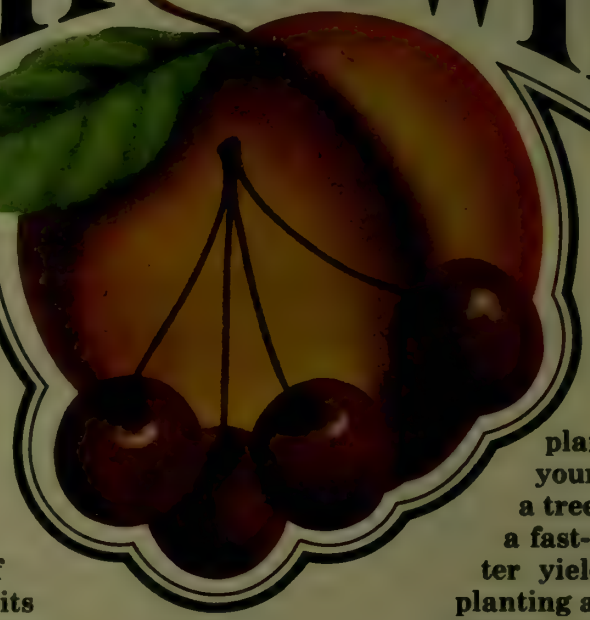
MODULAR



Adaptable new low-profile wall systems like these let you put together exactly the kind of storage you need—where you need it. In this bedroom, all of the sleek lacquer and chrome units—the three-drawer chests, the two-door cabinet, and the corner shelf unit—measure a uniform 17 inches deep by 25 inches high. The same measurements apply to the lift-top pillow and blanket storage unit at the head of the platform bed. You can march these matching modulars around the room or stack them to gain extra storage and space. And should you move, modulars can be counted on to fit the new space.
From Founders Furniture.

Buying information, page 196.

SMALL-LOT FRUIT GROWING



This spring why not start a small-scale fruit garden in your backyard? You won't need a lot of space, and you'll be rewarded with a yearly harvest of sun-ripened produce. The fruits shown here are hardier and easier to grow than you might think. Some qualify as neglected old favorites that deserve a revival—others are garden standbys that belong in every plan. So take a good look at your lot and plot out places for a tree or two, a trio of shrubs, or a fast-growing vine. For even better yield, expand your plans by planting a pot or two of fruit for your deck or patio. Strawberries and the smaller varieties of peaches, for example, grow well in containers. Get your fruits started now—spring is the perfect planting time.

BY
BEVERLY GARRETT
&
DOUGLAS A. JIMERSON

THE TREE FRUITS

You can't beat the tree fruits for all-around beauty and versatility. They produce large quantities of fruit and have attractive springtime blossoms. Also, tree fruits come in sizes that fit any landscape plan. Many of the newer varieties are resistant to temperature extremes and can be grown practically anywhere.

Tree fruits are available in three major classifications: the standard trees that grow to a height of 18 feet or more; the semi-dwarfs that reach heights of 12 to 15 feet; and the dwarfs that grow to just eight or ten feet.

The semi-dwarf and dwarf fruit trees are ideal for the urban orchard. Use the semi-dwarfs to define a lot line or to screen a pool or patio. Or, plant a pair as specimens at either side of your front lawn or walk. Be sure semi-dwarf trees stand 15 feet apart.



Spring blossoms offer color and fragrance.

Use the dwarf fruit trees as background fillers in your annual or perennial flower beds. They'll provide a limited amount of shade, and their structure will enhance your planting scheme. One peach variety, Golden Glory, rarely gets over five feet tall and makes a showy addition in a patio tub or planter. Space dwarfs ten feet apart.

Apricots come in both standard size and dwarf. Standard apricots grow to 15 feet tall while the dwarf forms range between eight and ten feet tall. Standards begin to bear fruit three years after planting. Dwarfs will start a year earlier.



Clockwise from left: North Star cherry, Wilson Delicious apricot, Stanley prune, and Reliance peach.







Most apricot varieties are self-fertile (except Moongold and Sungold), but your chances of getting a bigger crop are increased if you plant two different varieties. Recommended standard varieties include Wilson Delicious, Hungarian, and Moorpark. In cold climates, try Manchu, Moongold, Sungold, or Scout. Wilson Delicious and Moorpark are also available in semi-dwarf varieties.

Most peaches are self-fertile, so you can plant only one tree and still get a harvest. J. H. Hale and Mikado are exceptions. For proper pollination with either of these, plant another variety nearby. Standard peach varieties grow to 20 feet tall and begin to bear fruit three years after planting. Dwarfs can reach ten feet tall and bear fruit two years after planting.

continued on page 214.

Sources: Dorothy Campbell, Bonnie Maharam

Bill Helms, Bill Hopkins, Maris/Semel

SMALL LOT
FRUIT GROWING

THE BUSH FRUITS

If the idea of getting a big crop in a limited amount of space appeals to you, check out the bush fruits. These shrubby members of the fruit family are ideal additions to any backyard because they're champion producers, hardy in every area of the country, and insect and disease resistant. Most bush fruits vary between four and ten feet in height and can be used in hedges or shrub borders.



Elderberries, *right*, grow to ten feet tall and produce huge clusters of purplish black berries in late summer, even in the coldest climates.

Plant elderberries in full sun or partial shade at three-foot intervals. Keep the soil moist at all times. A two- to four-inch mulch will help conserve moisture. If pruning is required, do it during the winter before new growth starts. Cut back older stems occasionally to stimulate new growth and heavier bearing. For cross-pollination, plant two varieties such as Adams and Johns.



Gooseberries, *above*, require a shady, moist, well-ventilated planting bed for best production. They produce clusters of green, red, or yellow berries from mid- to late summer and thrive in areas where winter temperatures drop below zero. Space gooseberries four to six feet apart and keep them mulched at all times. To start new plants, bend a low branch over and bury it in soil with the tip sticking out. After roots have formed, cut the young plant away from the parent. Try Poorman (red) and Downing (green).

Currants, *right,* are close relatives of the gooseberry. They are easy to grow and cold resistant, but some states have laws prohibiting their culture because they are hosts to white pine blister rust. Growers ship only to states where permitted. Plant currants in a moist but well-drained location that's partially shady. Space the bushes four to five feet apart and cut the tops back to six to 12 inches tall at planting time. This stimulates vigorous new growth. Mulch the plants the year round with two to four inches of leaves or straw. After plants have had several years to get established, old wood should be removed each winter. Favorite varieties include Red Lake, Cascade, and Wilder.





Plant blueberries, *above,* in a sunny location during the early spring. A light, sandy, acid soil is essential. Condition the soil several months before planting by incorporating peat moss, pine needles, and oak leaves. After the bushes are in place, keep them mulched to a depth of six inches with these same materials. Blueberries should be spaced at seven-foot intervals. Plant a combination of early, midseason, and late fruit producers for cross-pollination. Earliblue, Bluecrop, and Coville are good.



The cold-resistant bush cherry, *left,* is especially valuable in far northern gardens where the tree cherries are not hardy. The arching branches carry attractive white blossoms in early spring, then hundreds of tart ½-inch red or black fruits in midsummer that are attractive to birds. Plants grow to eight feet tall and should be spaced seven feet apart. If pruning is necessary, do it during the winter before new growth. Plant at least two varieties for cross-pollination. Try Nanking or Black Beauty.

SMALL LOT
FRUIT GROWING

Your fruit garden won't be complete without a thriving collection of grapes and strawberries. These plants can be cultivated in most areas of the country and require less care than you might think. In return, they'll reward you with a bountiful harvest of fruit. You can eat both grapes and strawberries straight from the vine or in jams, jellies, and wines.

STRAWBERRIES



Sweet berries, attractive foliage, and a low-growing habit make strawberries a must in every fruit garden. Plant them in solid beds of their own or mingle them with flowers along a walkway. If space is at a premium, you can use hanging baskets or special strawberry jars.



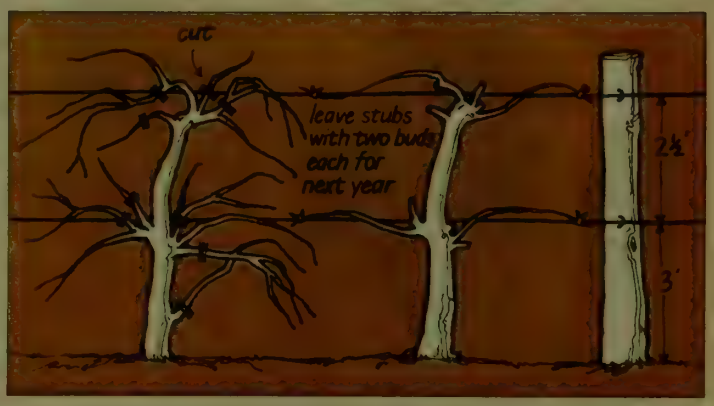
Plant strawberries in a sunny location with rich, well-drained soil. Space plants eight to ten inches apart and keep them mulched. There are two basic types of strawberries to choose from: June-bearers that produce one heavy crop, and everbearers that produce several small crops throughout the early summer and one large crop in late summer. Pick the flowers off all June-bearers the first summer to allow them to build up strength for a good second season harvest. Let everbearers produce a crop their first season. Good June-bearing varieties are Fairfax, Surecrop, and Cyclone. Everbearers include Ozark Beauty, Ogallala, and Sequoia.

GRAPES









Because grapes grow up instead of out, they are perfect candidates for the small-lot garden. Use them on a trellis or along a lot line, or let them ramble over a patio arbor for shade and privacy.

Plant grapes during the fall or in spring as soon as the ground can be worked. Choose a location where the entire plant will receive sunlight for the greater part of the day.

Before planting new stock, clip back roots to eight or 12 inches long and vines to the second set of buds. Add a side-dressing of well-rotted manure or all-purpose garden fertilizer and mulch with two to four inches of leaves or straw. Space plants at least 8 feet apart.

Prune grapes in early spring while vines are still dormant. If you want shade for a patio or screening for privacy, limit pruning to the removal of scraggly growth and old canes. Let a few new canes develop each year for a small harvest. A good grape arbor, *above*, should provide plenty of ventilation around the canes to discourage mildew diseases. Old canes only produce shade.

If fruit production comes first with you, use the pruning system known as the "four-arm Kniffen system," *above*. To start this system, select four vigorous canes close to the trellis wire and shorten the canes to six to ten buds each. Remove all other branches. Tie the tips of these canes securely to the wire. Each season allow four new short canes to develop near the bases of the older ones. Let these "renewal spurs" bear fruit and replace the older canes the next year.

Plant two different varieties of grapes to ensure cross-pollination. Most varieties are self-fertile but will produce larger clusters of fruit if interplanted. Two dependable varieties are Niagara and Concord. For an all-season crop combine early-bearing varieties like Fredonia, Seedless, and Delaware with the mid- to late-season varieties: Niagara, Concord *(above left)*, Golden Muscat *(above right)*, Catawba, and Vinered.

Surefire Tips for your Vegetable Garden



Want to try for an explosion of vegetables this year—enough to fill your salad bowl with fresh-from-the-garden ingredients all summer and stock your cellar with vegetables for the winter? To help you pull it off, here are some rules of green thumb. Just follow through, and you can bring in that bumper crop.

- In late fall or early spring, spade or rotary till the entire garden to a depth of eight to ten inches. Mix in a layer of manure, compost, or other type of organic matter that will add nutrients to the soil and help keep it from compacting. Later, as the plants mature, add side-dressings of commercial fertilizer.
- After plants are growing, mulch with a four-inch layer of straw, leaves, or newspaper. The mulch will hold soil moisture in and keep weeds under control. Use black plastic under crops like tomatoes and melons.
- Keep vegetable seedlings moist at all times. Later, as the roots become more developed, watering is not as critical. Mature plants need a weekly slow soak that will penetrate the entire root zone of the plants.
- Never let space go to waste. When a cool-weather crop like lettuce, peas, or radishes is done, replant the area with beans, beets, Chinese cabbage, kale, or turnips.
- If space is at a premium, grow vegetables like cucumbers and melons that can climb a fence or trellis. They won't interfere with other crops, and the fruit will be clean and bruise-free.
- Experiment with new varieties and techniques until you get a successful combination. Some of the ideas below might come in handy this year.

BIRD SPOOK



If the neighborhood birds take too many samples from your garden, try spooking the birds away with strings of small Christmas ornaments.

Thread the decorations onto lengths of monofilament fishing line and drape them over fruit trees and vegetable plantings. The monofilament line will twist in the wind and give off bird-startling reflections.

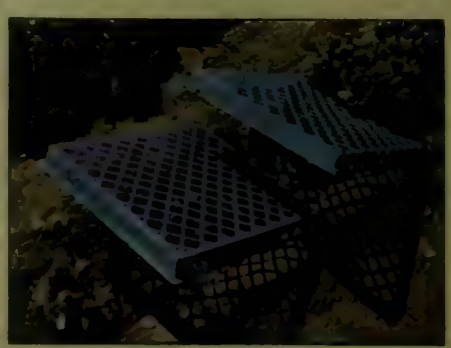
PRODUCE PLANTER

A hilly and wooded backyard didn't stop the Darrel Shattuck family from enjoying fresh homegrown produce.

Darrel and his son constructed a cedar planter box that fits along one end of their sunny patio where it can receive the benefits of full sun. The planter is eight feet long and 22 inches wide. It stands 34 inches tall for waist-high gardening. The Shattucks sow lettuce continuously.



SEEDLING SUNSCREENS



After you set tender young transplants in the garden, don't let the sun dry them out. Protect them with perforated plastic plant flats. Simply prop the flats with sticks over the plants that need protection. The perforations allow for good air circulation while still filtering out some of the harsh rays of the sun.

Always be sure to wedge the flats onto the sticks or tie the flats with string to prevent them from blowing away. Remove the flats after the plants have become established.

ROW PROTECTOR



For optimum growth of vegetable seedlings, it's a good idea to get them started in a protected environment. Here nylon mesh is stretched over crossed cedar 1x1s to form an animal-proof row protector. As the plants get taller, the row protector can be easily moved to another young crop.

Source: Estelle Guralnick, Helen Herkamp, Ruth Grenci

ZUCCHINI CAGE

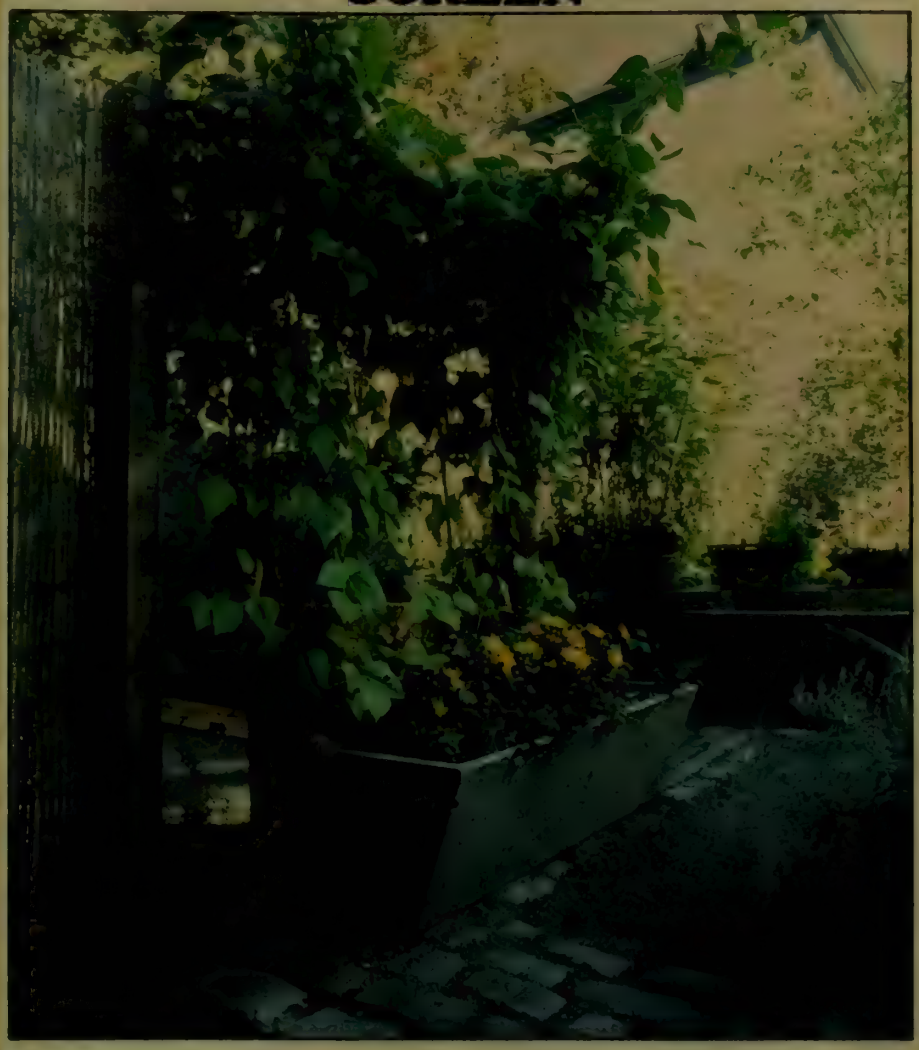


Do you love zucchini but deplore its sprawling habit? You might try growing the vegetable inside a cage. The cage will force the vines to grow up and out of the way of neighboring vegetables. Caged zucchini will also produce cleaner fruit than sprawling vines do.

To make a zucchini cage, cut a seven-foot-wide section of a roll of welded garden wire. Remove the bottom rungs so you can push the cage into the ground several inches. Bring the ends together to form a cylinder and fasten with wire.

Photographs: Hedrich/Blessing, Ernie Braun, Bill Helms, E. Alan McGee

BEAN SCREEN



If your backyard space is really limited, make vegetables serve double duty. This attractive privacy screen was made simply by planting climbing pole beans in an old-fashioned laundry tub. Wooden 4x4s, with mesh garden wire stretched between, provide support. Herbs and flowers add color and fragrance to the planting. Containerized vegetables dry out quickly, so be sure you can water daily before you get started.

CABBAGE MAT

This year, don't let hungry cabbage maggots feast on your young cabbages, broccoli, cauliflower, or brussels sprouts. Insert a "cabbage mat" around the base of each plant to discourage these pests.

To make a cabbage mat, cut an eight-inch square from a heavy paper bag. Slit the paper from one corner to the center, leaving a tiny hole just big enough for the plant's stem. Make a similar square and place it over the first so that the slit of the bottom layer is covered.



A LEARN-AS-YOU-GROW BOX FOR THE WHOLE FAMILY

By Steven Coulter & Carol Ann Shindelar

Everyone in the family will have fun watching nature at work in this mini-farm you can build. You'll witness the wonder of living things through the eyes of your children as they learn how things grow. And you'll enjoy a family closeness as you share the responsibility and pleasure of keeping living things alive.

The learning box is 1x2 feet wide and 1¾ feet high, but you can build one any size you wish. It's actually three units in one; the top (or grow box) is a miniature seedbed, and the base is an intensive-culture earthworm farm. A seed germinating tray is sandwiched in between.

Grow Box

This part of the unit is really a container garden. It can be used to grow small salad vegetables and kitchen herbs to maturity, but larger garden varieties will eventually have to be transplanted into the garden.

Use a soil mix of equal parts sharp sand, organic matter, and garden loam in your grow box. Provide good drainage with a layer of pea gravel, and line the box with plastic if you wish. Transplant young plants into the box, or grow your own from seed. Space seeds two to four inches apart. Every few days water with a fine spray from a garden hose or watering can.

You can hasten germination by using the plastic panels to help retain humidity and create a greenhouse effect. Slip the panels in overnight, too—especially if low temperatures are predicted. When plants are growing vigorously, replace the plastic panels with lath ones. Then, several days before you transplant seedlings into the garden, remove the panels to allow the plants to "harden off." Lift the top off completely the day before you plant.



Seed Germinating Tray



You can sprout seeds in the germination unit to plant in the grow box, or use the unit to sprout mung beans, alfalfa, sunflower seeds, lentils, wheat, and other grains for salads, sandwiches, and Oriental dishes. If you sprout several kinds of seeds at one time, label each type and keep those seeds together to prevent confusion after they have sprouted.

Lay several moist paper towels over the burlap for the seeds to sprout on so they don't wedge into the burlap; spread the seeds evenly over the top. Lay another paper towel over the seeds to keep them moist. Check seeds for proper moisture every day. When the paper towels get too dry, water them very lightly with a mister or watering can with a spray nozzle.

Mung beans and other dried beans, peas, and grains will be sprouted in three to five days and can be eaten anytime after that. Seeds you've sprouted for the grow box can be transferred when roots are sufficiently strong.

Worm Culture Box

You can raise 100 or more earthworms in a box this size. Give them a bedding of several inches of well-rotted compost and cover it with a damp burlap sheet. Worms prefer to burrow near the surface of the soil, and the burlap helps conserve surface moisture. Keep the culture box thoroughly moist but never soggy. Water with a fine, gentle spray when the bedding is dry, but be careful not to disturb the burrows the earthworms have made. Never let the bedding dry out completely or expose it to strong, hot sun.

Lift up the burlap to feed the worms—they like kitchen scraps, especially lettuce and cabbage leaves, and vegetable trimmings such as carrot and radish tops. Lawn clippings, leaves, and garden trimmings are also good. Layer the vegetable waste over the bedding and sprinkle in some corn meal or soy flour to provide a balanced diet. Replace the burlap cover. Feed the worms again when they've used up all the food. If food molds before worms use it up, the box is too wet.

In several months the worms will have produced enough offspring to overpopulate the box, so transfer some of them to the garden. Add more vegetable compost to fill the box.



Photographs: Ernie Braun.
Design: Rip King
Source: Barbara Cathcart

Lath Panels

Build the panels of redwood lath; the verticals are seven inches long and are edge-glued with waterproof glue to the two horizontals. The top horizontal extends ½ inch beyond the edge verticals so it can be caught in place when slipped into the grow box top. Push panels against bricks until glue dries.

Plastic Panels

Follow the procedure for the frame described above. Mortise ends into sides and glue all pieces. Staple polyethylene sheeting to the panel, doubling the thickness at the edge.

Top

The bottom frame of the top is made of redwood lath; the A-frame sidepieces are 1x2-inch pine with plastic sheeting stapled on. Bottom corners of sides are mitered. Glue a ½-inch strip of redwood for the crossbar between the two diagonals of the sides. Nail corner bead molding to four diagonal edges to hold the panels.

Grow Box

Simply make a 1x2-foot box of ½-inch redwood, butt-jointing and bradding the corners. Nail in a lath ledge below the top for the grow box top to rest on. Box bottom is random-width ½-inch redwood, narrowly spaced.

Seed Germinating Tray

Make the frame of pine 1x2s, butt-jointing with nails and waterproof glue. Staple burlap to the frame.

Worm Culture Box

Build a 1x2-foot box of ½-inch redwood, following procedure for the grow box. Nail in a lath ledge for the seed germinating tray; nail a lath frame all around the edge of the box for the grow box to fit into.



Drawing: Hellman Design

MATERIALS

pine 1x2s for sides of grow box top and seed germinating tray frame
redwood lath
½-inch fence grade redwood
1-inch corner bead molding
clear polyethylene sheeting
burlap
waterproof glue
staples, brads, finishing nails

NEW WAYS WITH OLD-WORLD BREADS

By Sandra Granseth

Almost every culture throughout the world boasts a special bread as part of its food heritage. Surprisingly, considering their far-flung origins, many of these ethnic breads closely resemble one another not only in how they look and taste but also in how they're used.

We've brought together an extraordinary selection of these similar yet distinctive breads from all over the globe. And, instead of serving each in its traditional fashion, we've mixed and matched delicious spreads and fillings so you can create a whole new world of appetizers, sandwiches, and desserts.

Photographs: de Gennaro
Food Stylist: Mable Hoffman



CRISP BREADS To Carry A Spread

Satisfy the urge to snack with these flat breads, rolled pastry-thin to achieve their cracker-like textures. For some party- or family-style munching, break the bread into pieces and serve with any of these spreads or pâtés (*from left to right*): **Salmon-Sour Cream Spread, Pimiento-Ham Spread, Gruyère-Apple Spread,** and **Baked Liver Pâté.**

The caraway rye-cracker flavor and the round center hole are what characterize **Scandinavian Crisp Bread** (*far left*). The small Mediterranean island of Sardinia has its own pastry-like version. The bubbles on the surface of **Sardinian-style Thin Bread** (*middle left*) give it a delicate crispness. Traditionally **Armenian Flat Bread** (*middle right*) is covered with toasted sesame seed for a nutty flavor. There's a bit of chewiness along with the crunch. **Syrian Flat Rounds** (*far right*) get their extraordinary crispness from a sprinkling of cornmeal and numerous prickings with a fork before baking.

Recipes begin on page **118**

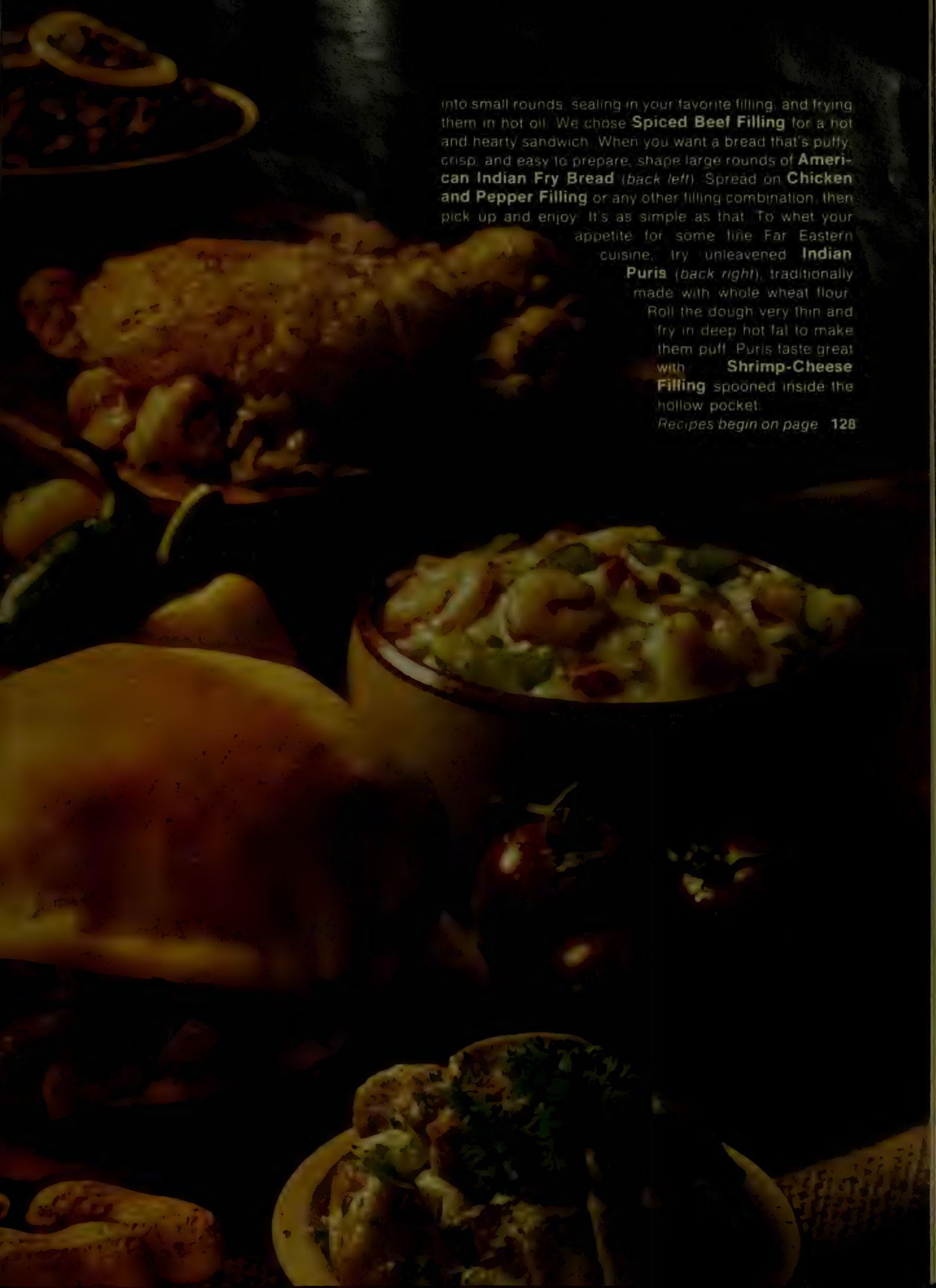


PUFFED BREADS To Hold A Filling

Many cultures have a bread that "puffs" when it's baked or fried. The Middle Eastern pocket bread, for example, repeats itself as a puri in India, a fried pasty in Russia, and a fry bread with the American Indians. We've paired one filling with each bread, but all the breads and fillings are interchangeable.

During baking, the top crust of **Middle Eastern Pocket Bread** (*front right*) puffs up, then drops back as it cools, leaving the inside hollow. Slice partway along one side to reveal the pocket for stuffing with **Dilled Pork Filling.** Create **Russian Fried Pasties** (*front left*) by rolling out the dough





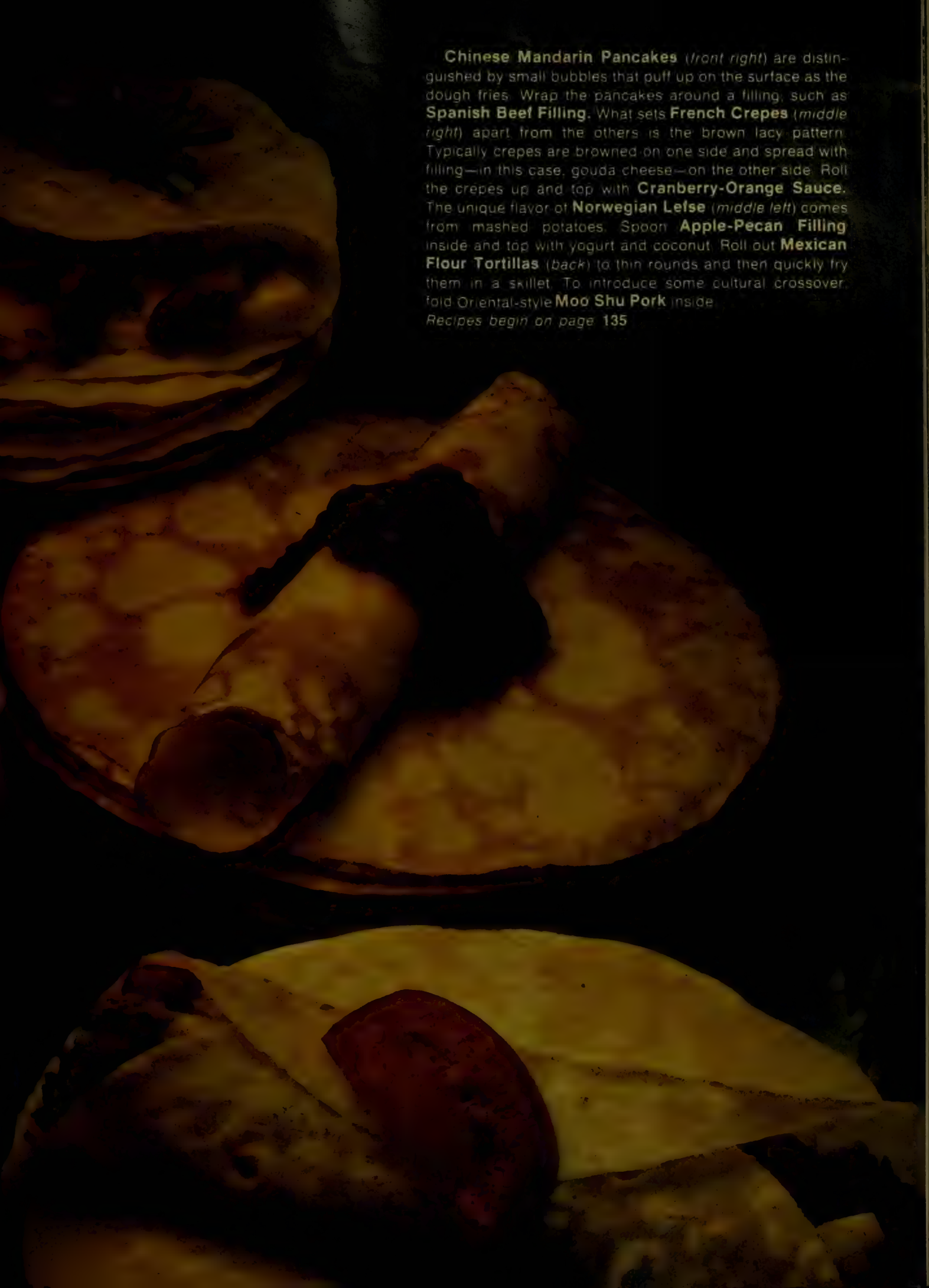
into small rounds, sealing in your favorite filling, and frying them in hot oil. We chose **Spiced Beef Filling** for a hot and hearty sandwich. When you want a bread that's puffy, crisp, and easy to prepare, shape large rounds of **American Indian Fry Bread** (*back left*). Spread on **Chicken and Pepper Filling** or any other filling combination, then pick up and enjoy. It's as simple as that. To whet your appetite for some fine Far Eastern cuisine, try unleavened **Indian Puris** (*back right*), traditionally made with whole wheat flour. Roll the dough very thin and fry in deep hot fat to make them puff. Puris taste great with **Shrimp-Cheese Filling** spooned inside the hollow pocket.

Recipes begin on page **128**

SOFT BREADS
To Wrap A Stuffing

One glance at these stacks of different breads shows how very similar they are. All the breads are soft, thin, fine-grained, and pancake-like so you can wrap or roll them up with ease. Build entrées and desserts by combining any of these breads and fillings.





Chinese Mandarin Pancakes (*front right*) are distinguished by small bubbles that puff up on the surface as the dough fries. Wrap the pancakes around a filling, such as **Spanish Beef Filling.** What sets **French Crepes** (*middle right*) apart from the others is the brown lacy pattern. Typically crepes are browned on one side and spread with filling—in this case, gouda cheese—on the other side. Roll the crepes up and top with **Cranberry-Orange Sauce.** The unique flavor of **Norwegian Lefse** (*middle left*) comes from mashed potatoes. Spoon **Apple-Pecan Filling** inside and top with yogurt and coconut. Roll out **Mexican Flour Tortillas** (*back*) to thin rounds and then quickly fry them in a skillet. To introduce some cultural crossover, fold Oriental-style **Moo Shu Pork** inside.

Recipes begin on page **135**

begins on page 112

Old-world bread

CRISP BREADS TO CARRY A SPREAD

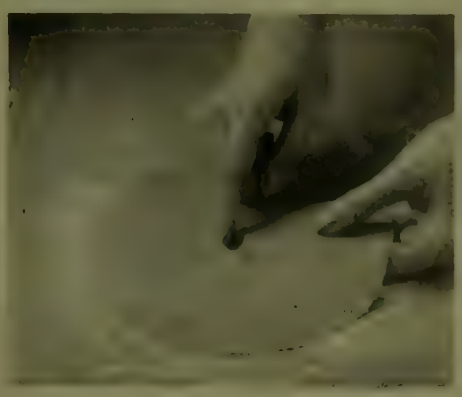
Serve these crunchy breads at a party or for snacking anytime. Try any or all of these tasty appetizer spreads with the flat breads, or develop your own special recipe.

SCANDINAVIAN CRISP BREAD

Try this crunchy bread for a nice change of pace from rye crackers—

1½ cups all-purpose flour
1 cup rye flour
2 tablespoons brown sugar
2 teaspoons caraway seed
1 teaspoon baking powder
¼ teaspoon salt
¼ cup butter *or* margarine
½ cup water

In mixing bowl stir together all-purpose flour, rye flour, brown sugar, caraway seed, baking powder, and salt till thoroughly blended. Cut in butter or margarine till the mixture resembles coarse crumbs. Add water all at once; stir till mixture can be gathered in a ball. Turn dough out onto a lightly floured surface. Knead dough gently 8 to 10 strokes. Divide dough into 6 portions; shape into balls. On floured surface roll each ball to an 8-inch round. Using your index finger, make a 1-inch hole in center of each.



With a fork prick the entire surface of each round. Using a wide spatula place 2 or 3 rounds on a lightly greased baking sheet. Bake in a 325° oven for 15 minutes. Turn bread over and bake for 7 to 8 minutes more or till crisp. Remove from oven. Cool on rack. Repeat rolling and baking remaining dough. Makes 6.

SARDINIAN-STYLE THIN BREAD

This tasty unleavened bread makes a favorite between-meal snack—

2¼ cups all-purpose flour
2 teaspoons sugar
1 teaspoon salt
1 teaspoon baking powder
½ cup lukewarm water (110°)
¼ cup cooking oil

In mixing bowl stir together flour, sugar, salt, and baking powder. Stir in lukewarm water and cooking oil; mix till dough can be gathered into a ball. (If needed, add more water, 1 tablespoon at a time.) Let dough rest 15 minutes. Divide into 10 portions; shape into balls. On a lightly floured surface roll each ball to an 8½-inch round. Place 2 or 3 rounds on a lightly greased baking sheet. Bake in a 450° oven for about 7 minutes or till lightly browned. Remove from oven. Cool on wire rack. Repeat rolling and baking remaining dough. Makes 10.

ARMENIAN FLAT BREAD

Store bread at room temperature in a tightly covered container or wrap securely in foil—

5¾ to 6 cups all-purpose flour
1 package active dry yeast
2 cups water
¼ cup butter *or* margarine
1 tablespoon sugar
2 teaspoons salt
¼ cup sesame seed, toasted

In large mixer bowl combine 2 *cups* of the flour and the yeast. In saucepan heat water, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in 2 *tablespoons* of the sesame seed and enough of the remaining flour to make a moderately stiff dough. Turn out onto a lightly floured surface; knead 3 or 4 minutes or till smooth. Shape dough in a ball; place in greased bowl, turning once to grease surface. Cover; let rise in warm place 2 hours or till double. Punch dough down. Divide dough into 14 portions; shape into balls. Let rest 10 minutes. On floured surface roll each piece out to an 8-inch round. Place 2 or 3 rounds on each of two greased baking sheets. Brush each round lightly with *cold water* and sprinkle with some of the remaining sesame seed. With a fork, prick the entire surface of each round. *Do not allow to rise.* Bake in 350° oven for 20 to 25 minutes or till lightly browned and crisp. Remove from oven. Cool on wire rack. Repeat rolling and baking remaining dough. Makes 14.

SYRIAN FLAT ROUNDS

Pricking the dough with a fork helps keep the bread flat during baking—

4¼ to 4½ cups all-purpose flour
1 package active dry yeast
2 teaspoons salt
1⅓ cups warm water (115° to 120°)
2 tablespoons cooking oil
Yellow cornmeal

In mixer bowl combine *1½ cups* of the flour, the yeast, and salt. Combine warm water and cooking oil. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out onto a lightly floured surface; knead 8 to 10 minutes or till smooth. Shape dough in ball; place in greased bowl, turning once to grease surface. Cover; let rise in warm place 1¼ to 1½ hours or till double. Punch dough down. Divide dough into 4 portions; shape into balls. Cover and let rest 10 minutes. Sprinkle a flat surface lightly with cornmeal. Place one ball of dough on surface. Roll the dough and then use your hands to stretch. Repeat rolling and



stretching to form an 11-inch round.

continued

Campbell's Soups give you a way to turn a side dish into a main attraction.



Whether you're serving vegetables or rice, Campbell's Soups give you a quick and easy way to enhance their flavor and appeal. For other out-of-the-ordinary recipes and serving ideas turn to the back of Campbell's Soup labels.

CREAMED ONIONS AND CARROTS

¼ cup sliced celery
2 tablespoons butter or margarine
1 can Campbell's Cream of Chicken Soup
½ cup sour cream
¼ cup dry white wine
2 tablespoons chopped parsley
1 pound cooked medium carrots, cut in half lengthwise
1 pound cooked small whole white onions (about 16)

In saucepan, cook celery in butter until tender. Blend in soup and sour cream; add wine and parsley. Cut carrot halves in 2-inch pieces; add carrots and onions to soup mixture. Heat; stir occasionally. Makes about 4 cups.



HOLIDAY PEAS AND RICE

½ cup raw regular rice
⅛ teaspoon rubbed sage
2 tablespoons butter or margarine
1 can Campbell's Chicken Broth
1 cup frozen peas
2 tablespoons diced pimiento

In saucepan, brown rice with sage in butter. Add broth. Bring to boil; reduce heat. Cover; simmer 15 minutes; add peas. Simmer 10 minutes more or until done. Stir occasionally. Stir in pimiento. Makes about 3 cups.



The yellow arrow on Campbell's Soup labels points to 870 ways you can add more appeal to your meals with soup. You'll find recipes, sauces, soup mates, menu suggestions, main-dish soup ideas, seasoning suggestions and more!



You have a way with Campbell's.



continued

Old-world breads

(If necessary, cover dough and let it rest a few minutes between rollings.) Transfer to lightly greased baking sheet or 12-inch pizza pan. With a fork, prick the entire surface of the round. *Do not allow to rise.* Bake in 450° oven for 12 to 13 minutes or till golden. Remove from oven. Cool on wire rack. Repeat rolling, pricking, and baking remaining dough, sprinkling the surface with cornmeal between each rolling. Makes 4.

SALMON-SOUR CREAM SPREAD

Zucchini and lemon juice add a fresh flavor to this spread—

1 16-ounce can salmon, chilled
¼ cup mayonnaise *or* salad dressing
2 tablespoons lemon juice
¼ teaspoon garlic salt
¼ teaspoon dried dillweed
¼ teaspoon worcestershire sauce
⅛ teaspoon cayenne
1 cup dairy sour cream
½ cup finely chopped zucchini *or* cucumber
2 tablespoons thinly sliced green onion
2 tablespoons drained capers
Scandinavian Crisp Bread, Sardinian-style Thin Bread, Armenian Flatbread, *or* Syrian Flat Rounds

Drain salmon; break up with a fork, removing bones and skin. In bowl combine mayonnaise or salad dressing, lemon juice, garlic salt, dillweed, worcestershire sauce, and cayenne. Stir in salmon. Turn into serving dish.

In separate bowl combine sour cream, zucchini or cucumber, green onion, and capers. Turn into serving dish. Garnish with cucumber slice, if desired. To serve, spread salmon mixture over crisp bread; top with sour cream spread. Makes 1¾ cups salmon spread and 1¼ cups sour cream spread.

PIMIENTO-HAM SPREAD

Make the spread quickly by using an electric mixer—

2 cups shredded pimiento cheese (8 ounces)
½ cup hot-style tomato juice
1 2¼-ounce can deviled ham

continued on page 126


Dole Pineapple in its own juice.
No extra heavy syrup,
no sugar added–just juice.
Dole
sliced
pineapple
IN UNSWEETENED PINEAPPLE JUICE
IN ITS OWN JUICE
no sugar added
(And what other
canned fruit can make
a creamed cheese and ham
sandwich a natural?)
CASTLE & COOKE, INC.

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Photograph is approx. 2 times actual size.

"See how Shake 'n Bake® COATING MIX keeps chicken more moist and tender."



Fried chicken can be dry.
Baked chicken can be dry.
But chicken made with Shake 'n Bake® coating mix comes out more moist and tender—because the crispy coating seals in the juices.

"With Shake 'n Bake® coating mix you get crispy chicken at its tender best."

GF
GENERAL FOODS



File under Appliance cooking

Buying Information, page 196

Pressure Cooker Main Dishes

Stuffed Pork Rolls

The apple-raisin stuffing makes these first-place rolls irresistible—

- 1½ cups soft bread crumbs (2 slices)
- 1½ cups coarsely shredded, peeled apple
- ½ cup raisins
- 2 tablespoons chopped onion
- ½ teaspoon salt
- 6 pork cutlets, cut ¼ inch thick
- 1 10½-ounce can *condensed* beef broth
- ½ teaspoon dried thyme, crushed
- 3 tablespoons all-purpose flour

In bowl combine bread crumbs, apple, raisins, onion, and salt. Divide mixture between pork cutlets. Roll up cutlets around filling; tie with string. In 4-quart pressure cooker combine *1 cup* of the beef broth and the thyme. Place pork rolls on a rack in cooker. Close cover securely. Cook at 15 pounds pressure for 10 minutes. Cool quickly under cold running water. Lift rolls onto serving platter; remove strings. Keep warm. Skim fat from pan juices. Combine flour and the remaining beef broth. Add to pan juices in cooker. Cook and stir till thickened and bubbly. Spoon some gravy over pork rolls; pass remainder. Makes 6 servings.

Mrs. Flora B. Rippstein, Apple Valley, Calif.

CORRECTION: We regret that in our February issue the Prize Tested Recipes for Cinnamon Graham Muffins and Upside-down Branberry Muffins were inadvertently reversed. The recipe for the former was printed under the name and picture of the latter, and vice versa. Please accept our deepest apologies for the mix-up.



File under Desserts

Photographs: Dieter

Chocolate Desserts

Black Forest Crepes

This prizewinner has all the elements of famous Black Forest torte—

- 1 21-ounce can cherry pie filling, chilled
- 2 tablespoons cherry liqueur
- ¼ cup blanched almonds
- ⅔ cup milk
- ¼ cup all-purpose flour
- 2 eggs
- 2 tablespoons butter *or* margarine, melted
- 3 ounces semisweet chocolate
- 1 cup whipping cream
- ¼ cup toasted slivered almonds

Mix pie filling and liqueur; set aside. Place the blanched almonds in blender container; cover. Blend till a fine meal. Add milk, flour, eggs, and butter or margarine. Cover; blend till smooth. Heat a greased 6-inch skillet. Spoon in *2 tablespoons* batter. Tilt skillet to spread batter. Brown on one side. Invert crepe over paper toweling. Repeat to make 12 crepes. Melt chocolate over low heat; cool. Whip cream to soft peaks. Fold in chocolate (mixture will look speckled). Spoon *2 tablespoons* chocolate mixture down the center of unbrowned side of each crepe. Roll up. Place two crepes on each plate. Top with ⅓ cup cherry mixture, remaining chocolate mixture, and slivered almonds. Makes 6 servings.

Mrs. S. Geoffroy, Walnut Creek, Calif.



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Chocolate-Coconut Dessert

- 1 6-ounce package (1 cup) semisweet chocolate pieces
- 1 13-ounce can evaporated milk
- 1 10½-ounce package (5 cups) miniature marshmallows
- 1⅓ cups flaked coconut
- 6 tablespoons butter *or* margarine
- 2 cups crisp rice cereal, crushed
- 1 cup chopped walnuts
- ½ gallon brick vanilla ice cream

In saucepan melt chocolate in milk. Bring to boiling; boil gently, uncovered, 4 minutes or till thickened, stirring constantly. Add marshmallows; heat and stir till melted. Chill. In skillet cook and stir coconut in butter or margarine till lightly browned. Stir in cereal and nuts. Spread *3 cups* of the cereal mixture in bottom of a 13x9x2-inch pan. Cut ice cream in half lengthwise and then horizontally into 12 slices making a total of 24 pieces. Arrange *half* the ice cream over cereal. Spread with *half* the chocolate mixture. Repeat layers. Top with remaining cereal. Cover; freeze firm. Let stand at room temperature 5 to 10 minutes before serving. Makes 16 servings.

Jeannette Frings, Madison, Wis.



Chocolate-Peanut Squares

- ¼ cup butter *or* margarine
- 1 6-ounce package (1 cup) semisweet chocolate pieces
- 1½ cups rolled oats
- ½ cup peanut butter
- 1 8-ounce package cream cheese, softened
- ¼ cup sugar
- 1 teaspoon vanilla
- ½ cup milk
- 1 cup whipping cream
- ¼ cup chopped peanuts

In saucepan heat together butter or margarine and *¼ cup* of the chocolate pieces over low heat just till melted. Stir in oats till coated. Press into the bottom of an 8x8x2-inch pan; chill. In small saucepan heat and stir peanut butter and remaining chocolate together over low heat till melted. Cool slightly. In mixer bowl beat cream cheese, sugar, and vanilla till fluffy. Beat in peanut butter mixture (mixture will be quite stiff). Blend in milk. Whip cream just to soft peaks. Fold into peanut butter mixture. Turn into pan. Sprinkle nuts atop. Cover; chill well. Makes 9 to 12 servings.

Mrs. Joseph Babik, Waterford, Wis.



Beef Burgundy

- 3 slices bacon
- 1 pound beef stew meat
- 1 cup dry red wine
- 2 tablespoons chopped onion
- 1 clove garlic, minced
- 1 tablespoon catsup
- 1 teaspoon instant beef bouillon granules
- ¼ teaspoon dried thyme, crushed
- 1 bay leaf
- 2 tablespoons all-purpose flour
- 1 3-ounce can sliced mushrooms
- Hot cooked noodles

In 4-quart pressure cooker cook bacon till crisp. Remove bacon to paper toweling; reserve drippings in pan. Crumble bacon and set aside. In reserved drippings brown meat; drain off fat. Add wine, onion, garlic, catsup, bouillon, ¼ teaspoon *salt*, thyme, ⅛ teaspoon *pepper*, and bay leaf. Close cover securely. Cook at 15 pounds pressure 18 to 20 minutes. Cool quickly under cold running water. Blend ¼ cup *cold water* into flour; stir into meat mixture along with *undrained* mushrooms. Cook and stir till bubbly. Serve over noodles. Sprinkle with bacon. Makes 4 servings.

Mrs. Amelia Shearowse, Orlando, Fla.



Italian Chicken

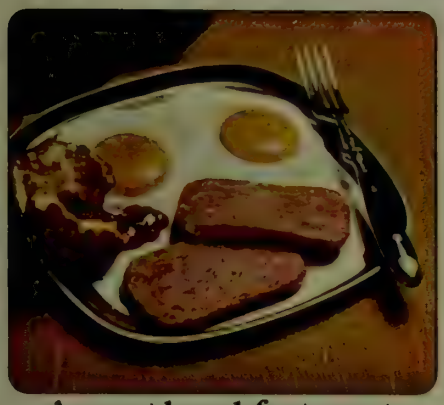
- 1 2½- to 3-pound broiler-fryer chicken, cut up
- 1 cup sliced fresh mushrooms
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ½ small head cabbage, cut in 4 wedges
- 1 8-ounce can tomato sauce
- 1 teaspoon dried oregano, crushed
- ¾ teaspoon salt
- ½ teaspoon garlic salt
- ½ teaspoon dried basil, crushed
- ¾ cup shredded mozzarella cheese
- 2 tablespoons cornstarch

In 4-quart pressure cooker arrange chicken pieces, mushrooms, onion, green pepper, and cabbage wedges. Combine tomato sauce and seasonings; pour over chicken and vegetables. Close lid securely. Cook at 15 pounds pressure for 10 minutes. Cool quickly under cold running water. Remove chicken and vegetables to serving platter; sprinkle with cheese. Keep warm. Skim fat from pan juices. Combine cornstarch and 2 tablespoons *cold water*. Add to juices in cooker. Cook and stir till bubbly. Pass with chicken. Makes 4 servings.

Mrs. Colleen Harvey, Wilson, N.Y.

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This special blend of pork shoulder with ham is more than just a popular sandwich meat.



A great breakfast meat.



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So tonight, throw open the cupboard doors and treat your family to rice. Starting with good-tasting Mushroom Rice—a quick, economical side dish that's really delicious. And it's easy...once you get the rice out.

Mushroom Rice

3 cups hot cooked rice, cooked in chicken broth
1 can (4 ounces) sliced mushrooms, drained
1 cup cooked green peas
2 tablespoons butter or margarine, melted
¼ teaspoon onion powder
Salt and pepper to taste
2 tablespoons diced pimiento

Combine rice, mushrooms, peas, butter, seasonings and pimiento. Heat until vegetables are hot, about 3 or 4 minutes. Toss lightly. Makes 6 servings.

For more easy-to-make rice recipes, write to: Rice Council of America, Dept. B, Box 22800, Houston, Texas 77027

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Rice

continued from page 120

Old-world breads

1 tablespoon prepared horseradish
⅓ cup finely chopped fresh mushrooms
½ of a 4-ounce can (about 3 tablespoons) mild green chili peppers, rinsed, seeded, and chopped
Scandinavian Crisp Bread, Sardinian-style Thin Bread, Armenian Flatbread, *or* Syrian Flat Rounds

Place shredded cheese in small mixer bowl; cover and allow to come to room temperature. Gradually add tomato juice, beating with electric mixer till mixture is fluffy. Beat in deviled ham and horseradish; fold in mushrooms and chili peppers. Cover and chill at least 1 hour. Garnish with a green chili pepper and a sprig of parsley, if desired. To serve, spread over desired crisp bread. Makes 2¼ cups spread.

GRUYÈRE-APPLE SPREAD

Cheese and apple make perfect flavor companions—

1 8-ounce package cream cheese
1 cup shredded gruyère cheese *or* monterey jack cheese (4 ounces)
1 tablespoon milk
2 teaspoons prepared mustard
⅓ cup finely shredded, peeled apple
2 tablespoons finely chopped pecans
2 teaspoons snipped chives
Scandinavian Crisp Bread, Sardinian-style Thin Bread, Armenian Flatbread, *or* Syrian Flat Rounds

Combine cream cheese and gruyère or monterey jack cheese in small mixer bowl; allow to come to room temperature. Add milk and prepared mustard; beat with electric mixer till blended. Stir in apple, pecans, and chives. Cover; chill 1 hour. Garnish with additional snipped chives, if desired. To serve, spread mixture over desired crisp bread. Makes 2¼ cups spread.

BAKED LIVER PÂTÉ

Madeira and anchovy paste season this pâté—

1 medium onion, chopped (½ cup)
2 cloves garlic, minced
2 tablespoons butter *or* margarine

continued

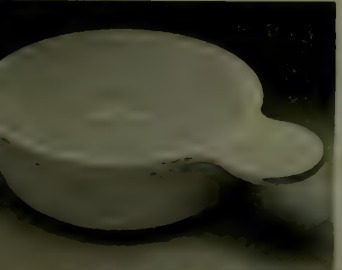
Now, Chunky Beef, the soup that brings you chunk after chunk of beef with potatoes and carrots...



...brings you even more:

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Nothing's better than a steaming bowl of Chunky eef Soup filled with tender chunks of beef with potatoes d carrots. And when the steaming bowl's a Grab It, you can heat and serve your Chunky Soup straight from the stove. In fact, this versatile Corning Ware Grab It bowl can go from stove to table to refrigerator and back again with no trouble at all! And it's microwave-safe. So grab two cans of Campbell's Chunky Soup and get a Grab It bowl. You'll never let go!



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Offer expires August 31, 1978. Please allow up to 6 weeks for handling. Offer good only in U.S.A., Puerto Rico, and Military Installations. Wisconsin residents, send $2.50 plus label facsimiles only. Do not mail to (Offerer) Campbell Soup Company, Camden, N.J. 08101.
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His or Her Recipes



Learn the simple base. Then make these seafood sauces.

Show this ad to your man. Then decide between yourselves who treats the family to what the sea has to offer. "His or Her Recipes" is a different cooking method presented by the TABASCO sauce people. The whole point is to help you learn sauce bases, then tasty variations. TABASCO, you know, is a pepper and vinegar seasoning that is fundamental to good taste. Peppers watched over by the McIlhenny family since 1868 are aged in oak barrels to develop a rare aroma and flavor.

WHITE SAUCE BASE: 2 tablespoons butter, 2 tablespoons flour, ¼ teaspoon salt, ½ teaspoon TABASCO pepper sauce, 1 cup milk. Blend flour into melted butter. Add salt and TABASCO. Gradually stir in milk. Simmer, stirring constantly, until sauce thickens and comes to a boil.

MARINER'S SAUCE: Make white sauce base. Add 2 tablespoons dill pickle relish, 1 teaspoon dried minced onion, 2 teaspoons mustard, ¼ teaspoon garlic powder. Mix well. Serve over fish sticks.

SEAFARER'S SAUCE: Make white sauce base. Add 3 tablespoons ketchup, 2 tablespoons sweet pickle relish, 1 teaspoon dried minced onion. Mix well. Serve over fried fish.

TRADEWINDS SAUCE: Make white sauce base. Add 2 beaten egg yolks, 3 tablespoons lemon juice. Mix well. Serve over broiled fish.

TABASCO

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continued

Old-world breads

1 pound chicken livers
¼ pound ground pork
1 cup milk *or* light cream
2 eggs
3 tablespoons fine dry bread crumbs
2 tablespoons Madeira
2 tablespoons anchovy paste
1 tablespoon cornstarch
¾ teaspoon salt
½ teaspoon dried marjoram, crushed
½ teaspoon dried tarragon, crushed
½ teaspoon dried basil, crushed
⅛ teaspoon pepper
Lettuce
Sieved hard-cooked egg yolk
Scandinavian Crisp Bread, Sardinian-style Thin Bread, Armenian Flatbread, *or* Syrian Flat Rounds

In skillet cook onion and garlic in butter or margarine till onion is tender but not brown. Add chicken livers and ground pork. Cook and stir over medium-high heat about 5 minutes or till livers are no longer pink. Drain and cool slightly.

In blender container place *½ cup* of the milk and the liver-onion mixture. Cover; blend on medium speed till smooth. Add the remaining milk, eggs, bread crumbs, Madeira, anchovy paste, cornstarch, salt, marjoram, tarragon, basil, and pepper. Cover; blend till thoroughly combined. Pour into a 4-cup ovenproof mold or into an 8½x4½x2½-inch loaf pan. Set in shallow baking pan; pour hot water around mold or loaf pan to depth of ½ inch. Bake in 325° oven for 1 hour. Cool; cover and chill. Unmold; slice and serve on lettuce-lined serving plate. Garnish with sieved hard-cooked egg yolk. Spread pâté on desired crisp bread. Makes about 4 cups pâté.

PUFFED BREADS TO HOLD A FILLING

These puffed breads and fillings make terrific sandwiches. Simply spoon any of the tasty fillings into the breads and you have a hearty meal.

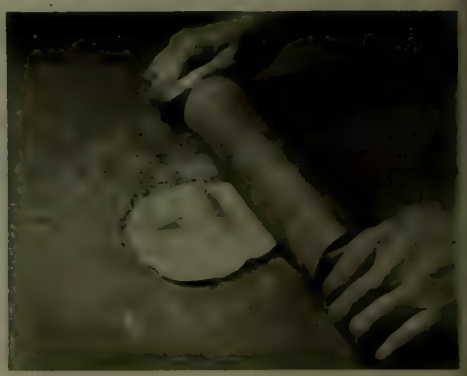
MIDDLE EASTERN POCKET BREAD

Pocket bread is called "pide" in Turkey, "peda" in Armenia, and "pita" in Syria

3½ to 4 cups all-purpose flour
1 package active dry yeast
1¼ cups warm water (115° to 120°)
2 tablespoons cooking oil
1 teaspoon salt
¼ teapoon sugar

In large mixer bowl combine *1½ cups* of the flour and the yeast. Combine warm water, cooking oil, salt, and sugar. Add to yeast mixture; beat on low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand stir in enough of the remaining flour to make a moderately stiff dough. Turn dough out on a lightly floured surface; knead dough about 5 minutes or till smooth and elastic. Cover; let rise 45 minutes.

Punch down and divide into 12 equal pieces. Shape into balls; cover and let rest 10 minutes. Roll 2 or



3 of the balls on lightly floured surface to 5-inch round, beginning at center and rolling to edges. (*Do not roll back and forth or bread will not puff.*) Place 2 inches apart on ungreased baking sheet. Cover; let rise 20 to 30 minutes. Bake in 400° oven for 10 to 12 minutes or till puffed and browned. Repeat rolling and baking remaining dough. To serve, slice the bread partway along one side and stuff with desired filling. Makes 12.

RUSSIAN FRIED PASTIES

This bun-shaped bread has the filling tucked inside—

2¾ to 3 cups all-purpose flour
1 package active dry yeast

• • •

1 cup milk
1 teaspoon salt
¼ teaspoon sugar

continued

Big Batch™:
Bake 6 dozen cookies that taste like you made 'em from scratch.

Big Batch Cookie Mix. With great scratch ingredients like real chocolate chips.

Big Batch cookies bake up warm, fresh and chewy like cookies from scratch. Because Big Batch cookie mix has the same good scratch ingredients you'd use yourself. Like real chocolate chips, brown sugar, enriched flour. So easy! Every box has two pouches that bake 3 dozen cookies each. Just add an egg and butter per pouch. Try all four delicious flavors. You'll love the cookies—and the convenience.





Chocolate Chip | Oatmeal | Peanut Butter | Sugar

Each box bakes 6 dozen cookies.

continued

Old-world breads

Spiced Beef Filling, Dilled Pork Filling, Chicken and Pepper Filling, *or* Shrimp-Cheese Filling
3 tablespoons cooking oil

In mixing bowl combine *1½ cups* of the flour and the yeast. In saucepan heat together milk, salt, and sugar just till warm (115° to 120°), stirring constantly. Add to dry mixture in mixing bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand stir in enough of the remaining flour to make a stiff dough. Turn out onto a lightly floured surface; knead 8 to 10 minutes or till smooth and elastic. Place in a greased bowl, turning once to grease surface. Cover; let dough rise about 1 hour or till double. Punch down; turn out on lightly floured surface.

Shape into 12 balls. Cover; let r 5 to 10 minutes. To make pasti place each ball of dough on a ligh floured surface. Roll to a 5-in round, rolling thinner at edg Place about 2 tablespoons of desi filling in center of each rou Moisten edges of dough with wat



Bring edges of dough up around f ing, stretching slightly till edges j meet; pinch to seal.

In heavy 12-inch skillet h cooking oil over medium heat abo 1 minute or till hot. Place 6 of t pasties, seam side down, in the h oil. Reduce heat to medium-lo Cover and cook for 8 to 10 minut or till crisp and lightly browne Turn pasties; cook, covered, 8 to minutes more or till crisp and light browned. Remove pasties from sk let. Drain on paper toweling. Ke warm while cooking remaining p ties. (Add additional oil to skillet needed.) Serve warm. Makes 12.



Making Lenten meals your whole family will enjoy is easy with Tuna Helper.®

Just use the recipe here for a hearty casserole with the delicious taste of tuna, rich creamy sauce and noodles.

Also try all the other great Tuna Helper varieties this Lenten season. They taste so good you'll want to serve them all year.



When you need a helping hand.

Tuna-Cheese Casserole
1 package Tuna Helper® main dish mix for noodles, cheese sauce 'n tuna
2½ cups boiling water
1 can (6½ ounces) tuna, drained
1 cup dairy sour cream
Buttered Crumbs (below)

Heat oven to 400°. Mix Noodles, Sauce Mix, water, tuna and sour cream in ungreased, 2-quart casserole. Bake uncovered 25 minutes. Sprinkle with Buttered Crumbs; bake 5 minutes. Let stand a few minutes before serving. 5 servings.

Buttered Crumbs. Heat 1 tablespoon butter or margarine in 8-inch skillet until melted. Stir in ¼ cup dry bread crumbs. Heat over medium heat, stirring constantly, until bread crumbs are slightly toasted.

AMERICAN INDIAN FRY BREAD
It puffs as it's being fried in h shortening—
2 cups all-purpose flour
½ cup nonfat dry milk powder
1 tablespoon baking powder
¾ teaspoon salt
2 tablespoons shortening
¾ cup lukewarm water (110°)
Shortening for shallow-fat frying

In bowl stir together flour, non-f dry milk powder, baking powd and salt. Cut in the 2 tablespoo shortening till mixture resembl coarse crumbs. Stir in the lukewa water; mix till dough clings togeth Turn out onto a lightly floured su face; knead 8 to 10 minutes or t smooth. Divide dough into 8 bal Cover; let rest 10 minutes.

On a lightly floured surface r

continued



Which chocolate cake was baked with Hershey's Cocoa?

Surprise! It's the cake on the right.

We asked 108 women to bake up their favorite chocolate cake recipe *twice*...once using baking chocolate as called for, then the identical recipe using Hershey's Cocoa instead.

Were they surprised! The cakes made with Hershey's Cocoa were richer, moister, more chocolatey. You can even see the difference. No wonder 7 out of 10 of these women preferred Hershey's Cocoa cakes!

And with Hershey's Cocoa, there's no messy melting, no scorched chocolate, no double boilers to scrub.

Is there a can of Hershey's Cocoa in your pantry? Try it in your next cake—in cookies, fudge and frosting, too. Just use the handy formula below.

For richer, moister, better chocolate desserts—bake 'em with Hershey's Cocoa!

Hershey's Prize Chocolate Cake

- 1/4 cup butter
- 1/4 cup shortening
- 2 cups sugar
- 1 teaspoon vanilla
- 2 eggs
- 3/4 teaspoon baking soda
- 3/4 cup Hershey's Cocoa
- 1-3/4 cups unsifted all-purpose flour
- 3/4 teaspoon baking powder
- 1/8 teaspoon salt
- 1-3/4 cups milk

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until light and fluffy; blend in eggs.

Combine baking soda, cocoa, flour, baking powder and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.

And use cocoa in your favorite frosting recipe, too!

How to Bake with Cocoa



Use this handy formula in all your chocolate recipes: cakes, frosting, fudge, and cookies.

continued

Old-world breads

each ball to a 6- or 7-inch round. Lay the dough rounds on floured surface and cover with dry towel. In large skillet place one dough round in 1½ to 2 inches of hot shortening (375°). Turn over as soon as round rises to surface; fry about 1 minute. Turn over again; fry 45 to 60 seconds more or till puffy and golden brown. Drain on paper toweling.

Place single layer on shallow baking pan. Keep fry bread warm in a 300° oven. Repeat with remaining rounds. To serve, mound desired filling atop bread. Makes 8.

INDIAN PURIS

You must spoon hot shortening over the bread constantly in order for it to puff properly—

1 cup whole wheat flour
¼ teaspoon salt
1 tablespoon butter *or* margarine, melted
⅓ cup lukewarm water (110°)
Shortening for deep-fat frying

In mixing bowl stir together flour and salt. With fingers rub in the melted butter or margarine. Add lukewarm water; mix well. With hands knead in bowl about 2 minutes or till a smooth pliable dough is formed. If dough is too stiff, add 1 or 2 teaspoons more water. Knead well. Divide dough into 8 portions. Cover with damp towel; let rest 30 minutes. Roll each portion into a ball. On a lightly floured surface roll each ball into a 5-inch round. Cover with damp towel. Fry rounds, one at a



time, in deep hot shortening (375°) for 1 minute. Using a large slotted spoon, ladle hot shortening over the round constantly as it cooks. Turn and fry about 30 seconds more or till golden. Drain well on paper toweling. Place the fried puris on baking sheet; keep them warm in 300° oven. Or, cool on wire rack. Reheat by placing puris on baking sheet; heat in 350° oven for 5 minutes. To serve, slice the bread partway along one side and stuff with desired filling. Makes 8.

DILLED PORK FILLING

A rich stroganoff-like mixture with pork, sour cream, and mushrooms—

1 large onion, chopped (1 cup)
¾ cup chopped fresh mushrooms
2 tablespoons butter *or* margarine
¾ pound lean boneless pork, cut in ½-inch cubes
½ cup dairy sour cream
1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon dried dillweed
Middle Eastern Pocket Bread, Russian Fried Pasties, American Indian Fry Bread, *or* Indian Puris

In 10-inch skillet cook onion and mushrooms in butter or margarine till tender but not brown; push vegetables to one side of skillet. Add pork; cook and stir over medium-high heat 5 to 6 minutes or till pork is browned. Reduce heat; stir in sour cream, lemon juice, salt, and dillweed. Heat through; *do not boil.* To serve, spoon filling into desired bread. (For Russian Fried Pasties, follow directions for assembling and frying bread.) Makes 2 cups filling.

SPICED BEEF FILLING

Cinnamon and ginger season this hearty filling—

½ pound ground beef *or* pork
1 medium onion, chopped (½ cup)
1 clove garlic, minced
½ of 8-ounce can (½ cup) tomato sauce
2 tablespoons snipped parsley
2 tablespoons grated parmesan cheese
¼ teaspoon salt
¼ teaspoon ground cinnamon
⅛ teaspoon pepper
⅛ teaspoon ground ginger
Russian Fried Pasties, Middle Eastern Pocket Bread, American Indian Fry Bread, *or* Indian Puris

In skillet cook ground meat, onion, and garlic till meat is brown and onion is tender; drain off excess fat. Stir in tomato sauce, parsley, parmesan cheese, salt, cinnamon, pepper, and ginger. Heat through.

To serve, spoon filling into desired bread. (For Russian Fried Pasties, follow directions for assembling and frying bread.) Makes 1½ cups filling.

CHICKEN AND PEPPER FILLING

Chopped peanuts add an interesting crunch—

1 large chicken breast, skinned, split, and boned (1 pound)
1 clove garlic, minced
1 tablespoon cooking oil
½ cup cold water
2 tablespoons soy sauce
1 tablespoon cornstarch
¼ teaspoon crushed red pepper
⅔ cup chopped green pepper *or* sweet red pepper
¼ cup coarsely chopped peanuts
American Indian Fry Bread, Middle Eastern Pocket Bread, Russian Fried Pasties, *or* Indian Puris

Chop chicken. In skillet cook chicken and garlic in hot oil about 2 minutes or till chicken is browned. Blend water, soy sauce, cornstarch, and crushed red pepper. Stir into chicken mixture. Cook and stir till thickened and bubbly. Add chopped pepper and peanuts. Cover and cook over low heat 5 minutes or till peppers are crisp-tender. To serve, spoon filling into desired bread. (For Russian Fried Pasties, follow directions for assembling and frying bread.) Makes 2 cups filling.

SHRIMP-CHEESE FILLING

This is so impressive, you'll want to serve it to friends—

¼ cup thinly sliced celery
¼ cup chopped onion
1 tablespoon butter *or* margarine

• • •

2 teaspoons all-purpose flour
½ teaspoon worcestershire sauce
¼ teaspoon dried marjoram, crushed
Several dashes bottled hot pepper sauce
¼ cup shredded Swiss cheese
¼ cup dry white wine
4 ounces fresh *or* frozen medium shrimp, cooked, drained, and cut in half (1 cup)
2 tablespoons chopped pimiento
1 tablespoon snipped parsley

continued

Arroz Estilo Español

latas de salsa de tomate
taza de agua
taza de cebolla picada
taza de pimientos verdes picados
taza de mantequilla
cucharadita de sal
cucharadita de azúcar
cucharadita de mostaza preparada
pizca de pimienta
tazas de Minute® Rice



How to translate Minute® BRAND Rice into Spanish Style Rice in just ten minutes.

Now you can make Spanish Style Rice in less time than it takes to cook ordinary rice.

All it takes is foolproof Minute® Rice, a few everyday ingredients, and a simple-to-prepare recipe.

It's easy to add an international flavor to tonight's dinner, when you start with no-boil Minute® Rice.



Spanish Style Rice

2 cans (8 oz. each) tomato sauce
½ cup water
½ cup finely chopped onion
⅓ cup diced green pepper
¼ cup butter
1 teaspoon salt
1 teaspoon sugar
½ teaspoon prepared mustard
Dash of pepper
1⅓ cups Minute® Rice

Combine tomato sauce, water, onion, green pepper, butter, salt, sugar, mustard and pepper in saucepan. Cover and bring to a full boil. Stir in rice. Remove from heat; cover and let stand 5 minutes. Stir with a fork. Makes 3½ cups or 4 servings.

Perfect for perking up an everyday dinner—like pork chops, sausage, meat loaf...even hamburgers and hot dogs.

Foolproof Minute® Rice. Perfect rice in any language.

Souped up chicken.



Lipton presents an easy way to make an extraordinary meal out of ordinary chicken.

Add some pizazz with Lipton. Recipe & Soup Mixes—zesty flavor combinations that make an ordinary meal special. And a special meal spectacular.

Pick up all four Recipe & Soup Mixes. And soup up a chicken tonight.

Chicken Pacifica

2 tablespoons oil
2 to 2-½ pound chicken, cut into serving pieces
1 can (8 oz.) pineapple chunks in natural juice, drained (reserve liquid)
Water
1 envelope Lipton Onion or Beefy Onion Soup Mix
2 tablespoons flour
1 green pepper, cut into strips

In large skillet, heat oil and brown chicken; drain. Add reserved liquid with enough water to equal 2 cups, and soup mix. Simmer covered, stirring occasionally, 45 minutes or until chicken is tender. Remove chicken to serving platter and keep warm.

Into skillet, stir in flour blended with ¼ cup water, pineapple, and green pepper. Bring to a boil, then thickened, about 5 minutes; serve over chicken. Serve, if desired, with rice. Makes about 4 servings.

Onion-Baked Chicken

2 to 2-½ pound chicken, cut into serving pieces
1 envelope Lipton Onion-Mushroom or Onion Soup Mix
½ cup dry bread crumbs

Preheat oven to 375°

Moisten chicken with water. Combine soup mix and bread crumbs; dip chicken and coat well. Place in large shallow baking pan and drizzle, if desired, with melted butter. Bake 45 minutes or until tender. Makes about 4 servings.

Chicken Chow Mein

1 envelope Lipton Onion-Mushroom or Beef Flavor Mushroom Soup Mix
2 cups water
2 cups cut-up cooked chicken
2 cans (16 oz. ea.) chow mein vegetables, rinsed and drained
1 tablespoon soy sauce
2 tablespoons cornstarch

In medium skillet, add soup mix blended with 1-¾ cups water, chicken, covered, stirring occasionally, 5 minutes. Add cornstarch blended with remaining water and cook until slightly thickened, about 3 minutes. Serve, if desired, over rice with additional soy sauce. Makes about 4 servings.

Lipton® Onion, Onion-Mushroom, Beefy Onion and Beef Flavor Mushroom. In the boxes with the blue band.



The soups you cook with

continued

Old-world breads

Indian Puris, Middle Eastern Pocket Bread, Russian Fried Pasties, *or* American Indian Fry Bread

In saucepan cook celery and onion in butter or margarine about 5 minutes or just till tender. Blend in flour, worcestershire sauce, marjoram, and hot pepper sauce. Stir in cheese and wine. Cook and stir till mixture is thickened and bubbly; stir in shrimp, pimiento, and parsley. Heat mixture through. To serve, spoon filling into desired bread. (For Russian Fried Pasties, follow directions for assembling and frying bread.) Makes 1¼ cups filling.

SOFT BREADS TO WRAP UP A STUFFING

Many cultures the world over use soft, thin, pancake-like breads in cooking. Discover just how much fun the breads are to make. Then serve them with any of these fillings.

CHINESE MANDARIN PANCAKES

These delicate Chinese pancakes are always cooked in pairs because, when rolled out, they are too fragile to cook individually—

1½ cups all-purpose flour
¼ teaspoon salt
½ cup boiling water
3 tablespoons cold water
2 tablespoons all-purpose flour
Shortening, cooking oil, *or* sesame oil

Stir together the 1½ cups flour and the salt. Pour the boiling water slowly into flour mixture, stirring constantly with a fork till well blended. Stir in cold water. When dough is cool enough to handle, knead in the 2 tablespoons flour. Continue kneading 8 to 10 minutes or till smooth and elastic. Shape dough into a ball. Place the dough back in bowl; cover with damp towel. Let stand for 15 to 20 minutes.

Turn dough out on lightly floured surface. Form into a 12-inch roll. Cut roll into 1-inch pieces. Roll each piece of dough to a 6-inch round. Brush the entire surface of one side of each pancake lightly with shortening, cooking oil, or sesame oil.

Stack two pancakes together, greased sides together. In a heavy ungreased skillet or griddle cook the pancake stacks, a few at a time, over medium heat 20 to 30 seconds on each side or till bubbles appear on surface of pancake. Quickly remove from pan and gently separate the paired pancakes. Place pancakes on baking sheet or in a baking dish using waxed paper between layers; cover with a dry towel or plastic wrap to keep moist. Repeat with remaining pancakes. Makes 12.

FRENCH CREPES

Today, more people than ever before are finding crepe making is fun—

1 cup all-purpose flour
1½ cups milk
2 eggs
1 tablespoon cooking oil
¼ teaspoon salt

In a bowl combine flour, milk, eggs, oil, and salt; beat with a rotary beater till blended. Heat a lightly greased 6-inch skillet. Remove from heat; spoon in about 2 tablespoons batter. Lift and tilt skillet to spread batter evenly. Return to heat; brown on one side only. (*Or,* cook crepes on an inverted crepe pan according to manufacturer's directions.) To remove crepe, invert pan over paper toweling; loosen crepe with spatula. Repeat cooking with the remaining batter, greasing skillet occasionally. Makes 16 to 18.

NORWEGIAN LEFSE

3 medium potatoes, peeled and quartered (1 pound)
2 tablespoons butter *or* margarine, softened
1 tablespoon milk
½ teaspoon salt
1 cup all-purpose flour

In saucepan cook potatoes in boiling water about 20 minutes or till soft and tender. Drain well; shake potatoes in pan over low heat to dry. Remove pan from heat. Mash with potato masher, electric mixer, or put through ricer. Measure 2 cups.

Beat together the potatoes, butter or margarine, milk, and salt; cover and chill thoroughly. Turn mixture out onto a lightly floured surface. Sprinkle with *half* of the flour. Knead for 8 to 10 minutes gradually kneading in remaining flour. Divide dough into 16 portions; shape each into a ball.

On a floured surface roll each ball to a 6-inch paper-thin round. Cook on hot, greased skillet or griddle 2 to 3 minutes on each side or till lightly browned. (Rounds should be limp, not crisp.) Makes 16.

MEXICAN FLOUR TORTILLAS

2 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1 tablespoon lard *or* shortening
½ to ¾ cup lukewarm water (110°)

In mixing bowl stir together flour, salt, and baking powder. Cut in lard till mixture resembles cornmeal. Add *½ cup* lukewarm water and mix till dough can be gathered into a ball (if needed, add more water, 1 tablespoon at a time). Let dough rest 15 minutes. Divide dough into 12 portions; shape into balls. On a lightly floured surface roll each ball to a 7-inch round. (Or using a tortilla press or pie plate, press balls, one at a time, between two sheets of waxed paper to a 7-inch circle.) Trim uneven edges to make round tortillas. Cook in ungreased skillet over medium heat 1½ minutes per side or till lightly browned. Makes 12.

SPANISH BEEF FILLING

½ pound ground beef
¼ cup thinly sliced green onion
1 clove garlic, minced
1 large tomato, peeled and chopped (1 cup)
1 medium apple, peeled, cored, and chopped (1 cup)
¼ cup finely chopped celery
¼ cup raisins
1½ teaspoons vinegar
¾ teaspoon salt
¾ teaspoon dried oregano, crushed
½ teaspoon sugar
½ teaspoon ground cumin
Dash pepper
8 Chinese Mandarin Pancakes, French Crepes, Norwegian Lefse, *or* Mexican Flour Tortillas

In medium skillet cook ground beef, green onion, and garlic till meat is browned and onion is tender. Drain off excess fat. Stir in tomato, apple, celery, raisins, vinegar, salt, oregano, sugar, cumin, and pepper. Cover; simmer 20 to 25 minutes. To serve, spoon about ¼ cup of the hot filling in center of desired bread

continued



More people replace their old dishwashers with KitchenAid than with any other brand.

It's hard to appreciate how good a value a KitchenAid dishwasher is.

Until you've owned one.

And KitchenAid owners just about swear by them.

They say things like, "I can load it any way I like and everything comes out clean."

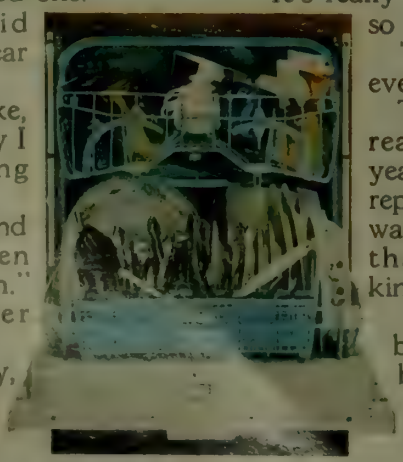
"I don't have to hand wash anything, even dirty pans come clean."

"Has hardly ever needed repairs."

"It runs so quietly, uses less hot water; saves on electricity. It's so dependable."

"It's really built well. It's lasted so long."

"Best appliance we've ever owned."



They're all very good reasons why, over the years, more people have replaced their old dishwashers with KitchenAid than with any other kind.

And good reasons to buy KitchenAid to begin with.

KitchenAid®. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

continued

Old-world breads

wrapper. Fold two opposite edges so they overlap atop filling. Place, seam side up, on individual serving plates. Garnish each with a tomato wedge, if desired. Makes 2 cups filling (enough for 4 servings).

CRANBERRY-ORANGE SAUCE

- **½ of 7-ounce package (about 1 cup) gouda *or* edam cheese, shredded**
- **2 tablespoons milk**
- **½ of 14-ounce jar (¾ cup) cranberry-orange relish**
- **4 French Crepes, Chinese Mandarin Pancakes, Norwegian Lefse, *or* Mexican Flour Tortillas**

Place cheese in small mixer bowl; cover and allow to come to room temperature. Beat cheese at low speed of electric mixer for 1 minute or till nearly smooth. Add milk; beat till smooth and fluffy. To serve, spread cheese mixture over desired bread wrapper, leaving ¼-inch rim around edge. Roll up jelly-roll style. Spoon relish atop. Makes ½ cup filling (enough for 4 servings).

APPLE-PECAN FILLING

- **¼ cup packed brown sugar**
- **2 tablespoons all-purpose flour**
- **¼ teaspoon ground cinnamon**
- **⅛ teaspoon ground nutmeg**
- **Dash salt**
- **2 tablespoons butter *or* margarine**
- **4 medium apples, peeled, cored, and finely chopped (3 cups)**
- **2 tablespoons finely chopped pecans**
- **2 tablespoons brandy *or* orange liqueur**
- **12 Norwegian Lefse, Chinese Mandarin Pancakes, French Crepes, *or* Mexican Flour Tortillas**
- **1 8-ounce carton (1 cup) plain yogurt**
- **¼ cup sugar**
- **1 teaspoon vanilla**
- **Toasted flaked coconut**

In a small bowl combine brown sugar, flour, cinnamon, nutmeg, and salt. Cut in butter or margarine till mixture is crumbly. Toss the chopped apples and pecans with brandy or orange liqueur. Combine with the brown sugar mixture. To

continued



New Figurines: Now they taste better than ever.

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kes them yummier than ever.
And they're still just 138 cal-
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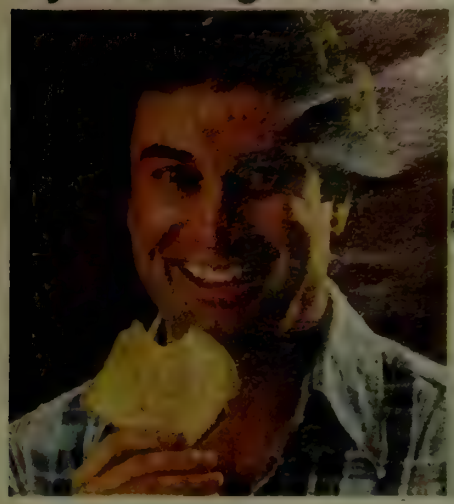
Choose from six luscious Figurines flavors: Chocolate, Chocolate Mint, Chocolate Caramel, Caramel Nut, Vanilla and Raspberry.

New Figurines. Now more than ever, dieting was never so sweet. ©1978 The Pillsbury Co.

Pillsbury

"Figurines are Sweet Revenge."

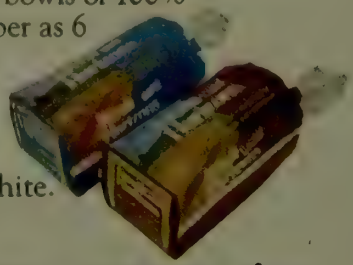
"As much crude fiber as bran cereal? I just changed my bread."





David Shaub, North Truro, Mass.

Two slices of Fresh Horizons® have as much crude fiber or roughage as two bowls of 100% bran cereal. As much crude fiber as 6 cups of raw celery. Now your family can get the fiber you want them to have in a food *they'll* want to eat—delicious Fresh Horizons. Wheat and White.



Fresh Horizons.
We add fiber and take out calories.

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in hot oil about 4 minutes or till mushrooms and onion are tender. Combine cornstarch, sugar, and salt. Blend dry sherry and soy sauce into cornstarch mixture; stir into pork mixture. Cook and stir till thickened and bubbly. Combine beaten eggs and milk; add to pork mixture. Turn heat to low. Don't disturb mixture till it starts to set on bottom and sides, then lift and fold over with wide spatula so uncooked part goes to bottom. Avoid breaking up eggs any more than necessary. Cook about 5 minutes or till eggs are cooked but still glossy and moist. Remove from heat.



Meanwhile layer desired bread wrapper between pieces of foil on a foil-lined baking sheet; cover and heat in 375° oven about 7 minutes or till heated through. (Or, to micro-cook use a 12x7x2-inch nonmetal baking dish and place pancakes between layers of waxed paper. Cover with waxed paper and cook in counter-top microwave oven on high power for 1½ to 2 minutes.)

To serve, spoon about ¼ cup of the hot meat and egg mixture on one-half of each bread wrapper; fold over the filling. Garnish with green onion fans, if desired. Makes 2½ cups filling (enough for 5 servings). ■

continued

Old-world breads

serve, spoon about ¼ cup of the apple filling along center of desired bread wrapper. Fold two opposite edges to overlap atop filling. Place, seam side up, in 10x6x2-inch baking dish. Bake, covered, in 375° oven about 25 minutes. Stir together yogurt, sugar, and vanilla; spoon atop warm filled bread. Sprinkle with toasted coconut. Makes 3 cups filling (enough for 12 servings).

MOO SHU PORK

½ pound boneless pork, cut ½ to ¾ inch thick
½ cup thinly sliced green onion
½ cup thinly sliced fresh mushrooms
¼ cup finely chopped celery
1 tablespoon cooking oil *or* sesame oil
1 teaspoon cornstarch
1 teaspoon sugar
½ teaspoon salt
1 tablespoon dry sherry
1 tablespoon soy sauce

• • •

4 beaten eggs
1 tablespoon milk
10 Mexican Flour Tortillas, Chinese Mandarin Pancakes, French Crepes, *or* Norwegian Lefse

Partially freeze pork; slice thinly into bite-size strips. In skillet cook pork, green onion, mushrooms, and celery

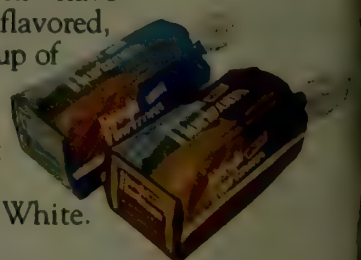
"Fewer calories than yogurt? I just changed my bread."





Judy Stewart, LaMesa, California

Two slices of Fresh Horizons® have fewer calories than a cup of unflavored, low-fat yogurt. Fewer than a cup of plain gelatin, or a half-cup of creamed cottage cheese. With Fresh Horizons you don't have to give up bread. All you give up is calories. Wheat and White.



Fresh Horizons.
We add fiber and take out calories.

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Does it pay to pay more for the filet of ham?

You have to pay a little more for Golden Star by Armour, but it's little enough for great canned ham you can always count on.

Golden Star is the filet of ham. Specially trimmed, all lean meat you never have to worry about.

To bring you Golden Star we carve away two-thirds of a whole ham. What's left is lean, tender, juicy and delicious. The filet of ham.

Then this quality filet is carefully cooked for hours in its own natural juices. All you have to do is heat, slice and enjoy.

Golden Star filet of ham comes in convenient sizes to feed a crowd, feed a family, feed a friend...including the versatile little 1½ lb. size with just enough for four generous servings.

For a memorable ham, remember Golden Star by



Armour. Filet of ham so good, the only thing you'll throw away is the can.

Filet of Ham

GOLDEN STAR by Armour



Advertisement

Dollar's Worth from Mary Willis





Suzy Chaffee, the famous Olympic skier, has "changed her name" to **Suzy Chap Stick** because it's the only brand of Lip Balm she'll use. A special combination of moisturizers helps **Chap Stick® Lip Balm** keep out the cold and seal in natural moisture. Available in Regular, Grape, Mint or Cherry flavors, Chap Stick is right for everyone in your family—whether they're skiers, skaters or snowman makers. So do as **Suzy Chap Stick** does. Don't go out without it!



On chilly days, it's tempting to step right out of the tub into warm winter clothes. Don't do it! Your skin needs **Skin Quencher® Hand and Body Lotion**, especially after bathing, when skin is most likely to feel extra dry. Skin Quencher, the all-over lotion from **Chap Stick®**. Smooth a layer of moisture between you and your winter wools. Skin Quencher's special emollients help skin feel fresh, smooth and comfortable—never greasy. Plus, it's quickly absorbed and fragrance-free. No wonder it makes you a soft touch, from your nose to your toes!



Lip Quencher® by **Chap Stick®** is packed with moisturizers and emollients to help your lips feel soft and smooth all winter long. Lip Quencher comes in 24 mouth-watering shades. And Lip Quencher is now offering a beautiful silver-plated designer bracelet by mail with proof of purchase from any two **different** Quencher™ Products plus 25¢ for postage and handling. Look for details wherever you buy **Lip Quencher** Moisturizing Lipstick.



How do you put your best face forward on a cold winter's day? With **Face Quencher™**, the unique moisturizing makeup by **Chap Stick®**. There are seven true-to-nature shades plus unique Clearwater Natural that enhances your skin tone without adding color. Each shade is packed with rich emollients and moisturizers to give your face a soft, smooth, moist look that stays fresh and natural whatever the weather. **Face Quencher**, a beautiful way to face the winter.



All rawhide is not necessarily beef. But the **Sergeant's®** name guarantees that all its rawhide products are 100% natural beef. And, **Sergeant's Rawhide** Bones, Sticks and Toys have the all-beef flavor that dogs love. **Sergeant's Rawhides** satisfy your pet's natural chewing needs while helping to clean teeth and massage gums. Sergeant's genuine beef rawhides are a real value—for both you and your dog. Remember, they are 100% natural beef rawhide!

FOOD



PORK AND SAUSAGE MAIN DISHES

DOUGHNUTS AND FRITTERS

Do you make a delicious main dish with pork or sausage? Have you an unusual doughnut or fritter recipe? Send us your recipes—you could be a winner next October. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next October. Each of the 16 winners receives a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Pork and Sausage Main Dishes

These recipes can be chop, roast, or rib entrées; casseroles; sandwiches; or hearty soups. Do you make a quick fix-up with sausage or ham? Hints: **cauliflower-stuffed pork rolls, sausage and black bean bake, or teriyaki pork roast.**

Doughnuts and Fritters

Any yeast or quick bread doughnut or fritter qualifies. Do you fry doughnuts, bake them in the oven, or use a doughnut maker? Maybe you have a favorite flavor or special filling. Tips: **carrot fritters, two-toned doughnuts, or brandied bismarcks.**

THIS MONTH'S WINNERS

(See recipes on pages 123 and 124)

Cooks-of-the-Month

Mrs. S. Geoffroy, Walnut Creek, Calif.
Mrs. Flora B. Rippstein, Apple Valley, Calif.

Runners-up

Mrs. Joseph Babik, Waterford, Wis.
Jeannette Frings, Madison, Wis.
Mrs. Colleen Harvey, Wilson, N.Y.
Mrs. Amelia Shearowse, Orlando, Fla.

Honor Roll

Mrs. Darylene Balentine, Borden, Ind.
Sherrie Keisel, Castle Dale, Utah
Donna Knipschild, Tujunga, Calif.
Judy Larsen, Glencoe, Minn.
Marsha E. Lyle, Lincoln, R.I.
Mrs. Robert L. Marx, Hubertus, Wis.
Jackie North, Hot Springs, Ark.
Barbara Regan, Hillsborough, Calif.
Mrs. S. Turner, Silver Spring, Md.
Mrs. Donna M. Wakeley, Cherry Hill, N.J.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "Pork and Sausage Main Dishes" or "Doughnuts and Fritters."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, March 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7803 Food Department Better Homes and Gardens, Des Moines, Iowa 50336.**

SUNDAY AND AVOCADO: IT'S A CHANGE FROM THE USUAL SCRAMBLE.

Sunday morning.
There's time to stretch your taste buds. Time to create with eggs, to celebrate with California avocado. You could call it a Western breakfast. Bacon and eggs have buddied up with avocado since avocado trees grew wild along the California trails. Or, you could call it the easiest gourmet treat of all. Simply peel, slice and lightly salt a California avocado. Serve this Sunday. It's like a refresher course for breakfast.



Love Food from California

HOMEMADE ENGLISH MUFFINS

Homemade taste and whole grain richness make these Whole Wheat English Muffins doubly good. Since the muffins "bake" atop the range rather than in the oven, you'll need one large griddle or several small griddles or skillets placed on separate burners. Electric griddles and skillets work well, too.



Photograph: Dieter

WHOLE WHEAT ENGLISH MUFFINS

An outside coating of cornmeal contributes to the crunchy crust—

2 packages active dry yeast
2¾ to 3 cups all-purpose flour
1½ cups whole wheat flour
½ cup cracked wheat
¼ cup wheat germ

• • •

2 cups milk
¼ cup shortening
2 tablespoons sugar
2 teaspoons salt
Cornmeal

In large mixer bowl combine the yeast, *¾ cup* of the all-purpose flour, the whole wheat flour, cracked wheat, and wheat germ. In saucepan heat milk, shortening, sugar, and salt just till warm (115° to 120°), stirring constantly, till shortening almost melts. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand stir in enough of the all-purpose flour to make a moderately stiff dough. Turn out onto floured surface; knead 8 to 10 minutes or till smooth and elastic. Place in greased bowl, turning once to grease surface. Cover; let rise 1¼ hours or till double. Punch dough down; cover and let rest 10 minutes. On lightly floured surface roll dough to slightly less than ½ inch thick. Cut with 4-inch round cutter, rerolling scraps. Dip both sides of muffins in cornmeal. Cover; let rise 30 minutes or till very light. Bake at medium-low heat on ungreased griddle or in ungreased skillets about 25 to 28 minutes or till muffins are done, turning frequently. Cool thoroughly on wire rack. To serve, split and toast. Makes 12 muffins. ■

The Waring Ice Cream Parlor. So easy, even a grownup can do it.



The Waring Ice Cream Parlor™ doesn't need special salt, special ice or special attachments. And it doesn't need to go in the freezer. It works with regular table salt, regular ice cubes, and the good natural ingredients you have in your kitchen. After about 30 minutes, your ice cream is ice cream and the Waring Ice Cream Parlor shuts itself off. It's so easy, even a grownup can make his own ice cream. His own ice milk, sherbet and frozen yogurt too.

WARING

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KRAFT

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Uncle Ben's® long grain & wild rice

B in B, The butter mushroom

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Get $136.00* worth of Revere Ware Limited Edition Cookware for only $64.95.

To get your 5-piece Revere Ware Limited Edition Cookware set, complete this order form and send your check or money order (do not send cash) for $64.95 (price includes shipping and sales tax) to UNCLE BEN'S/BINB OFFER, P.O. Box 967, Young America, MN 55399.

Name _____ (please print)

Address _____

City _____ State _____ Zip _____

Set includes 1 qt. saucepan with cover, 8½" open skillet, oval au gratin and brass [illegible]. Please allow 6-8 weeks for delivery. Offer void where prohibited, taxed, restricted or otherwise regulated by law. Offer expires 12/31/78. Offer good only in U.S.A.



Wild Rice Mushroom Bayou

Makes 4 to 6 servings

1 package (6 oz.) UNCLE BEN'S® Long Grain & Wild Rice
1 can (3 oz.) B in B Sliced Mushrooms, drained (reserve broth)
1 tablespoon butter or margarine
3 tablespoon flour
½ teaspoon salt
pinch of white pepper
½ cup milk
1 package (3 oz.) cream cheese, softened
1 can (4½ oz.) tiny whole shrimp, rinsed and drained
1 package (10 oz.) frozen cooked asparagus, drained

Cook rice according to package instructions. Meanwhile, make sauce by melting butter over low heat. Mix in flour, salt and pepper; when bubbly, remove from heat. Stir in mushroom broth and milk. Cook over medium heat, stir constantly, until thickened. Cook 1 minute longer. Add cream cheese, stir with wire whisk until smooth. Add half the mushrooms to sauce. Mix shrimp and remaining mushrooms with rice; spoon over asparagus arranged on platter. Top with sauce to desired taste.

FOOD

WHOLE-MEAL SANDWICHES



Photograph: Dieter

HERBED CHICKEN SANDWICHES

2 medium chicken breasts, skinned, split, and boned
1 small onion, sliced and separated into rings
⅓ cup coarsely chopped green pepper
6 tablespoons butter *or* margarine
1 3-ounce can chopped mushrooms, drained
1 teaspoon dried Italian seasoning, crushed

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4 hard rolls, split and toasted
8 thin slices tomato
4 slices mozzarella cheese, halved diagonally

Pound chicken pieces to ⅛-inch thickness. Cut in half crosswise. Season with *salt and pepper*. In skillet cook onion and green pepper in *2 tablespoons* of the butter or margarine; add mushrooms. Heat through. Remove from skillet. Cook chicken 45 to 60 seconds per side. Mix remaining butter and Italian seasoning; spread on rolls. Lay two chicken pieces atop each roll bottom. Top with tomato, vegetables, and cheese. Broil 4 to 5 inches from heat 45 to 60 seconds. Add roll tops. Makes 4.

GREEK-STYLE BEEF SANDWICHES

1 pound beef round steak, cut in thin strips
2 tablespoons cooking oil
½ medium eggplant, peeled and chopped (2½ cups)
2 medium tomatoes, peeled and chopped (1½ cups)
1 medium onion, chopped (½ cup)
⅓ cup chili sauce
1 3-ounce can chopped mushrooms, drained
1 clove garlic, minced

In skillet brown half of the meat at a time in hot oil. Return all to skillet. Add remaining ingredients, ½ teaspoon *salt*, and dash *pepper*. Bring to boiling. Simmer, uncovered, 20 to 25 minutes. Spoon into 4 *pita bread rounds*, halved crosswise. Top with shredded cheese and chopped Greek or ripe olives, if desired. Serves 4. ■

Banana nuts rave about Moist & Easy Banana Nut cake.



What a taste! So much banana flavor. And so easy. Just mix with water and bake. Try Moist & Easy Spicy Apple Raisin and Double Chocolate Chip. You'll rave about them too.



Very Moist. Very Easy. Very Duncan Hines®.

SPECIAL DIETS

No-egg cookies

Sticking to an egg-free allergy diet can be tough for kids—especially at snack time. To make things easier, here are two "legal" treats that are so tasty they'll have the whole family reaching into the cookie jar.



Photograph: Dieter

MIDNIGHT BROWNIES

Chocolate fans will enjoy these extra fudgy treats—

- **1 3⅝- or 4-ounce package *regular* chocolate pudding mix**
- **1¾ cups milk**
- **1 1-layer-size package chocolate cake mix**
- **1 6-ounce package (1 cup) semisweet chocolate pieces**
- **½ cup chopped walnuts**

Prepare pudding mix according to package directions *except* use the 1¾ cups milk instead of the amount called for on the package. Remove from heat. Add cake mix, chocolate pieces, and nuts; mix well. Turn into greased and floured 12x7½x2-inch baking dish. Bake in 350° oven for 30 to 35 minutes or till done. Cool. Cut in bars. Makes 2 dozen bars.

SPICE COOKIES

Keep this dough on hand in the refrigerator so you can slice and bake cookies whenever you need them—

- **¾ cup butter *or* margarine**
- **½ cup packed brown sugar**
- **¼ cup corn syrup**
- **¼ cup honey**

• • •

- **3¼ cups all-purpose flour**
- **¾ teaspoon salt**
- **¾ teaspoon ground cinnamon**
- **½ teaspoon ground ginger**
- **¼ teaspoon ground cloves**

In mixer bowl cream together butter or margarine and brown sugar. Blend in corn syrup and honey. Stir together flour, salt, cinnamon, ginger, and cloves. Add to creamed mixture, stirring well. Shape dough in two 2-inch-diameter rolls; wrap and chill. Slice dough ⅛ inch thick. Place on greased cookie sheet. Bake in 350° oven for 12 to 15 minutes. Cool on rack. Makes 4½ dozen. ■

You can practically taste it with your eyes.

Some foods look so fresh, so perfectly prepared, you can see how good they're going to taste. Like Home Pride® Butter Top bread. It looks and tastes like real bread should. The secret's in the split. That's where we bake real butter right into Home Pride Butter Top White and Wheat.



We split the top, add pure creamery butter...



...and let it bake right in.



Home Pride Butter Top Bread.

© 1978 Continental Baking Co.

$1.16 from Chex® cereals to build a better breakfast.

Breakfast never had it so good. You'll find an eye-opening $1.09 worth of coupons, one for every product shown here, on the back of Chex® cereals packages. Look for packages with these coupons where you shop. Then serve the family a generous breakfast they'll enjoy. And enjoy generous savings on Minute Maid® orange juice, Dunkin' Donuts, Armour's Treet,® Golden Griddle® pancake syrup, Libby's juice pack fruit cocktail, and Cookie Crisp™ cereal.

The 7¢ Chex coupon in this ad will give you a healthy head start toward saving a total of $1.16. Build your better breakfast on us.





7¢ OFF



7¢ OFF

156 AX 156

on any box of Chex® cereals.

Dealer: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box 1107, St. Louis, Missouri 63188. Coupon will be honored only if it was honored by retailer consistent with the terms hereof and submitted by a retailer of our merchandise or a clearinghouse approved by us and acting for, and at the risk of such a retailer. The obligation to redeem this coupon is expressly conditioned on the retailer showing on request invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption. Any other application constitutes fraud. This coupon is non-transferable, nonassignable and redemption is limited to one coupon per specified product and size. Any sales tax must be paid by customer. Offer void where prohibited, taxed, or otherwise restricted. Cash redemption 1/20 of 1¢. Limit one coupon per purchase of any box of Chex® cereals. Any other use constitutes fraud. **Coupon expires April 30, 1979.**

7¢ **STORE COUPON** 7¢

Kelvinator. Good reliable
doesn't believe in

You can count on a Kelvinator to do the job. And stay on the job.

Count on our top-mount refrigerator-freezer (1). And every other refrigerator Kelvinator makes. A size and style for every need, all with slim, space-saving Trimwall® construction.

Kelvinator freezers (2) have Trimwall too. In both upright and chest models.

Most importantly, Kelvinator refrigerators and freezers already meet the California code, the strictest energy-efficiency standard in effect in the country.

Our stackable, roll-around laundry team (3) is a real energy and space saver. For bigger loads, there's our heavy-duty washer and dryer (4).

The Kelvinator dishwashers (5) are beauties. Portables or built-ins, they've all got real scour power.

Beautifully-crafted Kelvinator room air conditioners (6) blend



household help that early retirement.

right into your decor. There's a model for every size room.

Keep your home static-free and comfortable through the long winter months with a Kelvinator humidifier (7). Looks more like a piece of furniture than an appliance.

For areas where dampness and mildew are a problem, there's the Kelvinator dehumidifier (8).

Kelvinator offers both gas (9) and electric (10) ranges. Choose any kind of oven you want—one you can clean yourself, or one Kelvinator can clean for you. And this year we introduce our newest, the Kelvinator Microwave (11). Use it alone on any surface, or as a top oven with a Kelvinator electric, as shown.

Every Kelvinator appliance is crafted for efficiency and durability. And to save critical energy. A full line of home appliances of quality. Plus, this year, Kelvinator introduces stunning new natural colors to make them more beautiful than ever.





Kelvinator.
Today as always, committed to excellence.

REFRIGERATORS • LAUNDRY EQUIPMENT • ELECTRIC & GAS RANGES
MICROWAVE OVENS • DISHWASHERS • ROOM AIR CONDITIONERS
FREEZERS • GARBAGE DISPOSERS • HUMIDIFIERS • DEHUMIDIFIERS

One of the White Consolidated Industries
WCI

Here's another good reason why I'm a Thinner.

I started smoking Silva Thins for their looks. You know, long, lean and elegant.

Now they're lower too. Low in tar. Because Silva Thins lowered tar 5mg. Which is another good reason for being a Thinner.



In menthol too.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol. 1 mg. tar, 1 mg. nicotine av. per cigarette by FTC method.

begins on page 72

Seafood savvy

• "To tell if a fish is fresh," Sal says, "pick it up by the head—the body should be stiff and firm, not limp. And the eyes should be clear, not cloudy. The fish should feel oily and have a natural sheen." If the fish is dry, it's several days old. The fish should not have a fishy odor.

• To taste fish at its best, you should use the fish you buy as soon as possible, Sal advises. Store fish, covered, on a bed of ice in the refrigerator. Ice prevents the surface of the fish from drying out.

• When buying whole cooked crab, choose those with legs tightly attached to the body. "If the legs are floppy, it means the crab was weak or dead when it was cooked. If the crab is cooked live, the legs will tighten right up," Sal adds. Be sure to keep crab meat no longer than three days.

• To be sure oysters in the shell are alive, check to see that the shells close tightly when they're handled.

• When buying fresh fish that has been cut into steaks, or fillets, you won't be able to check the eyes and skin. But these cuts should be fresh and firm with no dried edges or fish odor.

CLAMS AND PRAWNS BIANCO

Sal and his family enjoy this seafood stew with plenty of crusty French bread—

3 green onions, thinly sliced
4 cloves garlic, crushed
2 tablespoons olive oil

• • •

2 6-ounce bottles (1½ cups) clam juice
4 pounds clams in the shell
1½ pounds prawns *or* large shrimp, shelled and cleaned

• • •

¼ cup snipped parsley

In Dutch oven or large saucepan cook onion and garlic in olive oil till tender but not brown. Stir in clam juice. Add clams and prawns. Heat to boiling. Cover and boil gently for 10 to 12 minutes or till clam shells open. Transfer to serving dish. Sprinkle with parsley. Makes 4 servings.

continued



NO WEIGHTING.



It doesn't take any fancy fixin' to make a Dole® banana taste good. Just peel the bright yellow wrapper and ...mmm! You'll love the smooth and creamy texture. Ditto the naturally sweet flavor. If that isn't enough, a Dole banana's good for you. A medium-size banana contains only about 101 calories. It has no cholesterol. And it's 99.8% fat-free. Before you order one of those ultra-rich, super-high-calorie sundaes, think again. Then go to the head of line and have a Dole banana.

The Dole Banana.
As a snack, it's a natural.

CASTLE & COOKE, INC.



continued

Seafood savvy

FISH CAKES WITH TOMATO SAUCE

If bass or sturgeon is not available in your area, ocean catfish works well in these cakes—

16 ounces fresh *or* frozen bass *or* sturgeon fillets
16 ounces fresh *or* frozen cod fillets

• • •

¼ cup snipped parsley
1 clove garlic, crushed
1 tablespoon butter *or* margarine
⅓ cup grated parmesan cheese
2 beaten eggs
2 tablespoons olive oil

• • •

1 recipe Tomato Sauce

Thaw fish, if frozen. In greased 10-inch skillet simmer fish in enough water to cover, 6 to 8 minutes or till fish flakes easily with fork. Remove fish from water; drain. Place fish in bowl and flake finely with fork. Cook parsley and garlic in butter or margarine about 2 minutes. Add to fish along with cheese and eggs; mix well. Shape mixture into 8 cakes about 3 inches in diameter. Brown quickly in hot olive oil about 1½ minutes per side. Serve with Tomato Sauce. Makes 4 to 6 servings.

To make Tomato Sauce: In saucepan cook ½ cup chopped *onion*, ¼ cup snipped *parsley*, and 1 clove *garlic*, minced in 2 tablespoons *olive oil* till onion is tender but not brown. Add one 15-ounce can *tomato sauce* and 2 tablespoons *water*. Cook and stir till heated through. Makes 2 cups sauce.

SALMON SAUTÉ

Sal says the key to any fish recipe is cooking the fish just till it flakes—

2 medium onions, thinly sliced
2 tablespoons olive oil

• • •

4 salmon steaks (about 16 ounces)
¼ cup wine vinegar

In skillet cook onion in olive oil till tender but not brown. Remove from skillet; set aside. Drain oil from skillet. Add salmon to skillet. Cook, uncovered, over medium heat 3 minutes. Turn salmon; cook 3 minutes more. Add onions and vinegar. Cover; simmer 2 minutes or till hot. Makes 4 servings. ■

Scratch has met its match.



Pillsbury Plus. The "Plus" is pudding right in the mix.

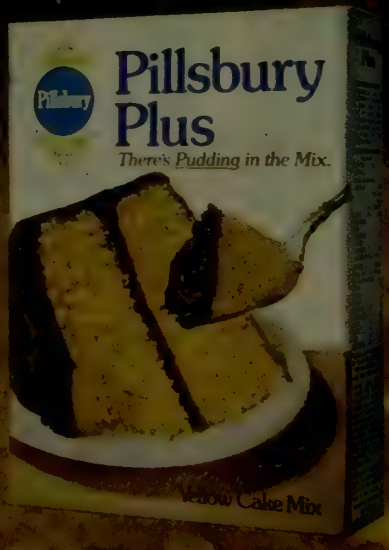
One taste of Pillsbury Plus Yellow Cake will tell you what no words can: Scratch has met its match.

The moistness of scratch. The firmness of scratch. The rich flavor of scratch.

The "plus" is our special blend of pudding right in the mix. And the proof of the pudding is the taste of the cake. The taste of scratch.

Costs no more than ordinary cake mixes.

Pillsbury



Yellow. Devil's Food. White. German Chocolate. Lemon. Fudge Marble. Butter Recipe. Dark Chocolate.

When you're in hot water at lunchtime, it's time for the Instant Lunch.

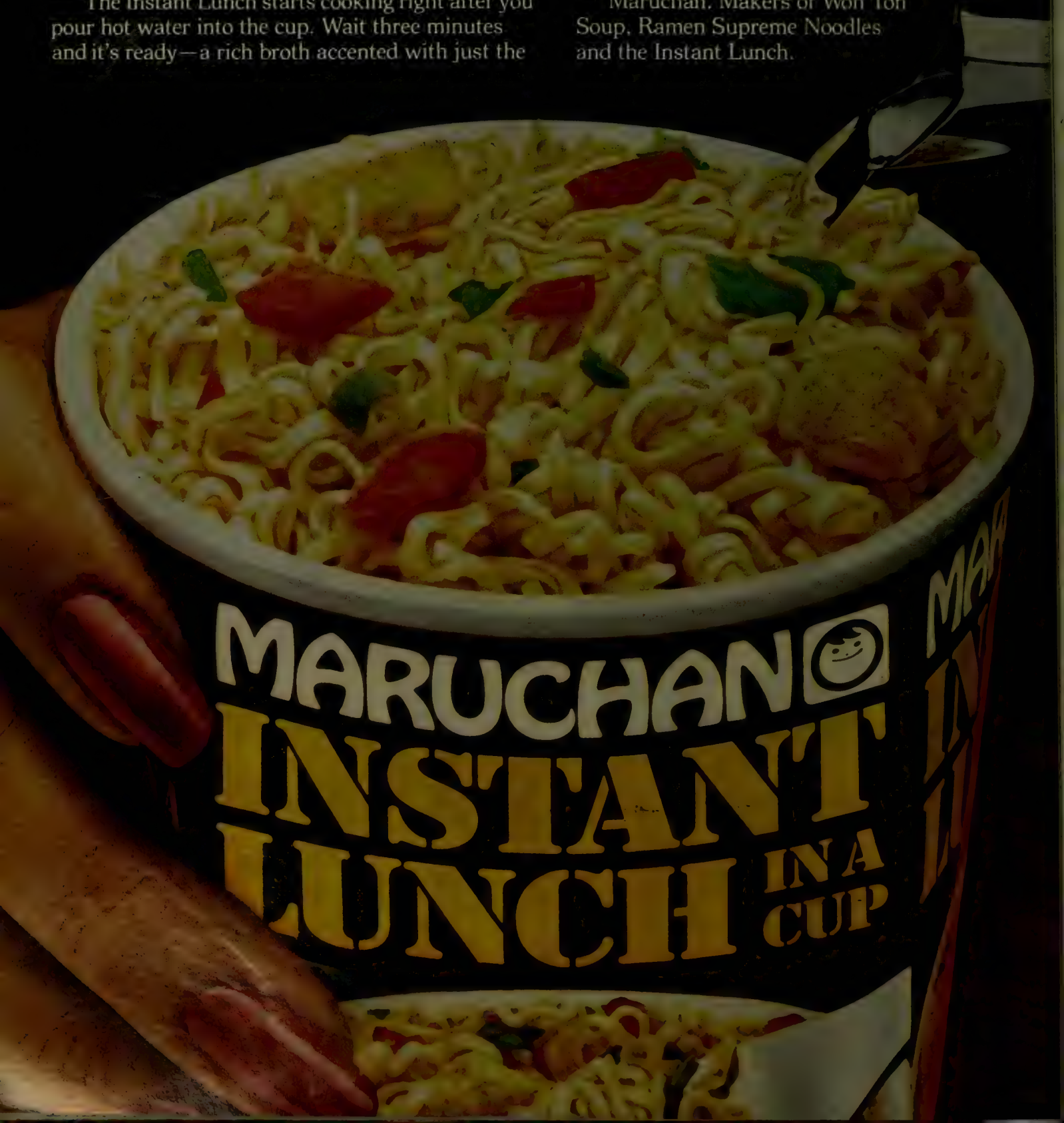
Getting a good hot meal when you've got an hour for lunch is easy.

But getting one when you're in a hurry is just about impossible. Unless you've got the Instant Lunch from Maruchan.

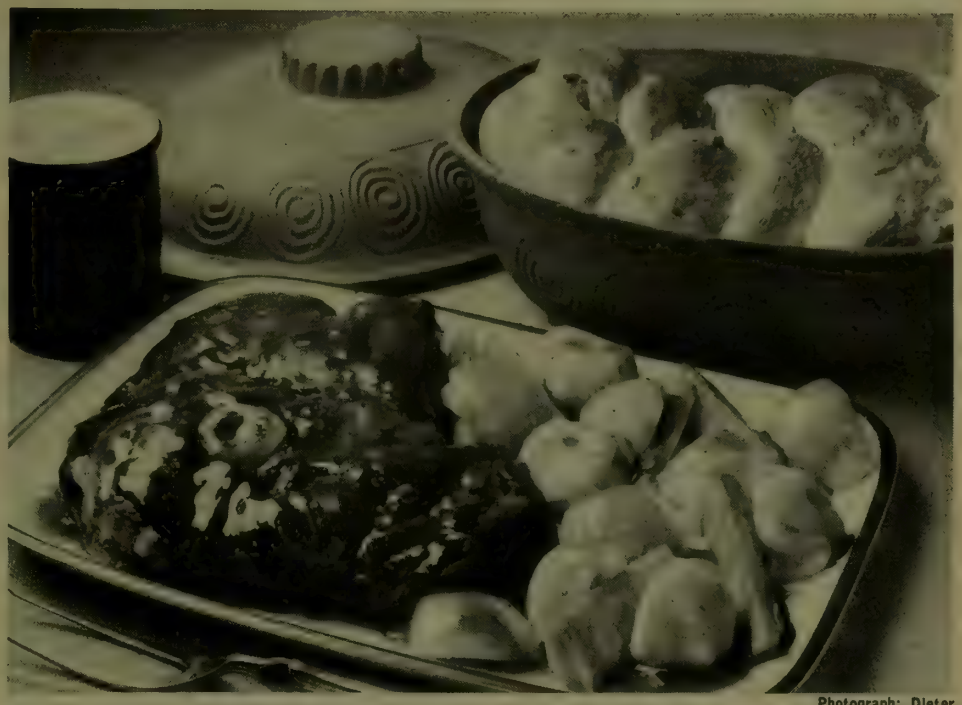
The Instant Lunch starts cooking right after you pour hot water into the cup. Wait three minutes and it's ready—a rich broth accented with just the right seasonings and thick with tasty noodles. Each Chicken, Beef, and Pork flavored Instant Lunch also contains vegetables and egg.

The Instant Lunch from Maruchan. When you've only got an instant for lunch.

Maruchan. Makers of Won Ton Soup, Ramen Supreme Noodles and the Instant Lunch.



Clay pot cooking



Photograph: Dieter

Cooking with a covered earthenware casserole is becoming more and more popular—and with good reason. You don't have to add fat and the food stays naturally juicy. To get you started on clay pot cooking, here are two recipes plus a few pointers.

- Clay pots come in both glazed and unglazed versions. There is very little difference in baking performance, but the glazed version is easier to clean.
- Always soak the clay pot by filling both top and bottom with water and letting them stand for ten minutes before using.
- Be sure to start with a cold oven. The slow rise in temperature is part of the clay pot technique.
- Center the pot in the oven for even air circulation.
- To brown meats or breads, remove the lid from the pot 15 minutes before the end of cooking.
- To avoid cracking a heated clay pot, always place it on a trivet, pot holder, or dish towel—never on a cold surface.

CLAY-POT-ROASTED BEEF

The meat marinates in a snappy soy-curry mixture—

⅓ cup wine vinegar
¼ cup soy sauce
1 teaspoon salt
½ teaspoon lemon-pepper marinade
½ teaspoon curry powder
1 4-pound beef chuck pot roast
4 large carrots, cut in half crosswise
4 medium potatoes, peeled and quartered
3 medium onions, quartered
2 tablespoons cornstarch
2 tablespoons cold water

In a bowl combine vinegar, soy sauce, salt, lemon-pepper marinade, and curry powder. Trim excess fat from roast. Place meat in a plastic bag in a large bowl. Pour soy mixture over roast. Seal bag; refrigerate several hours or overnight, turning roast occasionally.

Fill clay pot and upturned lid with water. Let stand for 10 minutes. Meanwhile, drain meat, reserving marinade. Drain water from pot and lid. Place roast in the bottom of the clay pot. Cut carrots into thick strips. Add to meat with potatoes and onion. Pour marinade over meat and vegetables. Cover; place pot in *cold* oven. Set temperature to 350°. Bake 2 hours. Transfer meat and vegetables to warm platter. Skim excess fat from pan juices. Measure juices; add enough water to make 2¼ cups. In saucepan blend cornstarch and cold water. Add juices all at once. Cook and stir till thickened and bubbly. Serve over meat and vegetables. Makes 8 servings.

ONION SAFFRON BREAD

The clay pot helps give this bread its crispy crust—

¾ cup finely chopped onion
2 tablespoons butter *or* margarine

• • •

4 to 4½ cups all-purpose flour
1 package active dry yeast
2 tablespoons sugar
1 teaspoon dried dillweed
¼ teaspoon thread saffron, crushed
1¼ cups warm water (115° to 120°)
2 tablespoons olive *or* cooking oil

In saucepan cook onion in butter or margarine till tender but not brown. Set aside. In large mixer bowl combine *2 cups* of the flour, the yeast, sugar, 1 teaspoon *salt*, and the dillweed. Dissolve saffron in water; add to flour mixture along with oil. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in onion and enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead 8 to 10 minutes or till smooth and elastic. Shape into a ball. Place dough in a lightly greased bowl, turning once to grease surface. Cover; let rise in warm place 1¼ hours or till double. Punch down; turn out onto floured surface. Shape into a ball. Cover; let rest 10 minutes.

Fill clay pot and lid full of water; let stand for 10 minutes. On lightly floured surface roll dough to a 12x6-inch rectangle. Cut into three 12x2-inch ropes. Braid into a loaf. Drain water from pot and lid. Cut a piece of foil large enough to cover the bottom of clay pot. Place in pot. Place loaf atop foil. Grease rim of both pot and lid. Cover with lid. Let bread rise in warm place 60 minutes or till double. Keeping pot covered, place in *cold* oven. Set temperature to 450°. Bake for 35 minutes. Remove lid. Bake 15 minutes more. Loosen bread with spatula. Remove; cool on wire rack. Makes 1 loaf. ■

HE COOKS

BEEF ALAMO







Photographs: Dieter; Lyon

"Cooking allows me to express myself," Paul Ramos told us. "It's like an art." We saw what he meant as he "painted" mustard sauce atop a flank steak like an artist with a palette knife.

Although Paul is enthusiastic about all kinds of cooking, right now he's into "hot" foods. He and his wife, Elizabeth, have been experimenting with the Chinese Szechwan and Hunan sauces as well as Mexican salsas. Not surprisingly, these fiery sauces find their way into favorite Ramos recipes.

A friend's barbecue recipe was the starting point for Paul's Beef Alamo. According to Paul, what makes his adaptation so special is its simplicity. "There's a wide margin for error, and the dish is easy to jazz up—you just add more chili peppers."

BEEF ALAMO

You can prepare the salsa ahead and refrigerate to let the flavors blend—

1 pound beef flank steak
½ cup hot mustard
8 to 12 flour tortillas
2 medium tomatoes
1 medium red onion
1 4-ounce can green jalapeno chilies, seeded and rinsed

Score meat diagonally at 1-inch intervals on both sides, making diamond-shaped cuts. Spread half the mustard on each side of the steak. Cover and refrigerate several hours. Grill over medium-hot coals for 8 to 10 minutes per side, brushing with additional mustard. Stack tortillas and wrap in foil. Place on edge of grill to warm, turning foil packet occasionally.

To make salsa, finely chop tomatoes, onion, and jalapeno chilies. In mixing bowl combine tomatoes, onion, and chopped jalapeno chilies. To serve, cut steak into thin diagonal slices. Place several slices atop each tortilla; spoon on a little of the salsa. Roll up. Makes 4 to 6 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

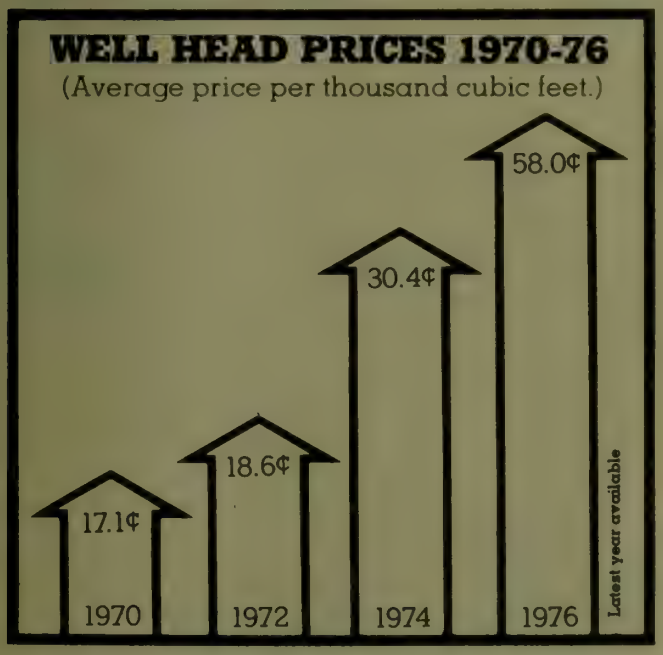
Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

Why your gas bill has gone up:

It costs much more to get natural gas now.

There are three basic operating units in the gas industry: 1. The producers who explore and drill for gas. 2. The pipeline companies that transport gas. 3. Gas companies that distribute the gas to customers like you.

All three have been hit by sharp cost increases during the 1970's. Take producers. For every inch deeper they have to drill to find gas, the costs go up. For every yard farther off-shore, the costs increase. And for drilling under Arctic ice, the expense is tremendous.



This chart shows you what has happened to the price producers have to charge at the wellhead. Of course, pipeline transporting costs have gone up, too.

All these increases have to be added to the cost of the gas that is bought by your gas company. Most gas companies are paying two to three times what they paid in 1970.

And that's for gas alone. All other costs have also gone up. This chart shows where each dollar of gas company revenue goes.



These costs are necessary to keep the gas coming.

There's no way your gas company can bring you today's gas at the old prices. The increase is partly caused by inflation. But it's mainly because gas is harder and more expensive to get now.

All these costs must be met if America is to have enough energy. Getting more gas is vital, because no other energy is available in large enough quantities to do all the jobs gas does.

Remember to conserve. Wasted gas costs you money.

You'll save heat and save gas if you insulate, use storm windows, make your whole house as weatherproof as you can.

With all energies facing increased costs, gas will continue to be your best energy value.

AGA American Gas Association

GOOD NEWS

High-fashion wall plates



These decorative wall switch and outlet plates can add the finishing touch to any room. Just choose a frame, add a complementary insert, and replace the old wall plate.

Switchables: single frames, from about $1.80; inserts, from about $1.20; double frames and inserts also available. American Tack and Hardware Co., Inc., 25 Robert Pitt Drive, Monsey, N.Y. 10952.

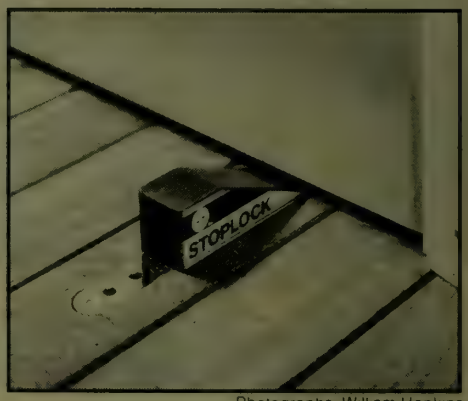
Pint-size coffee maker



You won't waste coffee—or counter space—with this efficient one-to-four-cup coffee maker. It features a viewing window for checking water level, permanently molded instructions on the cover, and removable pump assembly to simplify cleaning.

Coffee Miser, about $20. Regal Ware, Inc., 1675 Reigle Drive, Kewaskum, Wis. 53040.

Simple security



Photographs William Hopkins

This hard-rubber security wedge outdoes a chain lock by providing dead-bolt strength against forced entry. Use the wedge in the closed position (shown) or move it back an inch so the door can open enough for you to talk to someone outside.

Stoplock, about $10. St. Croix Corporation, 9909 South Shore Drive, Minneapolis, Minn. 55441.

Home video cassette recorder



Tape your own home television shows—or record up to four hours of color broadcast material—with this video-cassette recorder and optional camera. The easy-to-use unit even has a built-in clock/timer, so you can record programs while you're away from home.

[illegible] Video Cassette Recorder, about $[illegible]; [illegible]1 Monochrome TV Camera, about $300. Blank Video Cassettes: two-hour, about $13; four-hour, about $25. RCA Corporation, 30 Rockefeller Plaza, New York, N.Y. 10020.

Three-way brace



Designed to reinforce three surface joints at once, this one-piece brace can strengthen the corners of cabinets, tables, planter boxes, and tool chests. It's made of solid zinc-plated steel and attaches to the inside of the corner, out of sight.

No. CD998 Three-Surface Corner Brace, about $1.10 per pair. Stanley Hardware, Dept. PID, Box 1800, New Britain, Conn. 06050.

continued

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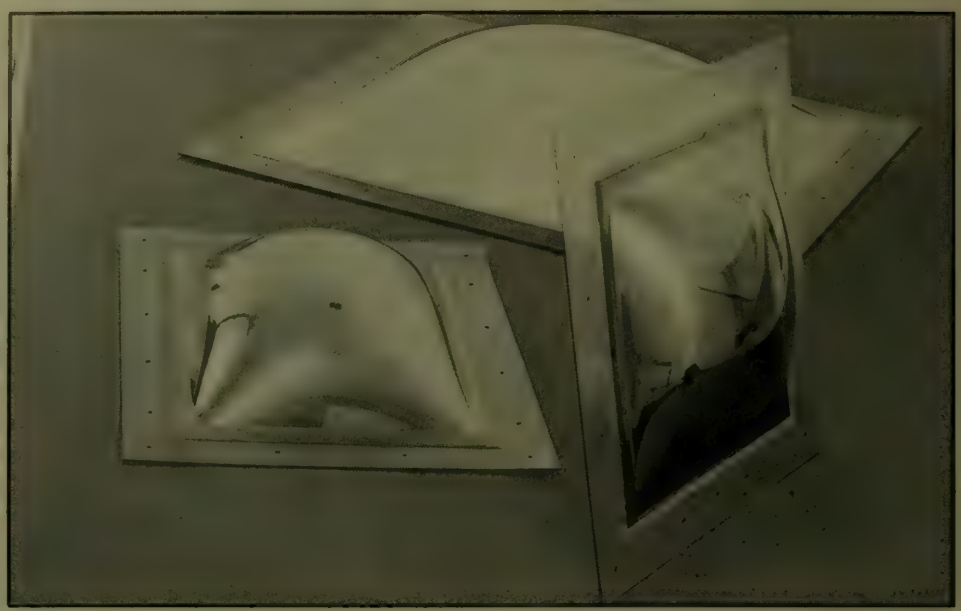
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GOOD NEWS

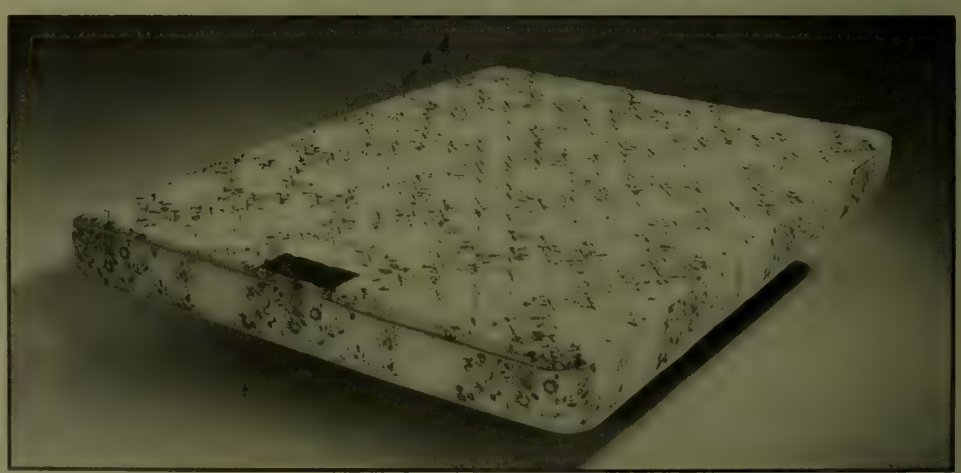
Insulated skylights



Light up the inside of your home with one of these energy-saving double-glazed skylights. They're designed for quick do-it-yourself installation, and are available in clear, white, and bronze PVC plastic.

Kleer-Vue Insulated Double Dome Skylights: 14½ x 14½-inch size, about $30; 14¼ x 22¼-inch size, about $40; 30¼ x 30¼-inch size, about $80. APC Corp., 44 Utter Ave., Hawthorne, N.J. 07506.

Platform bed mattress



Get the comfort of a mattress and box spring combination—and the great look of a platform bed—with this special all-foam mattress. It provides uniform support, so you can't feel the platform base underneath.

Modulaire Platform Bed Mattress: twin size, about $160; queen size (shown), about $226; king size, about $360. Spring Air Mattress Company, 666 N. Lake Shore Drive, Chicago, Ill. 60611.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

The E.P.T.™ In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

That means you can confidently do this easy pregnancy test yourself—privately—right at home without waiting for appointments or delays. That simple difference is the result of many years of costly research. And it's worth every penny.

At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

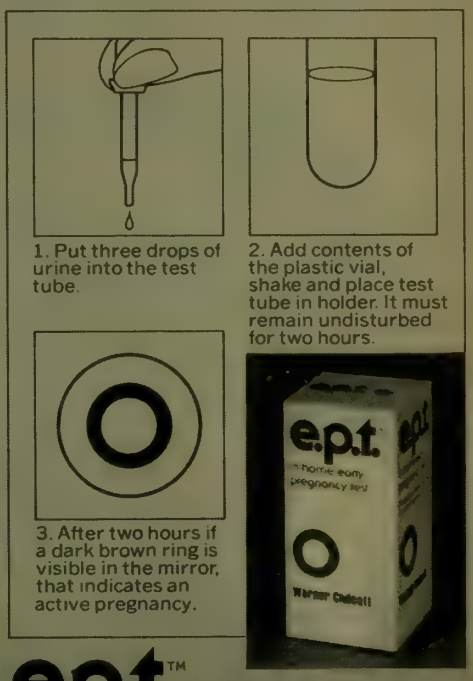
If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.





e.p.t.™ in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

When you buy SilverStone, buy Slatecote bakeware to match...



Slatecote

THE NEWEST NON-STICK, EASY-BAKE FINISH FROM DU PONT

YOU CAN FEEL THE DIFFERENCE...

Enterprise also makes a complete line of quality non-stick cookware coated with Improved Du Pont Teflon®.

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Ceramic Tile Idea Book

Tile Council of America, Inc., P.O. Box 2222, Room 800, [illegible]ton, New Jersey 08540.

BUILDING

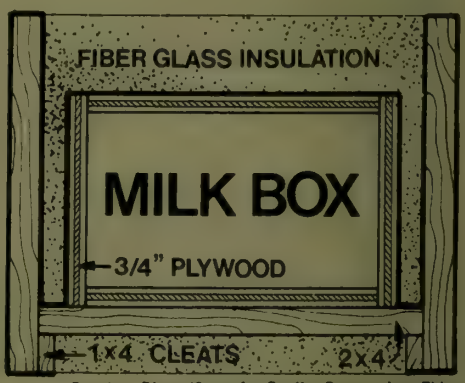
Counter-top milk delivery



Photograph: William Hopkins. Architect: J. A. Eggen, AIA

During the morning flurry of getting breakfast and rushing off to work and school, this busy family doesn't have to watch for the milkman. Their route man just opens a little door on the exterior kitchen wall and leaves their milk, eggs, and butter safely inside an insulated milk box.

The 11-inch-square milk box is big enough to accommodate milk cartons, but too small for a human to enter. The ¾-inch plywood box fits in the space between the studs behind the kitchen backsplash. The box rests on a 2x4 header and is insulated all around with fiber glass.



Drawing: Blaser/Court Art Studio. Source: Jean Eblen

An outside door with a friction catch gives the milkman access to the inner, insulated box area. On the kitchen side, the homeowners simply press a touch latch and the interior door opens so they can retrieve delivered dairy products. The door front, plus its top and side edges, sports a veneer of the same poppy red laminate that covers the counter top and backsplash. ■

When does a dog outgrow his dog food?



It depends. On his age, his condition and importantly on what he's fed. As your dog goes through life, his nutritional needs change. And no single dog food is designed to meet these changing needs the way the Cycle® dog foods can.

For growing puppies, **Cycle 1** contains extra protein and vitamins; extra calcium for developing teeth and bones. All concentrated for a puppy's smaller stomach.

For dogs in their active years (ages 1 to 7), there's **Cycle 2.** Specifically formulated with the correct balance of protein, vitamins and minerals to help them stay lively and alert.

Cycle 3 is made *with less fat and 20% fewer calories than the leading canned dog food.* To help the overweight dog return to his proper, healthy weight.

Finally, there's **Cycle 4.** Formulated for the special needs of the older dog. With extra calcium for his older bones; and high-quality protein in an amount his aging kidneys can easily handle.

Every Cycle canned dinner comes in a choice of meaty flavors: chicken and beef. For a meal that's as satisfying as it is nutritious.

Remember: *your dog never outgrows the Cycle foods. There's one for each important stage in his life.*



Gaines®

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Cycle® Nutrition...for the life of your dog.

DOG FOOD

begins on page 96

String needlepoint

STRING NEEDLEPOINT, page 96

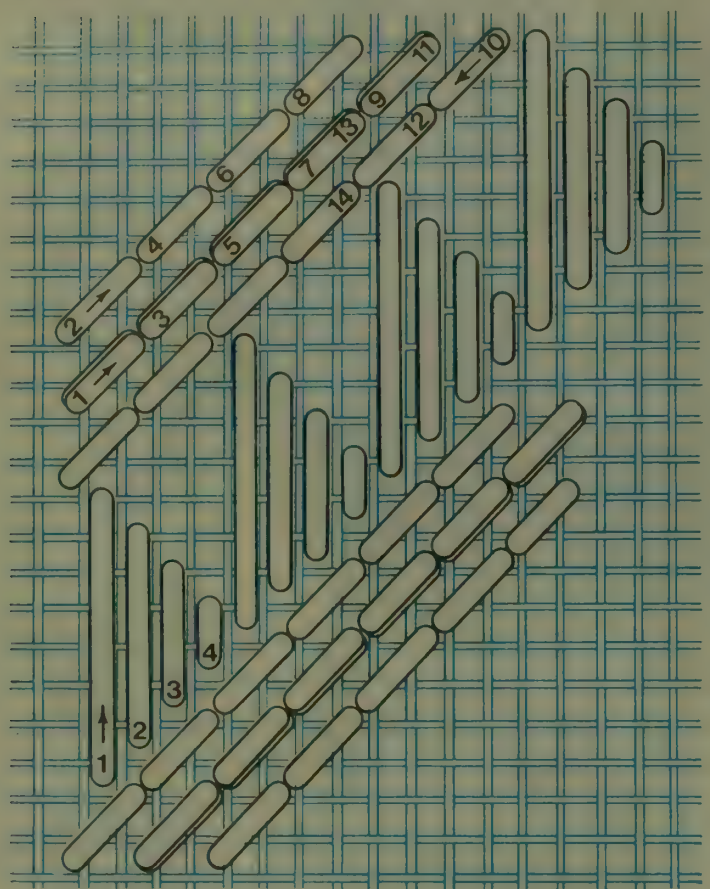
Editor's note: Each design used for the rug and pillows is a 17-inch square. There are four designs in all which are listed here as A, B, C, and D. The borders of each square are identical.

The finished rug measures approximately 80x48 inches and is made from a single length of needlepoint canvas. Although you may use any size canvas and types of materials for your project, we are listing those items used to make the projects pictured.

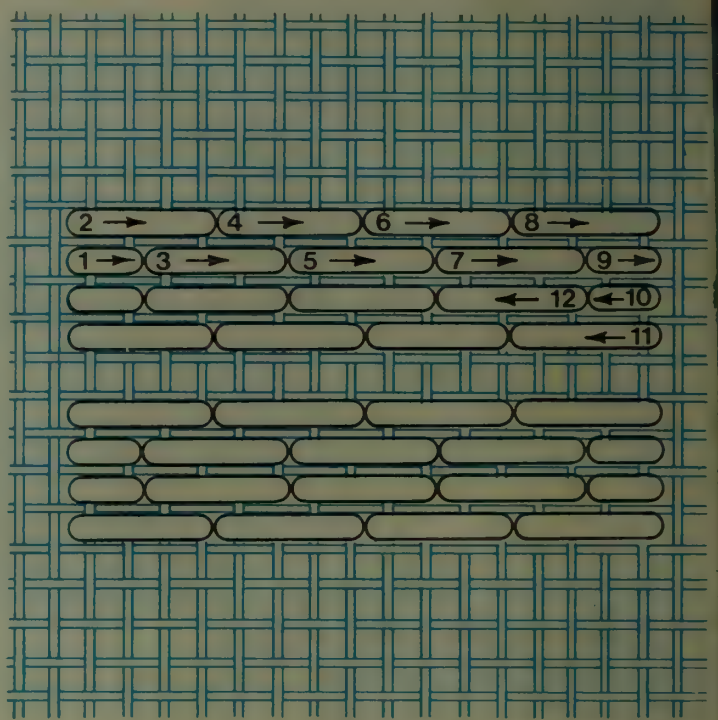
Materials: Interlocked 5-mesh needlepoint canvas; Lily "Sugar 'n Cream" cotton yarn (125-yd. ball) in the following amounts for each design: A—142 yds.; B—136 yds.; C—206 yds.; D—166 yds.; fabric for the backing.

Instructions:

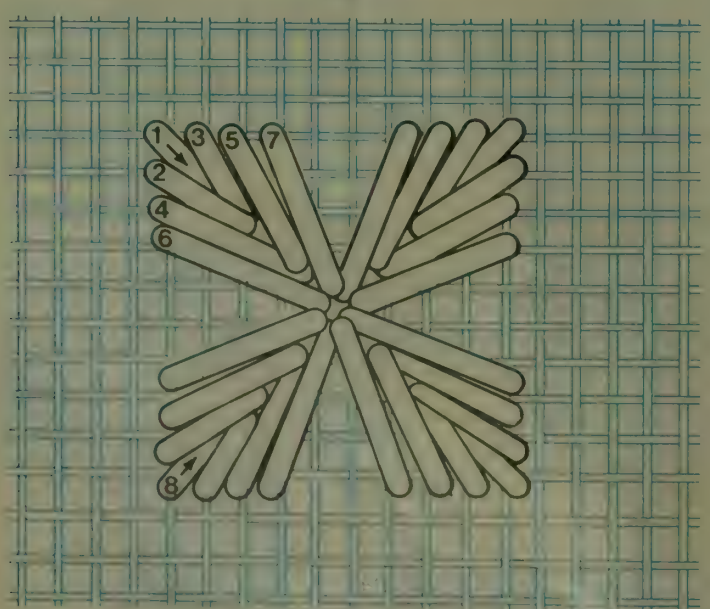
1. To make pillows, cut needlepoint canvas into 21-inch squares; this allows for a 2-inch working border. Cut the yarn into 2-yard lengths for easier handling. Thread the needle with one of the lengths and knot the two ends to form a one-yard



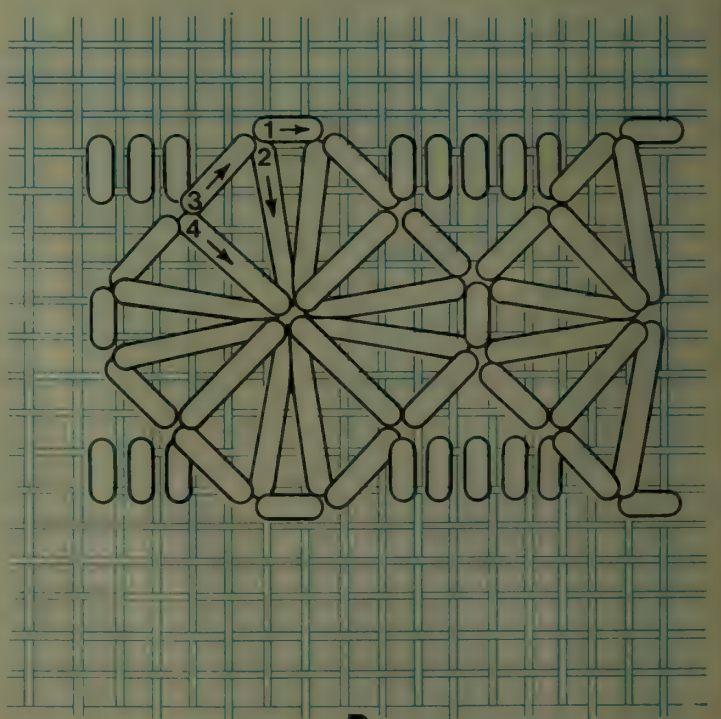
A



B



C



D

continued



New Cold Power™ XE beats the others cold.

It's a new kind of Cold Power—a Cold Power that cleans tough, ground in dirt better than ever. We call it new Cold Power XE. XE for extra energy. We added a lot more cleaning power to the best cold water brightening system you can buy. So with new Cold Power XE your cold water washes come out looking brighter than with any leading detergent. You owe it to your clothes to try a box.

The best cold water detergent you can buy.

©1978, Colgate-Palmolive Company.

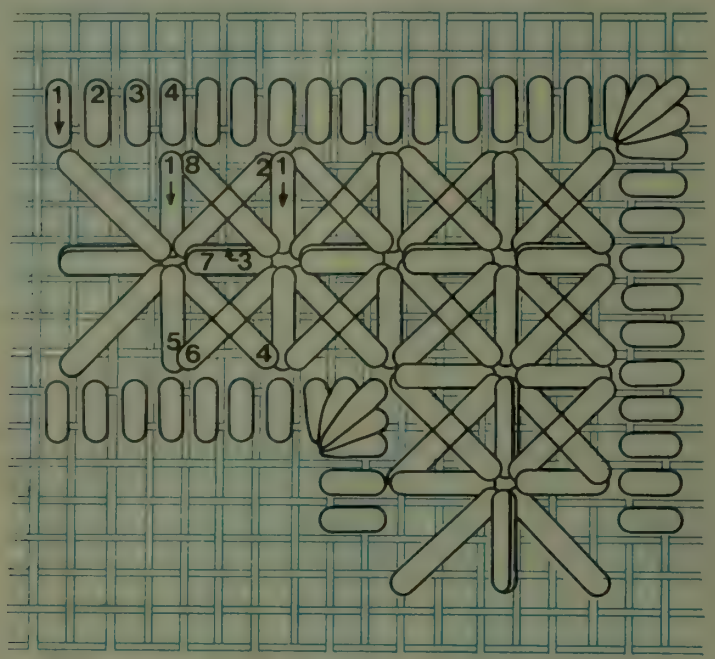
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String needlepoint

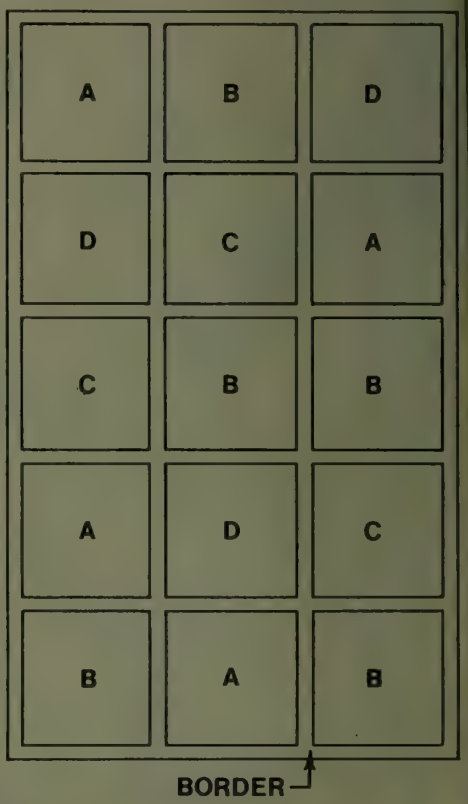
length of yarn.

2. Choose a design to needlepoint; be sure to allow enough room to add the border once the interior is worked. Unlike many needlepoint stitches and patterns, some of our patterns are worked easiest from left to right. Draw the threads up firmly as you stitch. This will increase the pull on the canvas and produce more of an openwork look. Work the border to frame interior pattern.

3. To make our rug, stitch your squares in the arrangement shown below. When they're stitched, fold under the unworked canvas to make a clean edge. Add a fabric backing.



Border



BORDER



How can two things that protect so well look so good?

Derusto Barbeque Black Spray makes rusty, weathered barbeque grills and hoods look like new. A special heat-resistant paint, it sprays on to protect and beautify. Dries quickly to a black matte finish. Contains no fluorocarbons.

Derusto Galv-A-Grip™ primes and protects gutters, downspouts and galvanized metal in one sure paint coat. Penetrates and sticks tight. Won't crack or peel like ordinary paint. Comes ready to use. Dries in 3 to 4 hours.

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Depend on paint-up products
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Design credit for the "sassy calico dolls" featured in our September 1977 issue on the cover and on pages 137 and 194 was in error. The dolls are actually the original copyrighted creation of Miss Charlene Friedrichsen of San Francisco. These dolls may not be made and sold except under license from Miss Friedrichsen, the copyright owner.



$99.00

Twin Size Mattress

Pocketed coil construction just like Sears $139.95 Sears-O-Pedic Imperial makes this mattress an outstanding value.

The same Sears-O-Pedic Imperial construction, but with a different cover.

The Innerspring Construction. Individually pocketed coils carefully cushion body weight for proper comfort and support. (432 coils in twin size. 610 coils in full size. 742 coils in queen size. And 952 coils in king size.)

Sears Exclusive Mattress-Within-A-Mattress Construction. Surrounding the bed of individually pocketed coils are heavy gauge steel border coils supported by double wire edge construction. No matter how much abuse the edge of your mattress gets, it resists sagging.

Six plush layers of comfort. Four reinforced plastic handles. Eight air freshener vents.

The Polymeric Foam Construction. Sears exclusive contour support construction features hundreds of support cushions to cradle every square inch of your body.

6½ inches of high density polymeric foam for firm, even comfort. Virtually indestructible. Resists sagging, crumbling. Four vented cord handles.

Innerspring or Polymeric Foam. It's only $99.00* for the twin size mattress. All other sizes, full, queen and king are also remarkable values. Boxsprings also available. In most larger Sears retail stores.

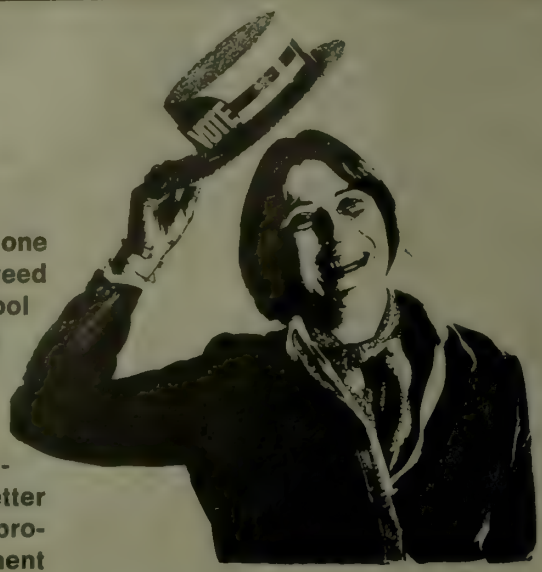
*Prices higher in Alaska and Hawaii.

Only at Sears

© Sears, Roebuck and Co. 1977



*Offer good from February 26 through March 25, 1978.



HOW PEOPLE LIKE YOU CAN GET ELECTED TO PUBLIC OFFICE

If you're like most of us, at one time or another you've disagreed with a decision made by the school board, city council, or zoning commission. Or maybe you've thought that your ideas for traffic control in the downtown shopping area, park improvement, or street lighting were better and cheaper than the ones proposed by the local government agency controlling such matters. And, possibly, you've wished that you could contribute in some way—other than via taxes or fund drives—to the betterment of the community where you live.

Too often it seem those urges are replaced by feelings of helplessness, frustration, and sometimes even anger when you're confronted with entrenched bureaucracy.

But there is a way you and other concerned citizens *can* effect change, make improvements, and eliminate some of the frustrations you feel about the way things are going in your community. That's to run for public office—to get yourself into a working, decision-making position where you *can* make things better.

If you're tempted to say, "Who, ME?" remember that President Jimmy Carter first served in public office as a school board member.

Hubert Humphrey began his long career in government when he was elected mayor of Minneapolis.

Barry Goldwater might still be running the family department store in Phoenix had not a group of reformers talked him into campaigning for city council.

Connecticut's governor, Ella Grasso, spent four years in the state legislature, 12 years as secretary of state, and three years as a congresswoman before becoming chief executive of the state. She credits the League of Women Voters with stimulating her political appetite.

Politicians have to begin somewhere, and that "somewhere" is often right in their own backyard. Many national officeholders got their start in politics as county commissioners, city council members, school, park, or sanitary board members, or state legislators.

Of course, most of the half a million citizens who serve their communities in public office begin and end their political careers right there. But the service they give is important.

"More than any other nation in the world, we are dependent upon an army of volunteers to man our government from top to bottom," says William J. D. Boyd, assistant director of the National Municipal League. Without their services, democracy would be impossible.

Who may run?

State laws vary, of course, but in most areas there are three minimal requirements to run for public office:

- You must be a United States citizen.
- You must be a resident of the district you intend to represent. This requirement usually varies from one month to one year.
- You must have reached legal age. Minimum age varies from 18 to 21 for most local offices.

It's essential that you have the ability to grasp issues. If you're running for city council, for example, you'll need to learn about finance, planning, zoning, development, intergovernmental relations, and other municipal problems. If you can express your point of view clearly, be objective, be willing to compromise, control your temper, and get along with people, you'll do a good job.

It helps to have lived in your community for several years and to have taken a visible part in community affairs, but the most important qualification is commitment. Holding public office requires time and energy, often at the expense of job and family. A 1976 study by the Center for the American Woman and Politics at Rutgers University showed that each week the average municipal councilwoman spends ten hours on the job. The National School Boards Association, based on a study last year, says 44 percent of board members work 11 to 25 hours a month on school business (a third devote more than 25 hours a month to their offices).

Who can win?

Margaret Pembroke, a 32-year-old, high-school-educated mother of four working as a legal secretary, hardly seems a likely candidate for mayor. This political newcomer from Witt, Illinois, even surprised herself when she defeated four others last spring to become the first lady mayor in Illinois' Montgomery County.

According to Mayor Pembroke, the victory doesn't always go to the candidate with the best qualifications on paper. The winner is often the one who "gets out and asks people to vote for him and lets them know that he's concerned about them and knowledgeable about what's going on."

continued

LOOK INTO PLEDGE.

SEE A MORE BEAUTIFUL SHINE.



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You're looking at unretouched proof that Pledge does more for the beauty of your furniture.

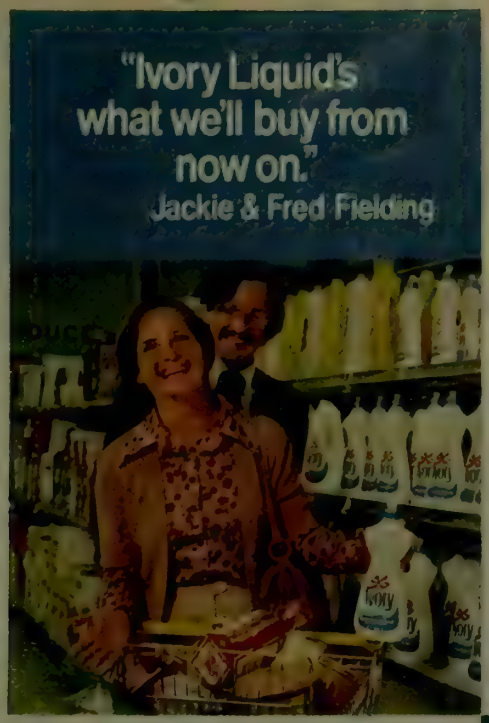
See, a popular polish on the left gives you the Blurrs because it doesn't have enough shine. The wood's not as beautiful.

But, look on the right. When you dust with Pledge, you get a clearly more beautiful shine. So you get the natural beauty of the wood. Not the Blurrs.

Change to Pledge. It shines better.



GET THE BEAUTY, NOT THE BLURRS, EVERYTIME YOU DUST.



continued

Get elected to public office

While the typical officeholder in most communities is still a middle-aged man, old barriers of sex, age, and party affiliation are falling. Today's successful candidate is often an issue-oriented individual without a great deal of political experience.

In California, the median age of school board members has dropped about ten years in the last four. Many 18-year-olds, just out of public schools themselves, have been elected. Pennsylvania studies show that the ratio of women school board members has gone from one in ten to one in five in recent years.

But newer barriers in the form of state or local conflict of interest laws may keep some people from holding office. For example, a small-town garage owner who services municipal vehicles may not be able to run for City Council without putting himself out of business. If you're thinking of running for office, you should check with an attorney or the attorney general's office to make sure that nothing in your occupation (or your spouse's) could be interpreted as a conflict.

Where do you begin?

Few people wake up one morning and decide to run for office. A campaign usually follows a longtime involvement in community affairs.

If you think you want to run for office, give yourself at least a year to prepare, suggests Dr. Susan Tolchin, Director of the Washington Institute for Women in Politics at Mount Vernon College. You'll need it to mobilize support and familiarize yourself with the issues. During that year, it's important to:

- Attend meetings of the board or commission you hope to sit on.
- Talk to staff and board members to learn more about the job.
- Learn what fellow citizens think is important.
- Read: newspapers, trade magazines, planning studies, budgets, and other important documents that the board or commission secretary can supply. Documents of this nature are public, but you may have to pay to have them reproduced for you.
- Seek help from the state or national association to which local board members belong: the state School Boards Association or Municipal League, for example.

For most local jobs, the first official step is gathering signatures on a nominating petition. (In some areas, candidates for some jobs may still be nominated by party caucus.) You can usually obtain petitions from the board secretary or local election commission.

Depending on the laws in your state, you may be required to file other documents:

- An economic interest statement. You may have to make only a very general statement showing the sources of your income, or you may be required to detail your assets.
- A statement of candidacy. Usually this is filed with the board secretary or city or county clerk.
- Campaign finance reports. Many states require candidates to file reports showing campaign receipts and expenses. Some require them only when campaign funds exceed a specified minimum—say $1,000. It's important to know the law in your state on campaign contributions. There may be limits to how much money you can receive from one source.



How do you campaign?

Campaigning for mayor of Witt, Illinois, obviously is far different from running for the city council in Los Angeles or Chicago. For the former, you may have to spend only $200 and you may be candidate, campaign manager, and campaign organization all in one. For the latter, a fund of $20,000 or more may be required, and your organization may number several hundred volunteers.

The best way to get an idea of how much money and how many volunteers you'll need is to talk to others who have made the race. Your budget will depend on many factors: the size of your district, the opposition,



how much material and equipment will be donated, how big your volunteer organization is, and how much advertising you do.

While television may have changed the face of presidential politics forever, the most important ingredient in local campaigns hasn't changed—personal contact.

Besides knocking on doors, candidates must appear at rallies, speak at public meetings, go to coffees, hold press conferences, and give interviews. A campaign requires not only time, but speaking skills, the ability to think on your feet, and a liking for people.

Many campaign skills can be learned, and there are numerous willing teachers. Political parties, civic organizations like the League of Women Voters, and university departments of government often conduct campaign workshops. Some of these organizations also conduct post-election workshops to help the new officials do a better job.

After you win—what next?

You get your chance to do everything you said you would after you're sworn in. You'll find the work intellectually challenging and personally stimulating, as well as sometimes difficult. You'll have to work with members of the opposite party, or faction, even though they may have campaigned against you.

There will be other demands on your time, too. Once elected to office, you are a public figure. You may be expected to attend employee banquets, graduations, ground breakings, citizens' council meetings. You'll also have to be receptive to press inquiries and generally available and accountable. As one expert says, "You have to maintain a sense of balance in your personal, political, and family relationships."

Is it worth it?

Few people get rich in public office. The median annual salary for city council members in 1976, according to the International City Management Association, was $750.

For most officeholders, the reward is the feeling that they've made their community a little better.

Dick Simpson, associate professor of political science at the University of Illinois, says service on the Chicago City Council has enabled him to realize some dreams for his own neighborhood. A neighborhood assembly helps govern the area, and a community zoning board hears all zoning cases.

Joseph Canciamilla, elected to the Pittsburg, California, school board at the age of 17, says his reward has been the implementation of his proposals for reorganizing the curriculum office and rotating principals. That is a sizable achievement for a young man not yet through college.

Why are they all switching to mild Ivory Liquid?

Turn page and see...

"Switching makes sense. Ivory Liquid saves you money in the long run."
Jan & Robert Cox



"We're economy-minded. So we just had to switch to Ivory Liquid."
Dolores & Joe Muldoon



Still not sure?

If you aren't certain public office is for you, but would like to have more say-so in your community, here are some suggestions:

- Find a candidate whom you can wholeheartedly support and work for him or her.
- Go to a political party meeting and offer to do some committee or precinct work.
- Make it a point to attend meetings of local governing bodies. Even if you never run for public office, such attendance is essential to the political process.
- Join a citizen action group—Common Cause, League of Women Voters, Sierra Club, the Gray Panthers, or a community or neighborhood organization.
- Seek an appointment to a governmental board that will deal with issues that interest you.

For more information

If you'd like to learn more about the specifics of running for public office, here are three books that should be helpful: *Getting Elected*, by Chester Atkins, published by Houghton Mifflin, 1973; *Winning Your Campaign*, by Hank Parkinson, published by Prentice-Hall, 1970; and *Winning Elections*, by Dick Simpson, published by Swallow Press, 1972. ■

(Produced in cooperation with Barbara Mantz.)

Thanks, Easter Bunny!



It's no wonder kids beam when they find "M&M's" Candies in their Easter baskets. They're bright and colorful. Made with real milk chocolate and crunchy roasted peanuts. Fun to eat. And fun to make special holiday treats and decorations with. "M&M's" Plain and Peanut Chocolate Candies—
The milk chocolate melts in your mouth—not in your hand.®



m&m's® Plain and Peanut Chocolate Candies

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Concept House builders list

The second of three Concept Houses, cosponsored by Better Homes and Gardens® and the Armstrong Cork Company, appears on page 54.

The following builders are duplicating one or more of the three houses and invite you to visit them.

COLORADO
Grand Junction
Centre Construction Co.—Village Nine
FLORIDA
Orange Park
Toney Homes—Oak Hollow
NORTH CAROLINA
Fayetteville
United Realty —Hillendale West
NORTH DAKOTA
Bismarck
Carlson Homes—Prairie Hills
Dickinson
Carlson Homes—New Haven
PENNSYLVANIA
Lancaster
Evans Construction—Mill Mar and Centerville Heights
SOUTH CAROLINA
Hartsville
Marion M. Gandy Co.—Club Colony
VIRGINIA
Reston
Gulf Reston, Inc./Katz—Upper Lakes Drive

In addition, this group of builders has incorporated the interior ideas and concepts of these houses into their own designs:

CALIFORNIA
Alta Loma and Cucamonga
Lesny Dev. Co.—Shadow Peak
Riverside
Republic Development Co.—Mockingbird Canyon
Vacaville
Lewis Homes—Grammercy Park
COLORADO
Westminster
Pinecrest Homes—Cotton Creek
FLORIDA
Longwood
Hunters Point, Inc.—Hunters Point
ILLINOIS
Schaumburg
Levitt Homes, Inc.—Sheffield Ridge
NEBRASKA
Omaha
Pacesetter Homes, Inc.—Millard Highlands South
NEW JERSEY
Howell
U.S. Home Corp. of N.J.—Candlewood
Manchester Township
Investors Development Corp.—Holly Oaks
NORTH CAROLINA
Chapel Hill
Fitch Creations, Inc.—Fearington
OHIO
Columbus
M/I Homes—Woodside Green
PENNSYLVANIA
Grove City
Cornelius Sales and Construction, Inc.—Glenwood Acres
TEXAS
Dallas
Centennial Homes, Inc.—Camelot
Houston
Ryland Homes—Atascocita Trails, Fairwood, Sterling Knoll, Autumn Run, Timber Lane ■



They all found Ivory Liquid a better buy than their "bargain" brands.



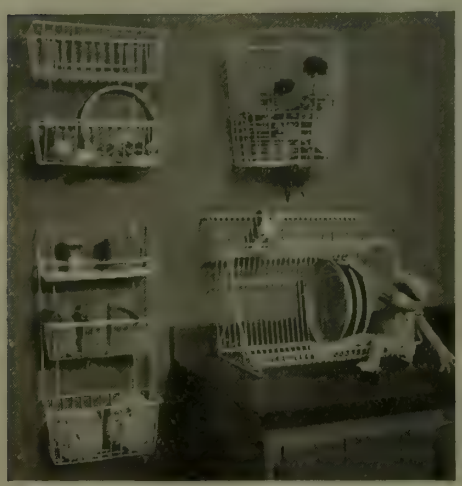
They all used a halfpenny's worth of each—of Ivory Liquid and their "bargain" brands–and they all found the same thing. The Ivory Liquid suds lasted longer, and the Ivory Liquid washed more dishes. That's another way of saying more for your money. No wonder they switched.

Mild Ivory Liquid.
It can be cheaper to use than an average bargain brand.

begins on page 62

A place for everything kitchen

Here are even more storage units to help bring order to a clutter of cooking and cleaning gear. They're cleverly designed to utilize every sliver of kitchen space. Some mount on walls over a sewing table or workbench; others screw into cabinet doors. You'll find these specialized organizers will make locating small items much easier.



White wire organizers

One manufacturer makes a multitude of white wire units to hang or mount on doors or counter tops. Choose a good-looking wastebasket, a counter-top dish rack, or a two- or three-tiered basket unit for a multitude of needs.



Shallow drawer compartments

These efficient drawer dividers keep silverware, long and short kitchen tools, pastry brushes, wooden tongs, and knives separated. Choose one large unit to outfit your drawers, or several small ones, like the units in the top drawer.



Cleanup caddy

Here's how to corral a broom closetful of cleaning gear into one compact wall unit. Hooks and niches hold a variety of whisk brooms, dustpans, string or sponge mops.



Stack-'em-up units

Each of the three ideas pictured here tops the other . . . literally. The drawer unit comes apart so you can stack all the drawers facing one direction or four different ways. They're ideal for storing pot holders, kitchen linen, and place mats. Or, use the drawers in bedrooms or dressing rooms to stow sweaters, socks, and underwear.

Red, yellow, and green plastic stackers make perfect containers for apples, onions, or sponges. Mix colors or choose one bright hue to accent your kitchen color scheme.

Standard "in" and "out" baskets can help sort household management correspondence. These clean-lined bins can sit side by side or atop each other.



Swivel storage system

This space-saving storage system takes up only a scrap of wall space but holds a multitude of those elusive, often-used items. Plastic drawer dividers tailor each unit to your needs so you can keep nails, screws, and bolts in one tray; needles, thread, and buttons in another. You might want several of these units—for the kitchen, sewing room, bathroom, workshop, wherever.



Streamlined pot rack

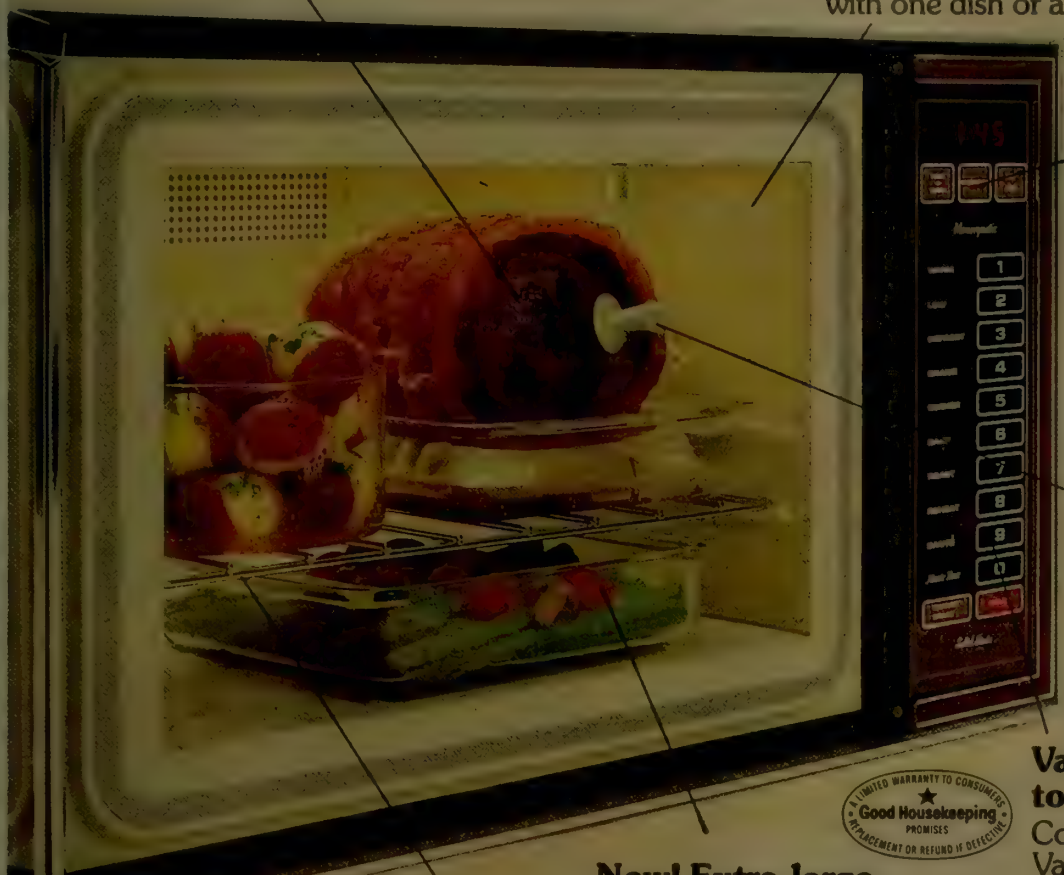
If you don't want to pay a fancy price for an uptown-looking pot rack, try these simple wood or plastic bands. They hold as many colorful hooks for pots, pans, or utensils as you'd like. Chain links adjust the height to your particular ceiling. ■

Buying information, page 196

How the exclusive Litton Meal-In-One™ microwave cooks 3 foods at once.

It's the first microwave to cook 1, 2, 3 foods, even a complete meal all at once.

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Unlike other microwave ovens, microwaves enter from both sides to surround and cook foods more evenly. You get better results with one dish or a complete meal.



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Pattern shown, Glazelle

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How to order material from the magazine

HOME PLANS are available for the beautiful home featured on page 54 of this issue. (Plan No. 19817 shown in our February issue is also available.) Simply complete the handy order form provided. Plans are available individually or as a package of five sets of the same plan. This number of sets is usually sufficient for your builder, mortgage firm, building permit, and your own personal needs. You can save by ordering as many as you need right now. Plans are priced as follows:

1 set $50.00, each additional set $10.00; OR SAVE by ordering 5 sets for just $85.00. Include $2.50 for postage and handling.

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BUILDING

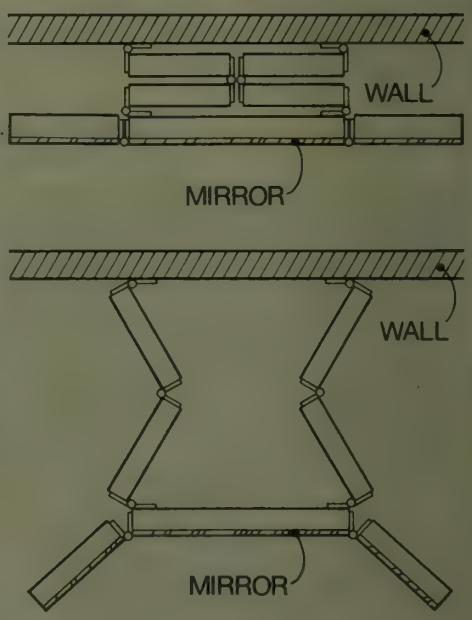
This bathroom mirror comes to you



If you're tired of stretching over the bathroom counter to get closer to the mirror, you'll appreciate this nifty foldout unit. It opens all the way to your nose to provide maximum visibility for precision grooming chores. And the two side wings swing out to form a handy three-way mirror for side and rear views. When mirror matters are done, just push the unit flat against the shelves behind it and shut the cabinet doors.

As you can see in the photo, the mirror unit requires less than half of the cabinet space. Shelves above and below hold the usual bathroom items, and additional shelf space hides behind the wing pieces on each side of the mirror.

If you plan to adapt this project to your bathroom, you may want to build an actual working model so you can get the clearances and sizes you need for your installation. For the finished product, use ¾-inch plywood or particleboard for the mirror backs and folding supports, and install piano hinges at the pivot points shown in diagrams at right.



When mounting the mirrors, use extra care as you drill holes in the glass. Pour a few drops of kerosene within a putty dam to reduce heat buildup and drill with a carbide-tipped bit at a low rpm. Or, if you prefer, mount the mirrors with a special mirror adhesive. ■

Photograph: Maris/Semel. Source: Bonnie Crone

New Benson & Hedges 100's Lights

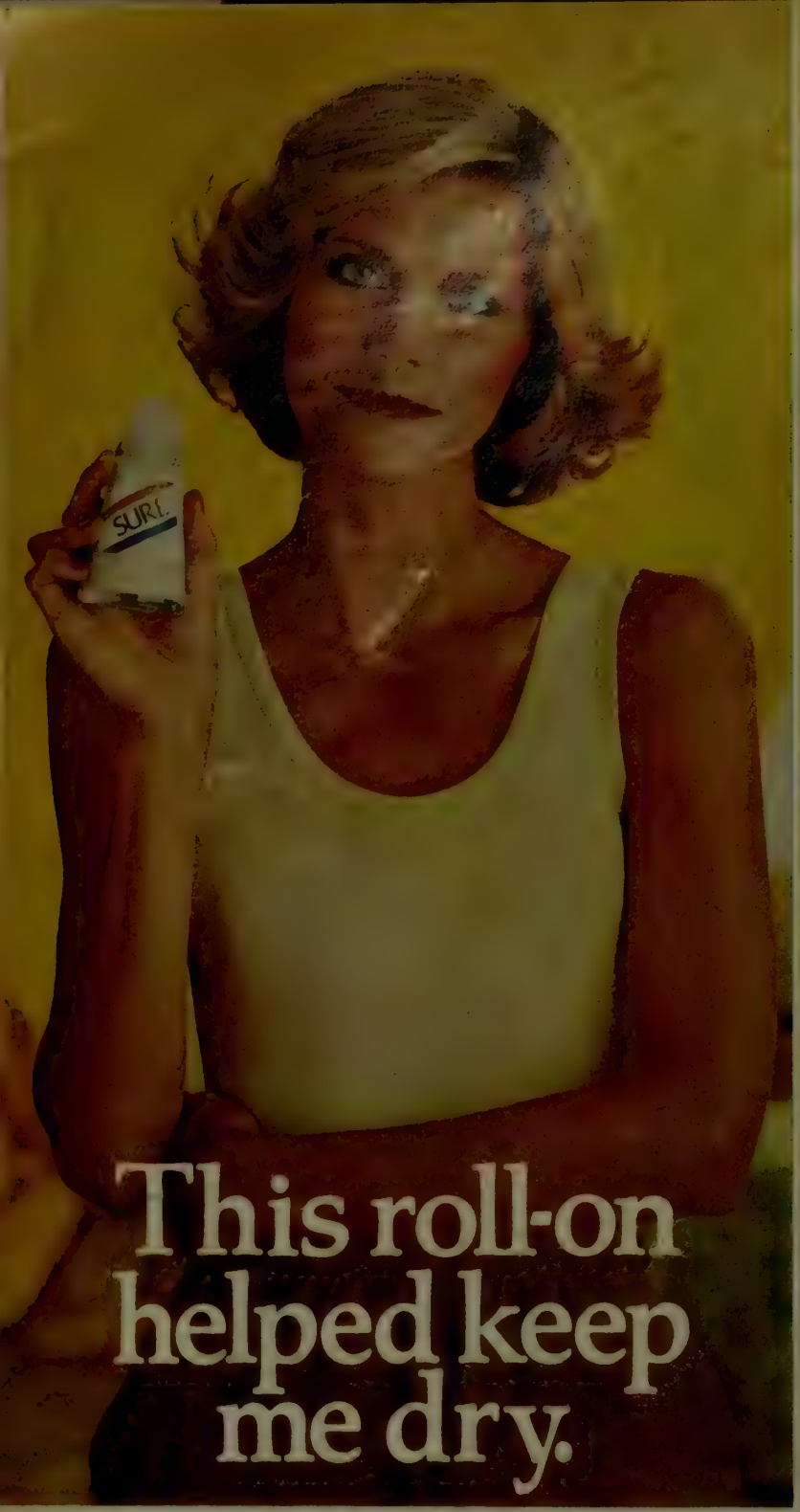


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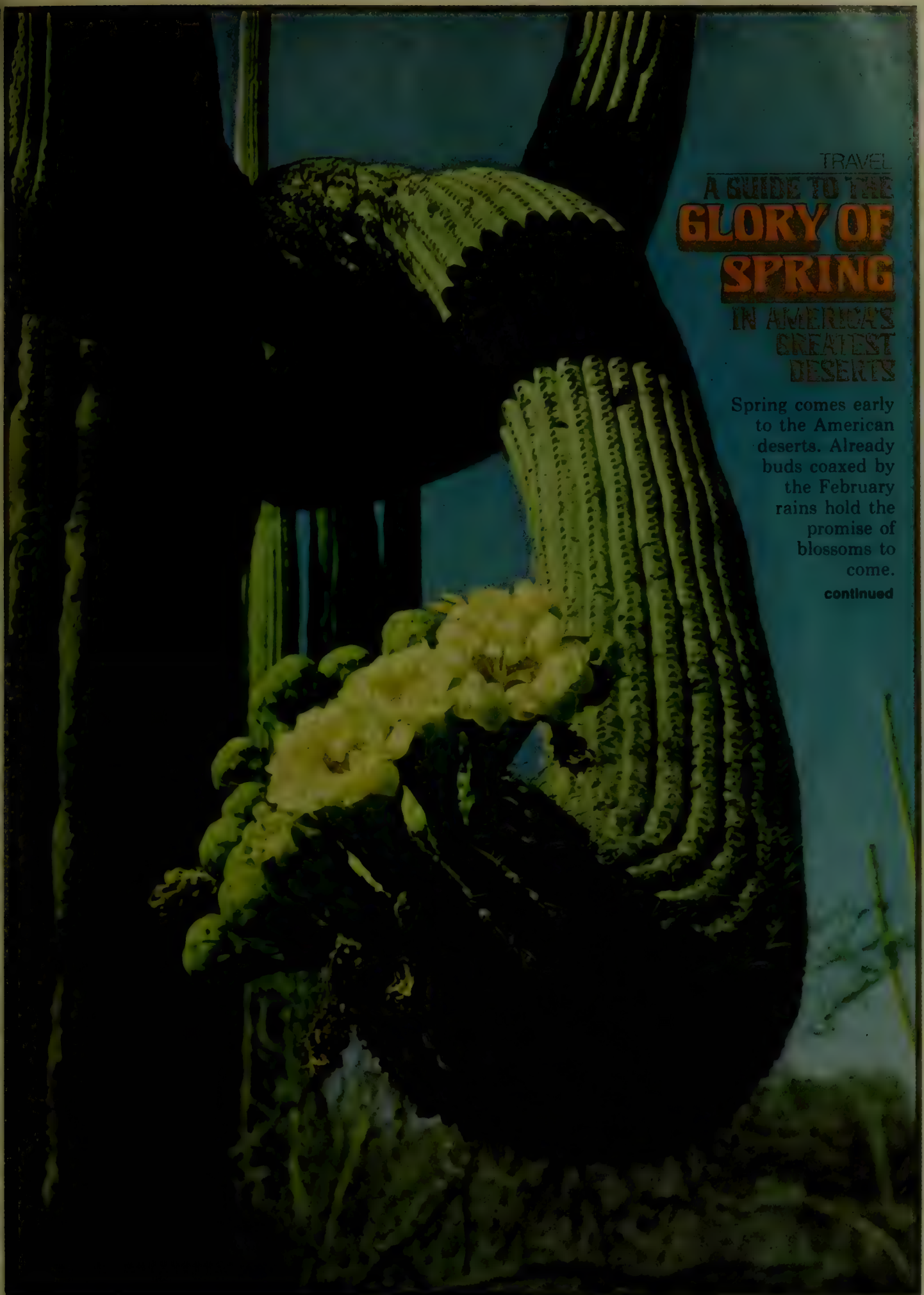
Improved Sure Roll-On keeps me even drier.

I've always used Sure because it really worked for me. Then I heard about a new roll-on that would keep me even drier. I couldn't believe it.



So I decided to test this new roll-on where it really counts: under my own two arms. And guess what? There is a new roll-on that can keep me drier: New Improved Sure Roll-C Sure's new, more effective formula keeps me drier than ever before.

I'm drier. I'm Sure.



TRAVEL

A GUIDE TO THE GLORY OF SPRING IN AMERICA'S GREATEST DESERTS

Spring comes early to the American deserts. Already buds coaxed by the February rains hold the promise of blossoms to come.

continued





Photographs: Harry A. Jarvis

GLORY OF SPRING

And spring is by far the best time to experience the primitive splendor of our American deserts. The warmth of a moderate March will flame the ocotillo with a blaze of fiery red flowers and perhaps top the Joshua trees with long clusters of creamy white blossoms. If winter rains have been good and April is warm, much of the deep Southwest will be carpeted with wildflowers. A kaleidoscope of blooming cactus awaits the hotter and dryer days of May.

There are four major American deserts where you can savor the beauty and blossoms of spring. The Sonoran Desert flows up from Mexico to cover most of southern Arizona and the southeastern tip of California. The Chihuahuan Desert, too, tops Mexico's border to spread into Texas and New Mexico.

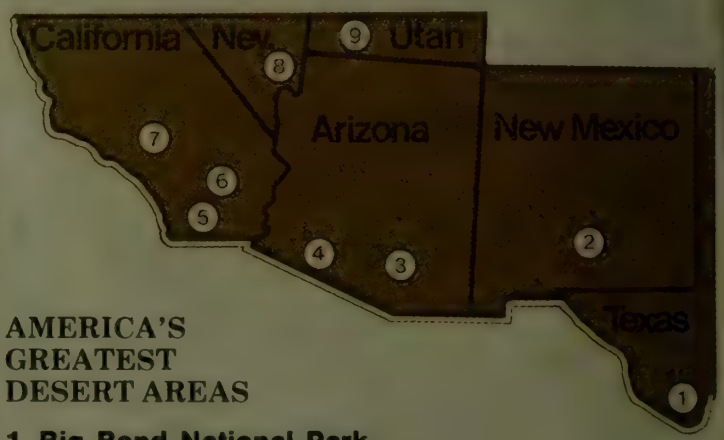
Beyond the Sonoran, to the northwest, the Mojave moves across much of Southern California, spreads through southern Nevada, and then reaches, ever so slightly, into northwestern Arizona and southwestern Utah. The largest of the American deserts is the Great Basin. It covers most of Utah, about two-thirds of Nevada, and much of Oregon, Idaho, and Wyoming.

On the following pages, we will highlight some choice vacation destinations where the widest variety of spring blossoms is likely to occur and where the strangest and most spectacular plants reign in the mysterious American deserts.

Some of nature's finest flower shows are staged in the American deserts. But they are directed by unpredictable temperature and unreliable rainfall. In any given year desert plants may bloom early or late; wildflowers, sometimes not at all. So, seek the advice of park agencies in the areas you plan to visit if you want to time your vacation to coincide with the bloom of any particular species.

continued

The splendid magenta of hedgehog cactus blossoms (above) *sets off yellow columbines* (below) *in Zion Park.*



AMERICA'S GREATEST DESERT AREAS

1. **Big Bend National Park**
2. **White Sands National Monument**
3. **Saguaro National Monument**
4. **Organ Pipe Cactus National Monument**
5. **Anza-Borrego Desert State Park**
6. **Joshua Tree National Monument**
7. **Antelope Valley**
8. **Valley of Fire State Park**
9. **Zion National Park**



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ZION NATIONAL PARK

Zion Canyon is one of the scenic treasures of our continent. Great walls of stone rise abruptly from the red earth of the Canyon's shadowed depths and, in a single sweep of color, burst 4,000 feet into the heavens. Slashed by centuries of erosion, the cliffs of Zion have been cut, battered, and broken, and then wind-scuffed and water-worn into a multitude of wonderous forms.

Zion National Park lies in the heart of Utah's "Dixie" —the southwest corner that was originally settled for growing cotton. The Park is embraced by the Great Basin Desert and penetrated by an upper extension of the Mojave. The best time to visit Zion (fee $2 per car) is before summer's heat bakes the Canyon.

THE SPRING SHOW

In late May and early June, when days are comfortably warm and the nights pleasantly cool, the colors of spring's blossoms complement those of Zion's cliffs. Yuccas sprout tall stalks of blossoms that nod in Canyon breezes. Cactus plants—hedgehog, beaver tail, and prickly pear—cover the Canyon floor while the blooms of New Mexico locust trees brighten the slopes.

As if its bounty of desert blossoms were not enough, Zion has a surprise for the seekers of spring flowers. Hidden in a few of its side canyons are hanging gardens of water-loving plants—columbines, ferns, shooting stars, and love grass clinging to cliff walls that glisten with moisture in the afternoon sun.

A DESERT SWAMP

Walk up to Weeping Rock and you can stand in the rain on a cloudless desert day. There are several places in the Park where water seeps, oozes, or flows from the fractures of an ancient spring line. Near the hanging gardens on the Gateway to the Narrows Trail, a spring has created a desert swamp. Zion's Lower Emerald Pool is filled by a perpetual shower from the overhanging cliff.

Zion is a hiker's and backpacker's paradise. The unique Virgin River route through the Zion Narrows has long been a favorite adventure of the hardy hiker. Special permits for this hike and information about numerous others are available at the Park visitors center. Naturalist-guided interpretive walks are available here, too, and schedules for guided horseback trips are posted. An all-day horseback tour with lunch is $25, or you can ride for a half day for $10.

WHERE TO STAY

Accommodations are handily available at Zion Lodge (doubles from $17.50 to $22.50; $2.50 for each additional person) and at some half-dozen motels in the town of Springdale, adjacent to the south entrance to the Park. You'll find nearly 30 motels in nearby St. George. Room rates in St. George vary, but most of the better motels price a double at about $24. (If you stay in St. George, be certain you see the Mormon Temple and the Brigham Young winter home.) There are two large campgrounds (camping fee $2 per car) at Zion and trailer parks at Springdale.

Write: Superintendent, Zion National Park, Springdale, Utah 84767.

continued





Pearly pink blooms top New Mexico locust trees, and claret-cup cactus hug the ground in Zion National Park.



ORGAN PIPE CACTUS NATIONAL MONUMENT

In the very depths of Arizona's Sonoran Desert, Organ Pipe Cactus National Monument is bounded by the Ajo Mountains and bordered by the Mexican state of Sonora. Caressed by a tropical airflow, Organ Pipe harbors one of the finest tracts of Sonoran Desert north of Mexico—a veritable storehouse of the unusual.

Plants not commonly found in Arizona, and not found at all in other sections of our nation, flourish here. Foremost of these are the rare senita cactus and the seldom-seen elephant tree.

LATE BLOOMERS

The drama of desert night blossoms begins with darkness on a late May or early June evening when pinkish flowers open on the organ pipe and senita cactus. Senita blossoms close shortly after sunrise. The closing of the organ pipe flowers comes a few hours later. The even more dramatic "Queen of the Night" cactus reigns in late June and early July.

The Sonoran wildflower season usually peaks about mid-April. When the rains have been good, Organ Pipe Cactus National Monument can be aglow with golden Mexican poppies, blanketed by blue lupine, and cloaked by magenta patches of blooming owl clover. The hedgehog cactus and some barrel cactus usually bloom in April, too.

Highway State-85 crosses Organ Pipe Cactus National Monument and ends at the border town of Lukeville, Arizona. There is a motel (Gringo Pass; doubles $16), gas station, post office, grocery store, cafe, and trailer park at Lukeville.

HIGH COUNTRY DRIVES

There are two loop roads that slip off State-85 and probe the sights and secrets of the Monument's outer reaches. Neither road is paved, but both are graded for modern automobiles.

The 21-mile Ajo Mountain Drive is a pulse-quickening, one-way route that promises adventure from the first of its ascent into the Ajos. Among the pointed peaks of the range, you will drive through a maze of tall saguaro and less abundant organ pipe.

Estes Canyon picnic area is about midway along the Ajo Mountain loop. From here, you can hike up 1.7 miles to a grassy basin that was a hideout for Pancho Villa's marauders in the early 1900s. Just down the road is Diaz Peak: Melchior Diaz was one of Coronado's captains, who led his troops this way in 1540.

On the 51-mile Puerto Blanco Drive, you will pass Kino Peak, highest of the Bates Mountains. Among the highlights of this drive are the unique senita cactus at Senita Basin where you will also find the strange elephant tree. You will meet the smoke tree and the hard-to-cut ironwood tree, too, on this loop.

There are 208 campsites ($2 a night) in the National Monument. In Ajo you'll find the Copper Sands Motel (doubles $16) and Marine Motel (doubles $18-$20). There are also motels in Gila Bend (55 miles away).

Write: Superintendent, Organ Pipe Cactus National Monument, Box 38, Ajo, Arizona 95321.

continued

Dramatic organ pipe cactus soar behind blooming hedgehog cactus at Organ Pipe Cactus National Monument.

The Leroux Peppermint.

Before it was in the bottle its flavor was on the vine.



Try Leroux Peppermint Schnapps straight up, on the rocks, or in a Schnapps Stinger —1 oz. Leroux Peppermint Schnapps, 2 oz. Leroux Deluxe Brandy over crushed ice.

Experience all 52 flavors from Leroux. All of them natural. Naturally.

Leroux. The Royal Family of International Liqueurs. General Wine & Spirits Co. N.Y.C. 60 Proof.



How we work against tampon bypass.

Have you ever had an accident and found your tampon hardly used? That's tampon bypass. It happens when your tampon fails to expand fully.

It almost never happens with Kotex Heavy Duty tampons. Because they expand gently and fully inside you.



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The leading tampon has a cardboard tube with blunt edges.

The Kotex Heavy Duty tampon has a tapered tube of smooth plastic. So it inserts more easily and comfortably.



Our guarantee that we absorb more.

We're so sure of Kotex Heavy Duty tampons, we guarantee them. If you don't like them better than your brand, just send the product code symbol from bottom of package and indicate purchase price to Kotex Heavy Duty tampons, c/o Kimberly-Clark, Dept. TBT, Box 551, Neenah, Wisconsin 54956. Limit one refund per family.

If your super tampon needs a napkin, you need a new kind of tampon.

We think a tampon should give you the protection you need all by itself—without any help from a napkin. That's why we designed the Kotex® Heavy Duty™ tampon.

It comes in two sizes, regular and super, both incredibly absorbent.

In fact, our super is twice as absorbent as the best-selling super—which means it can hold twice as much. It also means you'll probably never wear another napkin.

That says a lot for the Kotex Heavy Duty tampon. But it doesn't say enough. Look above, for more good news.





Available in Regular and Super size. Product available in limited areas only.

SAGUARO NATIONAL MONUMENT

Two mountain ranges, the Rincons to the east and the Tucson Mountains to the west, flank the Santa Cruz Valley and the city of Tucson. Both ranges are blessed with superb Sonoran Desert scenery, and each is only a 30-minute drive from Tucson. To preserve and protect 50,000 acres of saguaro cactus forest, there is a section of Saguaro National Monument in each of these mountain ranges.

CACTUS SUPERSTARS

Both sections of Saguaro National Monument harbor hosts of wildflowers and numerous varieties of cactus from tiny pincushions to giant saguaro, the superstar of the cactus community. A saguaro can grow 50 feet high, weigh over six tons, and live beyond 150 years.

The flowers—and the fruit, too—grow at and near the tips of the saguaro's stems (*see top photo*). The waxy white saguaro flowers usually bloom in May. The fruit ripens in June and is harvested in July by the Papago Indians, who eat it fresh or dried, and use it in wine, jam, and syrup.

May is probably the best month to visit Saguaro National Monument. Besides bringing saguaro blossoms, May brings the blooming of brittlebush, paper flower, paloverde, and mesquite to tint the desert with shades of yellow. And the warmer days suffuse the cholla in a blush of red blossoms.

WILDLIFE WATER HOLE

The Rincon Mountain section of the Monument provides an abundance of eye-stopping sights. Its visitors center was designed so that you can watch desert wildlife come to drink at a water hole. You will want to drive the paved Cactus Forest Drive here and probably walk the short Desert Plants Nature Trail. If you backpack, you can choose from 75 miles of backcountry trails.

In the Tucson Mountain section of the Monument, the graveled Bajada Loop Drive will route you through an unusually dense and vigorous cactus forest of saguaros and provide access to additional hiking and nature trails.

COUNTY CAMPGROUND

There are no camping facilities at either section of Saguaro National Monument, but there is the convenient Pima County Gilbert Ray Campground (sites $2.50 and $3.50 a night) in the adjacent Tucson Mountain Park. This park is a 30,000 acre state wildlife area where the protected animals casually share their home with visitors. At the campground, there is usually a chorus of coyotes to sing you to sleep at night and a mixed choir of quail and cactus wren to rouse you in the morning.

The Arizona Sonoran Desert Museum is also located in the Tucson Mountains. You should stop and see its unique living exhibits of desert plants, wildlife, and caves. Before leaving the Tucson Mountains, you may want to visit the commercialized movie site of "Old Tucson."

Write: Superintendent, Saguaro National Monument, Box 17210, Tucson, Arizona 85731.

continued





Bunches of paper flowers contrast with stunning saguaro (above) *and with prickly pears* (below).





JOSHUA TREE NATIONAL MONUMENT

Above the town of Twenty-nine Palms, California, a desert plateau lifts to meet the Little San Bernardino Mountains. This classic portion of the Mojave is the high desert home and sanctuary of the erratic Joshua tree, which flourishes here, protected in Joshua Tree National Monument.

The Joshua tree is the marvel of the Mojave. The tree grows 40 feet high and can live for 150 to 200 years.

The blooming cycle of the Joshua trees is unpredictable. When it does occur, in intermittent years during March or April, long eight- to 14-inch clusters of white blossoms will burst from the tips of the trees' branches.

Although the Joshua trees may fail to bloom, there is almost always an abundance of spring wildflowers to charm you at the Monument. The jumbled, piled rocks—wind worn into eerie shapes—are often dotted with rock scramblers of all ages, while the sheer-sided rocks are scaled by experienced, roped-up climbers.

Tucked away among the boulders of Joshua Tree, there are nine nice campgrounds. However, only Cottonwood Springs and Black Rock Canyon campgrounds have water. They charge $2 a night; camping at the dry campgrounds is free.

Write: Superintendent, Joshua Tree National Monument, Twenty-nine Palms, California 92277.

ANTELOPE VALLEY

Cradled by the San Gabriel and Tehachapi Mountains, Antelope Valley is a Mojave Desert showplace and one of California's most popular wildflower areas.

In the Lancaster-Palmdale area (where you'll find several motels), there are nine wildlife and wildflower sanctuaries. Foremost among these are Saddleback Butte State Park (camping $2 per car) and the new 2,000-acre Poppy Park.

In March and April, the California poppy paints orange-gold patterns through the fields and rolling hills of Antelope Valley. But here, too, are yuccas, desert dandelions, sand verbena, desert coreopsis, Joshua trees, and desert candles. From mid-March until the end of April the Antelope Valley Wildflower Center is opened to provide up-to-date information on what is blooming and where.

Riding the desert air currents in gliders and sailplanes is a unique and popular pastime in the eastern end of this valley. If you would like to try one of these motorless, soaring aircraft or just watch them sail and dip over the desert, drive to El Mirage Field. Usually someone is there who, for about $16, will take you up and away for a thrilling 20-minute flight. Rides and instruction are also available at nearby Rosamond.

For particulars, write: Lancaster Chamber of Commerce, 44943 North 10th Street West, Lancaster, California 93534.

continued

Stately Joshua trees bloom in Joshua Tree National Monument, while California poppies carpet Antelope Valley.

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Design shown #4505? available in 6' & 12' widths.

Only Congoleum® gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.



"Last winter's cold crunch convinced me to wash in all temperatur with All-Temperature Cheer."

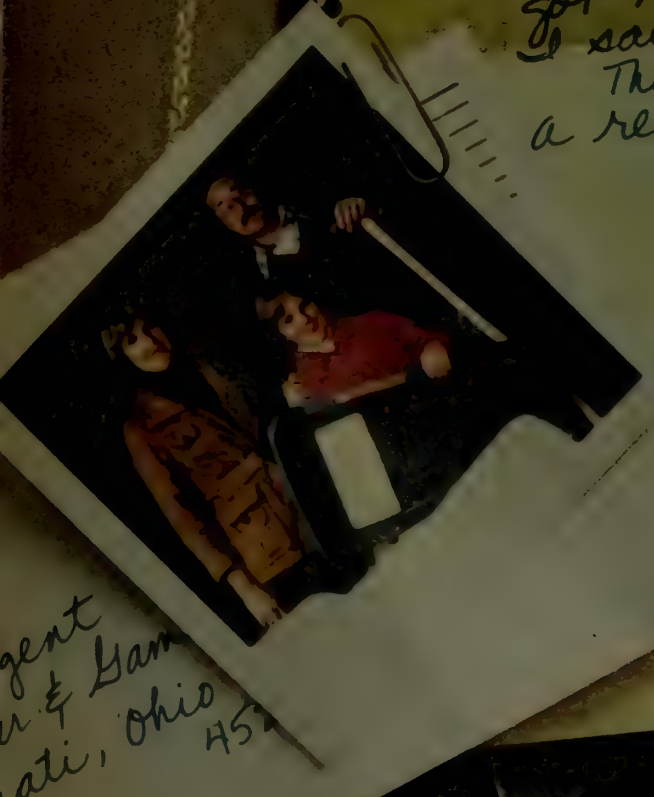
Dear Sirs,

During last year's cold crunch. I wanted to be very careful about using hot water, because with the energy shortage, hot water was more precious than ever. So when I did my laundry, I decided to also use warm and cold water (something I had never done). That's when I tried All-Temperature Cheer.

Boy was I surprised. Cheer really worked — even in cold water! Cheer not only got my clothes clean, but I saved energy too.

Thanks again. Cheer is a real winner!

Sincerely,
Kathy Gosnell





All-Temperature Cheer.
Three temperatures, one detergent.

ANZA-BORREGO DESERT STATE PARK

Anza-Borrego, just over the Laguna Mountains from San Diego, California, is a most unusual park—a 520,000-acre slice of raw western Colorado Desert. You are actually encouraged to bring your dune buggy or four-wheel-drive vehicle to explore the backcountry of this park.

But there are also miles of paved roads and good graded ones that you can explore in the family car. Then, to see the backcountry, you can hire both jeep and guide at Borrego Springs in the heart of the Park.

Anza-Borrego is one of only two places in our nation where you can see the aromatic elephant tree. The Park's most prevalent plant, however, is the spiny ocotillo. This botanical oddity grows several sets of leaves a year. In dry weather it drops its leaves until the next rain, when it will leaf out again. During the Park's blooming season, usually March and April, each slender wand of the tall ocotillo is tipped with a scarlet bloom.

There are motels (doubles about $20) and mobile home parks at Borrego Springs, and an improved campground ($5 with hookup; $4 without) at the Park headquarters in Palm Canyon. At the primitive Park campgrounds, camping is free.

Write: Superintendent, Anza-Borrego Desert State Park, Borrego Springs, California 92004.

BIG BEND NATIONAL PARK

Beneath the Chisos Mountains of west Texas, the Rio Grande flows through a great sweeping curve called "the big bend." Pressed against this loop of river is a wild tract of the Chihuahuan Desert that has been preserved as Big Bend National Park.

Among the more prolific plants that flower here are lupine, agave, prickly pear, and strawberry cactus. The agave, or century plant, blooms only once and then dies. Contrary to popular belief, the agave does not require 100 years to produce blossoms. It can bloom anytime after ten years.

Bird-watching is a popular pastime at Big Bend. This is the only place in our country where you can find the Colima warbler and one of few places north of the Rio Grande for the Mexican jay. The speedy roadrunner is a favorite here, too. With luck you might see a herd of the wild hogs called javelina. Deer are common, and cougars and coyotes prowl the Park's backcountry.

If you want to ride the river in a rubber raft, there are float trips ($32 per person for a day trip) available at Big Bend. There is also the Chisos Mountain Lodge (doubles about $21) and campgrounds (sites $1-$2; with hookup $3.50).

Write: Superintendent, Big Bend National Park, Texas 79834.

continued







Anza-Borrego's spiny ocotillos (top and middle) *reward the eye, as do evening primrose amidst wind-ripped sand.*



VALLEY OF FIRE STATE PARK

Nevada's Valley of Fire State Park is a red-rock wonderland set in a sea of glowing pink sand. The Valley lies in the outer reaches of the Mojave Desert, northeast of Las Vegas.

The Valley of Fire is intriguing anytime, but it's especially beautiful in spring. April adorns the Park with bouquets of brittlebush and evening primrose, and blooming yucca, indigo bush, and beaver tail cactus.

The mystery of a vanished prehistoric people permeates this park. You will see the messages they left, perhaps 6,000 years ago, in the deep-cut rock-writing of Atlatl Rock. Petroglyphs on the rock depict the atlatl, a dart-throwing device. To actually see a prehistoric atlatl, you must visit the Lost City Museum, in the nearby town of Overton, Nevada. This museum also houses a superb collection of pottery, baskets, tools, and other artifacts left by the ancients. Outside the Museum are reconstructed pit houses and pueblo dwellings.

Tucked away among the jumbled rocks of the Valley of Fire are picnic shelters, two campgrounds, and a visitors center. There is a lodge (Overton Beach Resort, doubles about $16) at Overton Beach, on the shore of Lake Mead, about eight miles from the Park.

Write: Superintendent, Valley of Fire State Park, Overton, Nevada 89040.

WHITE SANDS NATIONAL MONUMENT

Between New Mexico's Sacramento and San Andres Mountains is a part of the Chihuahuan Desert with great, glossy dunes of frost-white sand. These are the unique dunes of White Sands National Monument. Unlike ordinary sand, this white sand is pure gypsum, weathered and windblown into 50-foot-high mounds.

A few hardy plants have managed to extend their roots some 30 feet down to survive the rising white tide of the shifting dunes. These sparse, green growths ornament the ivory sand like fine jade or silver. In late April and early June the dunes are decorated by blooming jewels of purple sand verbena, pink centaury, red cane cactus, and pearl white yucca.

While White Sands is a great place to study nature, it is also a great place to play. There is a magic here that affects young and old alike. It can drive you giddy and cause you to shuck your shoes and race knee-deep through the softest sand your feet will ever feel. When you tire of running and romping in the sand, you can try sand surfing. Sand surfboards can be rented here for $1.50.

Monument entrance fee is $1 per car. A wide range of accommodations is available at nearby Alamogordo.

Write: Superintendent, White Sands National Monument, Box 458, Alamogordo, New Mexico 88310. ■

April adorns the red-rock walls of Valley of Fire State Park with bouquets of evening primrose.

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BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made —thus are omitted from the product listing.

A LOT OF HOUSE FOR ANY LOT

Page 54 (top): Siding—Masonite Corp., 29 N. Wacker Dr., Chicago, Ill. 60606. Windows—Andersen Corp., Bayport, Minn. 55003. Roonng—Bird and Son, East Walpole, Mass. 03032. Bottom: Chairs—Cosco Contemporaries, 2225 State St., Columbus, Ohio 47201.

Page 55 (left): Sofa—Founders Furniture Industries, Box 339, Thomasville, N.C. 27360. Art print—Scandinavian Print Shop, Lancaster, Pa. 19104. Table—Founders Furniture Industries (address above). Right: Sofa—Founders Furniture Industries (address above). Butterfly prints—Scandinavian Print Shop (address above). Track lighting—Sterling Industries Inc., 561 Rising Sun Ave., Philadelphia, Pa. 19120. Carpet "Park Lane"—Armstrong Cork Company, Lancaster, Pa. 17604. Resilient floor "Cobble Square" Designer Solarian—Armstrong Cork Co., Lancaster, Pa. 17604. Stem lighting —J. C. Penney, 1301 Ave. of the Americas, N.Y., N.Y. 10019. Cabinets—Wood-Mode, Selinsgrove, Pa. 17870.

Page 56 (top): Shelving system—Founders Furniture Industries, Box 339, Thomasville, N.C. 27360. Table—Argo-Laminates, Columbia Ave., Lancaster, Pa. 17603. Chairs—Cosco Contemporaries, 2225 State St., Columbus, Ohio 47201. Lamp—J. C. Penney (address above). Flooring—Armstrong Cork Co., Lancaster, Pa. 17604. (Bottom): Chair—Cosco Contemporaries, 2225 State St., Columbus, Ohio 47201. Divider—Founders Furniture Ind., Box 339, Thomasville, N.C. 27360. Track lighting—Sterling Industries, Inc., 5691 Rising Sun Ave., Philadelphia, Pa. 19120. Carpet "Park Lane"—Armstrong Cork Co., Lancaster, Pa. 17604. Resilient floor "Cobble Square" Designer Solarian—Armstrong Cork Co., Lancaster, Pa. 17604.

Page 57 (top): Cabinets: Wood-Mode (address above). Dishwasher, range, hood—General Electric, Appliance Park, Louisville, Ky. 40205. Counter top—Formica Corporation, 120 E. 4th Street, Cincinnati, Ohio 45202. Sink —Elkay Manufacturing Co., 2700 South 17th Ave., Broadview, Ill. 60153. Pot rack—Armstrong Specialties, Armstrong Cork Co., Lancaster, Pa. 17604. Wallpaper "Caprice" Designers Guild Stool—Cosco Contemporaries (address above). Accessories—J. C. Penney Co. (address above).

5 GREAT PROJECTS TO UNCLUTTER YOUR HOUSE

Page 58: Fabric on bedspread, walls, ceiling—S. Harris and Co., 1446 Oak Lawn Plaza, Dallas, Tex. 75207.

Page 59 (top): Skylight—Roto-Intl., Hitchcock Corner, Essex, Conn. 06426.

A PLACE FOR EVERYTHING KITCHEN

Page 62: Cabinets—Sears Roebuck & Co., Sears Tower, Chicago, Ill. 60684. Counter tops—WilsonArt, 600 General Bruce Dr., Temple, Tex. 76501. Refrigerator—General Electric Co., Appliance Park, Louisville, Ky. 40225. Flooring—Armstrong Cork Co., Lancaster, Pa. 17604. Cooktop—Jenn-Aire Corp., 3035 Shadeland, Indianapolis, Ind. 46226. Sink—Elkay Mfg. Co., 2700 So. 17th Ave., Broadview, Ill. 60153. Dishwasher—KitchenAid Division, Hobart Mfg. Co., Troy, Ohio 45374. Red plates, cups, saucers—Waechtersbach, U.S.A., Inc., 8300 N.E. Underground Dr., Kansas City, Mo. 64161. Planters—Bennington Pottery, 324 County St., Bennington, Vt. 05201. White wire shelves—Scan-Plast Industries, Inc., #1 Industrial Dr., Rutherford, N.J. 07070.

Page 63 (top left): Coffee mugs and rack—IDG Marketing Ltd., 1100 Slocum Ave., Ridgefield, N.J. 07657. Plastic canisters—Scan-Plast Industries (address above). (Top right): Wastebasket and bag holder—Scan-Plast Industries, Inc. (address above). Pullout drawers—Rubbermaid Inc., 1147 Akron Rd., Wooster, Ohio 44691. (Bottom): Red cart, grid on wall—Design Research, Inc., 48 Brattle St., Cambridge, Ma. 02138. Pot lid holder—Rubbermaid Inc. (address above). Waxed paper holder—Rubbermaid Inc. (address above).

Page 174: White wire units—Scan-Plast Industries (address above). Five-drawer stacking unit—Beylerian, P.O. Box 1000, Liberty Hwy., Easley, S.C. 29640. Red, yellow, green stacking units—Beylerian (address above). Wire paper organizers—Design Research (address above). Hanging pot rack—Taylor & Ng, 651 Howard St., San Francisco, Calif. 94105. Drawer organizers—Rubbermaid Inc. (address above). Broom organizer—Rubbermaid Inc. (address above).

MODULAR: THE FLEXIBLE WAY TO LIVE

Page 98: All furniture, rug, drapery, toss pillows, pictures—Sears, Roebuck, Sears Tower, Chicago, Ill. 60684.

Page 99: Furniture—Directional, 979 Third Ave., N.Y., N.Y. 10022. Rug—Carousel Carpet Mills, Inc., One Carousel Lane, Ukiah, Calif. 95482. Cane-covered bunching table—Marcella's Imports Ltd., Sp. 1718-B, Merchandise Mart, Chicago, Ill. 60654. Lamp—George Kovacs Lighting, Inc., 831 Madison Ave., N.Y., N.Y. 10021.

Page 100: Furniture (including plant stand, storage table, chairs)—Drexel Heritage, Drexel, N.C. 28619. Rug "Tien Ming"—Karastan Rug Mills, 191 Third Ave., N.Y., N.Y. 10022. Hanging lamp—The Stiffel Co., 700 N. Kingsbury St., Chicago, Ill. 60610. Window blind—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, N.J. 07030.

Page 101: Straw matting on floor—Pier I Imports, 2520 W. Freeway, Fort Worth, Tex. 76102. Furniture—Founders Furniture, P.O. Box 339, Thomasville, N.C. 27360. Sheets "Royal Family"—Cannon Mills, Inc., 1271 Ave. of the Americas, N.Y., N.Y. 10020. Ceiling track lighting—Halo Lighting, Inc., 9301 W. Bryn Mawr Ave., Rosemont, Ill. 60018.

PRIZE TESTED RECIPES

Page 123 (left): Fork "Cape Ann"—Gorham, Div. of Textron, 333 Adelaide Ave., Providence, R.I. 02907. Serving platter—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021.

Page 124 (left): Fork "Hacienda"—Gorham (address above). Wooden bowl—Bowl & Board, 12 Street Marks Place, N.Y., N.Y. 10003. Saucer—Trans-Ocean-Bridge, Inc., P.O. Box 386, Reston, Va. 22090. Ceramic scoop "Yorktowne"—The Pfaltzgraff Company, 140 E. Market St., York, Pa. 17405. (Center left): Server, fork "American Colonial—Oneida Silversmiths (address above). Baking dish—Pyrex. Corning Glass Works, Corning, N.Y. 14830. Dessert plate—Rosenthal USA Ltd. (address above). (Center right): Spoon—Gorham (address above). (Right): Pressure saucepan—National Presto Industries, Inc., Highway 53, Eau Claire, Wis. 54702.



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Roofing.



How to make your clothes curve as smoothly as you do.



You curve naturally. Fabric doesn't. That's why fitting an inward curve to an outward curve is such a hassle. But take heart. There's a simple solution. Just reinforce the inward curve with a row of stay-stitching close to the seamline. Now make little clips in the seam allowance every ½" or 1" along the curve. When you pin the two curves together, the clips will spread, so the seam will lie flat and be easy to sew.



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How to have a theft-free vacation

Nobody wants to fall prey to a burglar or thief while vacationing. Nevertheless, travelers are routinely victimized. To reduce the chances of having your vacation spoiled, follow these precautions.

Your car

- Carry your car registration with you, along with a detailed description of your vehicle (year, make, color). Also note any dents and scratches. If your car is stolen, those identifying marks will help police locate it.
- Lock your car doors when you're driving, especially in unfamiliar areas.
- Leave your car in gear at traffic lights. Then if an unwelcome passenger tries to climb in, you'll be ready to make a fast getaway.
- Never leave valuables like luggage or cameras inside your car when it's parked. If you must leave valuables behind, lock them in your trunk.
- When unpacking your car at the hotel, don't leave the vehicle unattended. Valuables can be stolen while you're carrying some luggage inside.
- Don't load everything up in your car the night before just to get an early start the next morning. Baggage left in your car overnight is an easy mark for a thief.

Your hotel

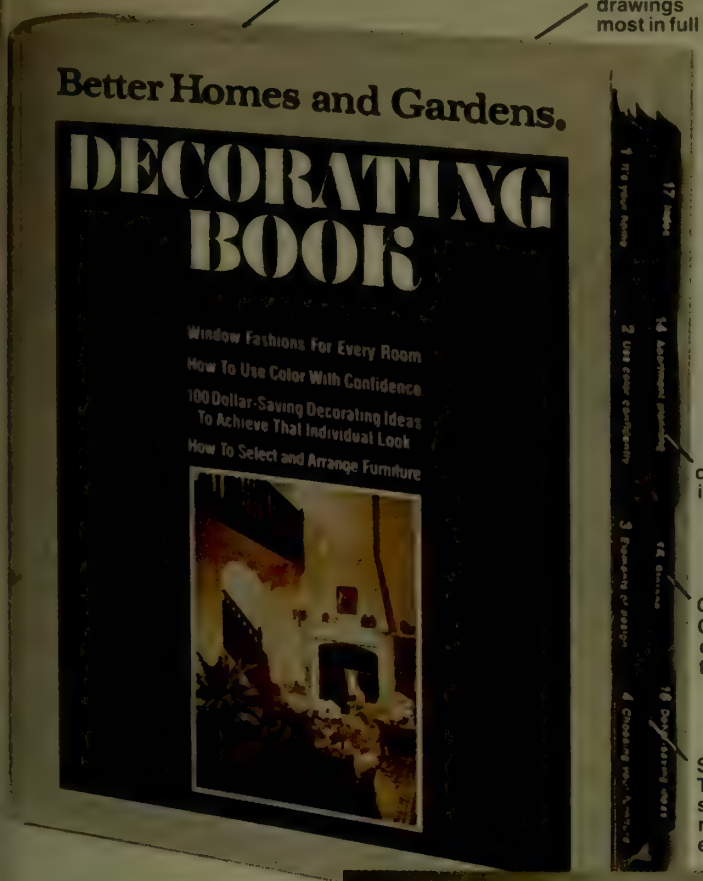
- Always keep a close eye on your luggage in hotel lobbies until it's in the bellboy's hands.
- Don't chat with strangers in hotel lobbies. Often such conversations lead to thefts.
- If you plan to leave your hotel room for the day, ask the maid to make up the beds while you're at breakfast. Then return and put the "do not disturb" sign on the doorknob.
- If you plan a long evening out, turn a light on in the hotel room before you go and leave the TV playing softly.
- Carry your hotel key with you at all times, instead of turning it in at the desk. But keep your key in a pocket or compartment away from your wallet.
- Put your jewelry and other valuables, along with large sums of cash, in the hotel safe. The best place for valuables when you're traveling, however, is at home in a bank safe deposit box.
- Always use the dead bolt on your hotel door. At night, prop a chair under the doorknob, too, and put your wallet or purse in an inaccessible place (like under the bed).
- If you hear a burglar in your room at night, don't confront him. Stay quiet until he has left the room, then notify the hotel desk.

And you

- Sew small zippers into inside breast pockets of jackets so wallets, credit cards, and traveler's checks can be tucked away there safely. Or keep your money in several different pockets, so a pickpocket can't clean you out in one swoop. When several members of one family are traveling together, divide funds up among them.
- Try to carry a minimum amount of cash, and never unfold a fat wad of bills in public.
- If you carry a purse, keep it in sight in theaters and other public places. Better yet, always hold the handle in your hand. Stow your wallet in a zippered compartment inside.
- Don't write your home address on luggage tags where it can be spotted easily by thieves who prey on out-of-towners' houses. Use your business address instead.
- When traveling abroad, learn the word for "help" in the native tongue.
- Beware of buying "bargains" from strangers in the street—even if they're well-dressed. Ask for a sales receipt as a precaution.
- Take metered cabs. If there aren't any, set the fare in advance with the driver. It's too late to negotiate after the ride.
- Don't wander into lonely areas, particularly at night.
- Arrange for guides through the local tourist office or your hotel. Avoid guides you meet on the street. ■

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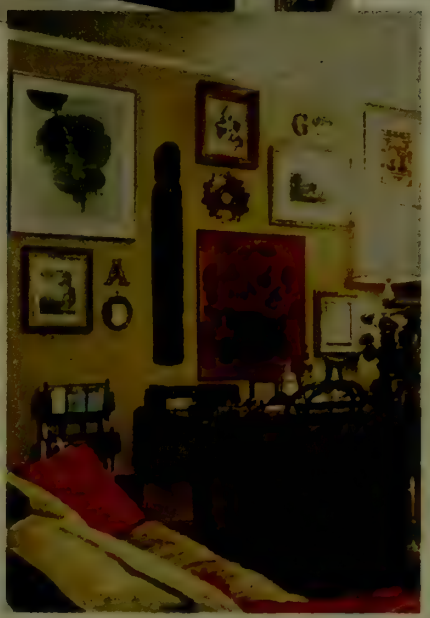
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Black and white tiles in blocks of four make a supersized checkerboard design for this family room floor



An entire wall furred out on 2x4s about one foot in front of windows and fireplace.

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TEACHING YOUR CHILD TO STITCH



Stitchery can be great fun for children—and for their parents, too. As a craft it develops appreciation of color and texture, opens channels of communication between parent and child, and is pure magic on a rainy day.

Basic ground rules

When stitchery involves children, an adult should always be nearby to help solve problems, but never to interrupt. Don't "help" by doing the stitching for your child. Instead, encourage him or her to solve the needlework problem. When working with a small child, don't ask her *what* she's creating. Her fun is in the doing, not in the finished project.

Start early

You can begin teaching stitchery when a child is 2½ to three years old. But the secret of success at this age is "parent preparedness." Gather the materials well ahead of time so that when your youngster is most interested and ready to begin, time won't be lost looking for a wayward needle. Remember—a child's attention span is short, so every minute counts.

Kid-safe materials

For young beginners, 9x12-inch rectangles of metal "hardware cloth" from the lumberyard are good for stitching. The cloth is available in ¼- or ⅛-inch mesh. Choose the larger squares for younger children. Cover the edges with masking tape before stitching.

Start a collection of two-foot-long pieces of yarn scraps. Then dip one yarn end in white glue and let it harden to form a "needle"; the yarn will look like a long shoelace. Knot the opposite end so that it won't pass through the mesh. When the child wants to stitch, have him push and pull the yarn shoelace through the mesh. And because little ones have as much fun taking *out* the stitches as putting them in, you can reuse the same materials.

Pieces of fiber glass screening are stitchable, too. First, cover the edges with masking tape. Needlepoint yarn or pearl cotton (Number 3 or Number 5 weight) work well with this screening. Either stiffen the yarn ends with white glue or thread them through a Number 18 tapestry needle. (The end of a tapestry needle is blunt and kid-safe.)

When stitching, make large knots in one yarn end, or fasten the end to the screening so your child has something firm to pull against as he works his stitches.

Needlepoint canvas of four, eight, or ten threads per inch and a Number 16 tapestry needle will also work well with this age group. A quick project for your youngster to work on might be to stitch bookmarks from leftover canvas and yarns.

Teach your child to thread a needle safely like this. Place the yarn inside a hairpin's loop, then pull the hairpin out through the eye of the needle. The yarn will pull through, too. Or, simply stiffen the yarn end with soap or paraffin, then poke the yarn through the needle's eye.

Once the needle is threaded, anchor the main strand of yarn by splitting it with the needle. Pull both ends firmly away from the needle. The longer strand of yarn will enclose the shorter tail, and the needle will be firmly anchored in the middle.

From paintings to stitcheries

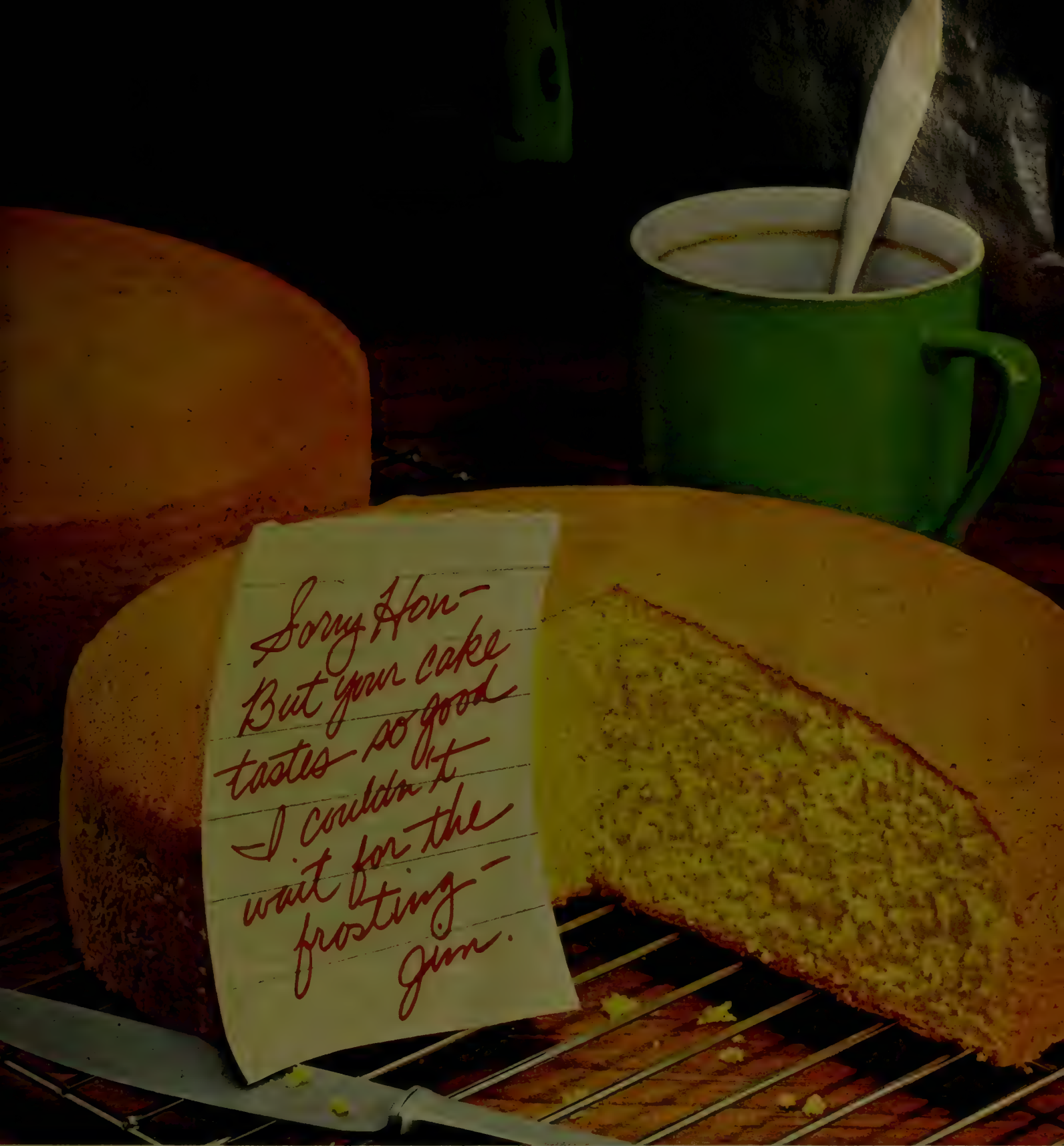
Most children love to paint, and their own pieces of art can become their personal stitcheries. First, substitute cardboard for drawing paper and let the child create a picture. Then, using a large needle or other sharp object, poke holes along the drawn lines every ½ inch. Be sure that the holes are slightly larger than the yarn you plan to use. Let the child embellish his own work with stiffened yarn or a threaded needle. The results are often suitable for framing and make wonderful gifts.

Stitching on cloth

If your preschooler wants to sew on cloth, be sure that it's properly prepared. If you fail to stretch or stiffen the fabric beforehand, small

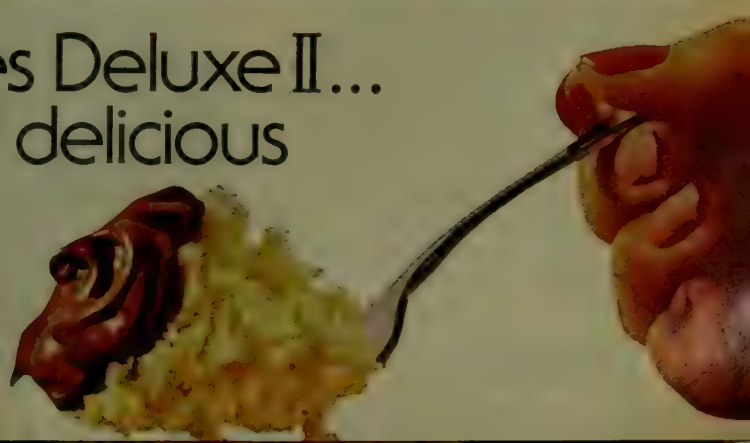
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Drawing: Dudycha/Schirck and Assoc. Inc.





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Gardening with Color
discusses using the wonderfully varied colors of nature as a gardening palette. It will open your eyes to the colors that already exist in any landscape, teach the principles of color gardening, give advice on color combinations in single flowers as well as whole fields of floral color. It tells how the gardener can borrow different planting and color ideas from different countries. Contains detailed charts of plant materials for planning color combinations in the garden. 96 colorful pages.

ORTHO books are available wherever ORTHO products are sold.

Chevron
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continued

Teaching your child to stitch

hands are likely to pucker the cloth to the point of ruin. Inexpensive plastic hoops with screw tighteners work well for this age group. To keep the cloth from slipping, cover the inner plastic hoop with a layer of masking tape.

Use threaded needles when stitching on cloth. Keep fabric squares in a variety of colors and textures on hand. Children will often get fresh inspiration—and enthusiasm—from a new square of cloth.

Stitching on a frame

Children already in school seem to enjoy a king-size challenge, so give them a big area to stitch by stretching fabric over frames.

An old 9x12-inch picture frame found in the attic or at a garage sale is a good starting point. Place fabric over the front of the frame, then stretch it to the back and staple. If the staples are neatly hidden on the wrong side, the finished stitchery can be displayed as is.

Cheap "frames" can also be made from heavy cardboard. Cut two pieces of cardboard to the correct outer dimensions. Cut out centers, leaving at least a one-inch margin all around for a frame. Place the fabric between the cardboard pieces, pull it taut, and staple the three layers together every ½ inch along each side. The frame can be decorated with drawings or covered with adhesive-backed paper.

Cheap frames can be made from four lengths of ¾-inch flat screen molding. Just butt the ends together and secure them with white glue. Glue and staple triangles of cardboard in each corner.

Firm fabrics are usually best for stitching. Burlap and monk's cloth are two good-quality, inexpensive materials to use. Natural or white burlap is best for stitcheries that may need blocking since dye sometimes bleeds from colored burlap.

School-age children are capable of embroidering directly onto cloth for a fresh, spontaneous design. If a preliminary sketch is needed, use a chalk outline so it can be brushed off later. Or, use colored pencils since their marks can be covered by yarns of the same color.

If your child prefers to draw the picture himself, have him sketch onto tracing or tissue paper. Baste the paper over the stretched cloth and have him embroider through both layers. When finished, gently tear away the paper. The embroidery will stay on the cloth.

Children can also design directly onto fabric. Have them move strands of yarn around the fabric until they're happy with the shapes. Pin the yarns in place and then couch them down. Fill in these areas with favorite embroidery stitches.

Or, have the child cut shapes from paper and move them around the cloth. Pin the papers down, trace around them with waterproof pens, and embroider.

Older children often like to include beads, dyed macaroni, shells, pinecones, and other found objects in their stitcheries to add an interesting texture. Couching is an excellent way to attach the objects to the fabric. (This idea is great for thinning out collections that may be crowding your child's room.)

Without a frame

As children grow older, they may not want to work on a frame anymore. But if their hands still tend to pucker the cloth, apply several coats of spray starch to the back of the fabric, ironing after each application. Or, press a lightweight iron-on interfacing to the fabric back. This gives firmness without making stitching difficult. Avoid using felt—its density makes it hard to embroider.

If your child uses unstretched fabric, keep the edges from raveling by covering them with tape or by adding a row of zigzag stitching.

Consider your stitchery-instruction time well spent. You've introduced your child to an art form that will give him or her pleasure for a lifetime. Once your youngster reaches the age of 12, his eye-hand coordination will probably be better than yours. And a motivated teen-ager can work any stitchery that an adult can and do it beautifully. ■

(Produced in cooperation with Mary Kay Davis.)



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Smoothing the way for handicapped travelers

When the country's 20-million handicapped people (deaf, blind, diabetic, wheelchair-bound, etc.) travel, they do virtually everything other tourists do. Even so, making travel arrangements has always been complicated and time-consuming for the handicapped. Happily, the picture is getting brighter, and more changes are in the wind.

For one thing, people in the travel industry have awakened to the money-making potential in this travel market. A new travel organization called the Society for the Advancement of Travel for the Handicapped (SATH) has even been formed. Although SATH is only about a year old, it counts over 200 members (major hotels, transportation carriers, and other concerns catering to tourists).

Transportation options

Though travel by air was once a point of contention, enlightened airlines are welcoming handicapped passengers these days. Heretofore airlines sometimes claimed that disabled passengers could interfere with emergency evacuation of a plane. But as the result of a Federal Aviation Administration study, a new ruling went into effect last May prohibiting commercial airlines from arbitrarily denying seats to handicapped travelers. Airline crews now also must be trained in evacuating passengers who need special assistance, and they must brief those travelers on appropriate emergency procedures before each flight.

United Airlines has pioneered in the area of travel for the handicapped by providing special equipment and meals, allowing guide dogs to travel free in passenger compartments, etc. In a recent encouraging move, Trans World Airlines published an information booklet called *Air Travel for the Handicapped* (among the first of its kind produced by a major airline). The brochure outlines special services and provides tips for handicapped travelers. You can get a copy free from your local TWA office or ticket agent, or by writing TWA, Inc., 128 South State Street, Chicago, Illinois 60603.

Frontier Airlines provides boarding disabled passengers with brochures (one in braille) outlining emergency procedures on the plane.

Last August, Interstate Commerce Commission regulations went into effect to prohibit buses from denying seats to handicapped persons traveling regularly scheduled routes. What's more, bus companies must provide assistance to handicapped travelers who require it and equip new terminals to meet their needs (lower telephones and water fountains, wider doorways, etc.).

Both Greyhound Lines and Continental Trailways also permit a handicapped traveler who requires assistance to bring along a companion who rides without charge. Greyhound offers a helpful free booklet on bus travel called *Helping Hand Service for the Handicapped*. For a copy, write Greyhound Lines, Section S, Greyhound Tower, Phoenix, Arizona 85077.

Amtrak now has special cars for handicapped passengers. The cars are in operation on most of its short runs (six hours or less). New equipment for long-distance trains is being designed and tested with the help of the handicapped. Amtrak personnel also get special training in assisting disabled passengers.

Blind travelers and their attendants receive a 25-percent discount on Amtrak tickets by presenting reduced-fare certificates from the American Foundation for the Blind, 15 West 16th Street, New York, New York 10011. There's also a special Amtrak reservations system available to deaf travelers who have access to a teletype machine. Amtrak publishes a guidebook called *Access Amtrak* explaining services for handicapped and elderly travelers. To get a free copy, write Amtrak Public Affairs, 955 L'Enfant Plaza North, S.W., Washington, D.C. 20024.

On many cruise ships, too, handicapped travelers receive special consideration, including cabin assignments near elevators, assistance in boarding and disembarking, special

continued

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continued

Handicapped travelers

meals, etc. Every cruise ship, of course, has a doctor to provide any medical help that's needed.

Commercial carriers of all kinds stress the importance of advance notice about the exact nature of a passenger's disability when he or she makes reservations. That way appropriate arrangements can be made. Wheelchairs and other aids are carried as baggage without charge by commercial carriers. Guide dogs for the blind also travel free on planes, trains, and buses.

In most parts of the country, excluding Hawaii, qualified disabled travelers can rent from Hertz or Avis cars equipped with hand-lever controls (two week's advance notice is required).

Tour packages, too

More and more group tours are becoming available to handicapped travelers. Several agencies and tour operators, in fact, specialize in travel for the handicapped. Their services include checking out hotels, restaurants, and sight-seeing stops in advance to make sure disabled travelers can be accommodated, as well as making special arrangements for air and ground transportation if it's needed.

A "granddaddy" in the commercial handicapped tour business is Evergreen Travel, 19429 44th Street West, Lynwood, Washington 98036. Other companies coming on the scene more recently include Rambling Tours, Box 1304, Hallandale, Florida 33009; Catholic Travel, 1730 Rhode Island Avenue, N.W., Suite 301, Washington, D.C. 20036; Hawaiian Holidays, 711 Third Avenue, New York, New York 10017; Franklin Travel, 344 Suburban Station Building, Philadelphia, Pennsylvania 19103; The Travel World, Inc., 427 Broad Street, Shrewsbury, New Jersey 07701; and Flying Wheels Travel, 143 West Bridge Street, Owatonna, Minnesota 55060. Recently, Flying Wheels also became the first agency licensed by the Interstate Commerce Commission to operate bus tours nationwide for handicapped travelers.

Handy-Cap Horizons is a unique nonprofit, volunteer organization that's been offering tours for the handicapped for 20 years. The group has more than 3,000 members from all 50 states and several foreign countries. You can get more information by sending a stamped, self-addressed envelope to Mrs. Dorothy

Axsom, 3250 East Loretta Drive, Indianapolis, Indiana 46227.

Generally, tours for the handicapped available through commercial tour operators cost about the same as comparable trips for the able-bodied, with the exception of extra charges for attendant care when it's furnished. Tour destinations include Europe, Hawaii, the Caribbean, and Mexico, as well as stateside locations.

About two years ago, a travel organization called the DTS (Diabetes Travel Services) Club also was formed to provide diabetics with counseling and information on all aspects of travel. For instance, major airlines provide special meals for diabetic travelers. Among the Club's services are a telephone hot line to answer travel-related questions and a monthly travel magazine. To find out about membership, write the DTS Club, 349 East 52nd Street, New York, New York 10022.

More help on the way

Another encouraging sign for disabled travelers is that nearly every new hotel going up these days includes some facilities for even the most severely restricted guests. You'll find ramps, wider doorways, special bathrooms, telephone kiosks, and more. Holiday Inn, a pioneer in these efforts, has provided facilities for handicapped guests in all of its Inns for many years, as well as braille menus in its Chicago area restaurants. More recently, the Sheraton Corporation has added braille menus at its restaurants.

New guides for handicapped travelers are becoming available, too. Here's a sampling, along with where to write for copies:

- *Access National Parks* (No. 024-005-00691-5); $3.50 from the Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.
- *Access Travel,* a guide to features for the handicapped at over 200 airports; single copies free from the Consumer Information Center, Department 619F, Pueblo, Colorado 81001.
- *Access Washington,* a guide to visiting the nation's capital, listing theaters, restaurants, hotels, and sight-seeing attractions accessible to the handicapped; free from the Information Center for the Handicapped Individual, 1413 K Street, N.W., Washington, D.C. 20005.
- *Wheelchair Vacationing in South Dakota;* free from the South Dakota Division of Tourism, Joe Foss Building, Pierre, South Dakota 57501. (Check in advance with tourism departments in other states you plan to visit for similar guides. If you don't know the exact address, write to the appropriate state capitol.)
- *Orlando's Guide for the Handicapped,* information on facilities throughout the area for wheelchair travelers; free from the Orlando Area Tourist Trade Association, Box 15492, Orlando, Florida 32802.
- *Wheelchair Traveler,* information about more than 4,000 airports, sight-seeing attractions, hotels, and motels in the U.S., Canada, and Mexico; $4.95 plus postage (75 cents third class or $1.25 first class) from *Wheelchair Traveler,* Ball Hill Road, Milford, New Hampshire 03055.

For a copy of a handy index reference entitled *A List of Guidebooks for Handicapped Travelers,* write to The President's Committee on Employment of the Handicapped, 1111 20th Street, N.W., Washington, D.C. 20210. The booklet lists sources of guidebooks to cities across the country. Another useful pamphlet available at the same address is *Highway Rest Areas for Handicapped Travelers.* ■





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SHRUBS YOU CAN DEPEND ON

Nothing beats shrubs for all-around beauty and versatility in the garden. And they require little care. You can pick shrub varieties that are suitable for foundation plantings, borders, hedges, and windbreaks. Many, if planted singly, will form spectacular lawn specimens. Below is a list of drought-resistant shrubs that aren't fussy about living conditions.

SHRUB	ZONE	HEIGHT IN FEET	COMMENTS
Barberry, mentor *Berberis mentorensis*	5	5-7	Evergreen in zones 7-10. Easily sheared. Small yellow twigs are thorny. Flowers in early spring. Use as barrier planting. Prune anytime.
Beautybush *Kolkwitzia amabilis*	5	6-10	One-half-inch pink or pink and white flowers cover the plant in late spring. Needs little pruning. Use as a specimen plant.
Broom, Scotch *Cytisus scoparius*	6	6-8 dwarf 2	Bright yellow pea-like flowers in late spring. Prune after flowering. Needs space. Use as a specimen plant.
Euonymus, winged *Euonymus alata*	4	9 dwarf 4	Twigs are lined with attractive bark ridges. Handsome the year-round. Flaming fall foliage. Little pruning required. Use in hedges or as a specimen plant.
Honeysuckle, tatarian *Lonicera tatarica*	4	9 dwarf 3	One-inch fragrant flowers in late spring, followed by ¼-inch red berries later in season. Colors include: scarlet, rose, white, and bicolors. Use in hedges, screens, or as a specimen plant.
Mock orange *Philadelphus coronarius*	5	9	One-half-inch single white flowers in early summer. Very fragrant. Use as a specimen or in hedge. Too large for most shrub borders. Prune after flowering.
Oregon grape *Mahonia aquifolium*	5	5-10 dwarf 1	Evergreen with holly-shaped leaves. Small clusters of yellow flowers, followed by blue-black, grape-like fruit. Prune in early spring. Shield from drying winter winds. Apply a commercially prepared azalea fertilizer every spring.
Siberian pea shrub *Caragana arborescens*	3	10-15	Vigorous grower; especially resistant to cold. Small, fragrant yellow flowers in early spring. A pendulous variety is available. Use in windbreaks. Prune after flowering.
Privet, amur *Ligustrum amurense*	4	4-15	Quick-growing. Use in clipped or unclipped hedges or screens. Also makes a nice specimen plant. Showy green leaves. Prune new growth when necessary. In zones 7-10, use *Ligustrum japonicum*, wax-leaf privet. In warm climate areas, most varieties are evergreen.
Quince, flowering *Chaenomeles speciosa*	5	6	One- to two-inch single or double flowers in mid-spring, followed by two-inch yellow-green fruits. Colors include: pink, red, white, and bicolor. Twigs are spiny. Prune after flowers have faded. Use in hedges or shrub borders, or as specimens.
St-John's wort *Hypericum sp.*	6	3	Many forms—from ground covers to shrubs. Profuse yellow flowers in midsummer. Evergreen in warm climates. Needs little pruning. ■

Anything you plant in your garden wants to grow, and if the soil's halfway decent and you give it just a little help, it will. (And your own fresh peas, beans and sweet corn will not only save you some money with every meal, they'll likely taste better, too.)

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How to choose and care for mini-pets

If the consensus at your house is to get a pet but you can't accommodate the traditional cat or dog, why not think small? Mice, hamsters, gerbils, guinea pigs, and rabbits are all affectionate and gentle, and require minimum care.

The best place to buy these pint-size furry fellows is at a reputable pet shop. Chances of disease are greatest where animals are housed in overcrowded or dirty quarters. Shiny fur, clear eyes, peppiness, and good general body conformation indicate a healthy animal.

Prices range from 50 cents for a domestic mouse to $5 or $6 for a guinea pig or rabbit. A six- to ten-week-old animal makes an ideal pet. Think twice before buying a pair; all these pets are speedy reproducers, and you'll be responsible for finding homes for the offspring. These tiny pets also require careful handling (something to consider if you have small children).

Measuring up the mice

Mice are the true acrobats of the mini-pet world. Give them a good supply of ladders, tunnels, and exercise wheels (sold in pet stores), and they'll reciprocate with hours of entertainment.

It's best to keep several female mice together. Add a male if you want to raise progeny, but be prepared: Gestation is only 21 days, and many females average seven offspring per litter. Males fight, so never keep more than one in a cage.

Mice also come in many pleasing colors, but they do have one major drawback—odor. You must clean the cage at least once a week. (Males smell much worse than females.) Mice live about two years.

How about hamsters?

Hamsters aren't as active as mice, but they have a charm all their own. Their stubby pink tails and chubby cheek pouches make them almost irresistible. They, too, come in several color shades and patterns.

To work off energy, hamsters need an exercise wheel. Unlike mice, hamsters are almost odorless. They'll designate one corner of their cage as a toilet area, simplifying cleanup.

It's best to keep one hamster per cage. They're solitary animals and enjoy being alone. Males often tame down quicker and make more congenial pets than females.

To keep your hamster tame, figure on spending a lot of time with him (or be prepared for an occasional bite). Always let the little fellow see your hand before you pick him up.

Hamsters will hibernate if the cage temperature drops below 40 degrees F. They live one to four years. A female produces a litter of one to 15 young 16 days after breeding.

Getting it together with gerbils

Bouncy little gerbils make ideal pets. They're active, gentle, and odorless. Though gerbils rarely bite, their jumpy nature can make the little creatures hard to hold.

Gerbils are happiest in pairs. Two females make the best combination if you don't want young. Males fight.

If you pick a pair of gerbils, buy young animals. They're monogamous and like to choose their own mates. Gestation is 24 to 26 days. Litters vary between one and ten.

Gerbils are fawn brown and live two to four years. Be sure to keep gerbils in a warm, draft-free place.

Gangway for guinea pigs

In the personality department, cuddly guinea pigs are hard to beat.

continued

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continued

Mini-pets

They're responsive and quickly learn to whistle, grunt, and squeal when they see their owners. What's more, guinea pigs thrive on attention and rarely bite. They come in many colors and hair lengths.

You can keep guinea pigs singly or in pairs. Gestation is about 68 days, and litters are small, averaging about three young. Again, males fight, but both sexes make good pets.

Guinea pigs need a bit more space than their mini-pet brethren do and a draft-free area. Guinea pigs also are less agile than most other small pets. Their cages must be cleaned regularly to prevent odor. A guinea pig lives four to six years.

Facts about rabbits

Rabbits are perfect small pets for a garage or backyard. They're usually gentle, and you can buy many different breeds and colors.

Keep male rabbits singly; females get along fine. About 32 days after a female is bred, a litter of one to 12 young will arrive.

Rabbits need to be handled frequently; otherwise, they may give you a few kicks when you try to pick them up. Rabbits also can be messy if not properly housed.

Either sex makes a good pet, and healthy animals usually live five to eight years.

Mini-pet housing

Make sure your little pet's home is easy to clean, escape-proof, and draft-free. Mice, hamsters, and gerbils especially are escape artists and should be housed in glass aquariums or commercial hamster cages.

Hamster cages are available in many sizes. But the cages can be drafty, and litter tends to spill out through the wires.

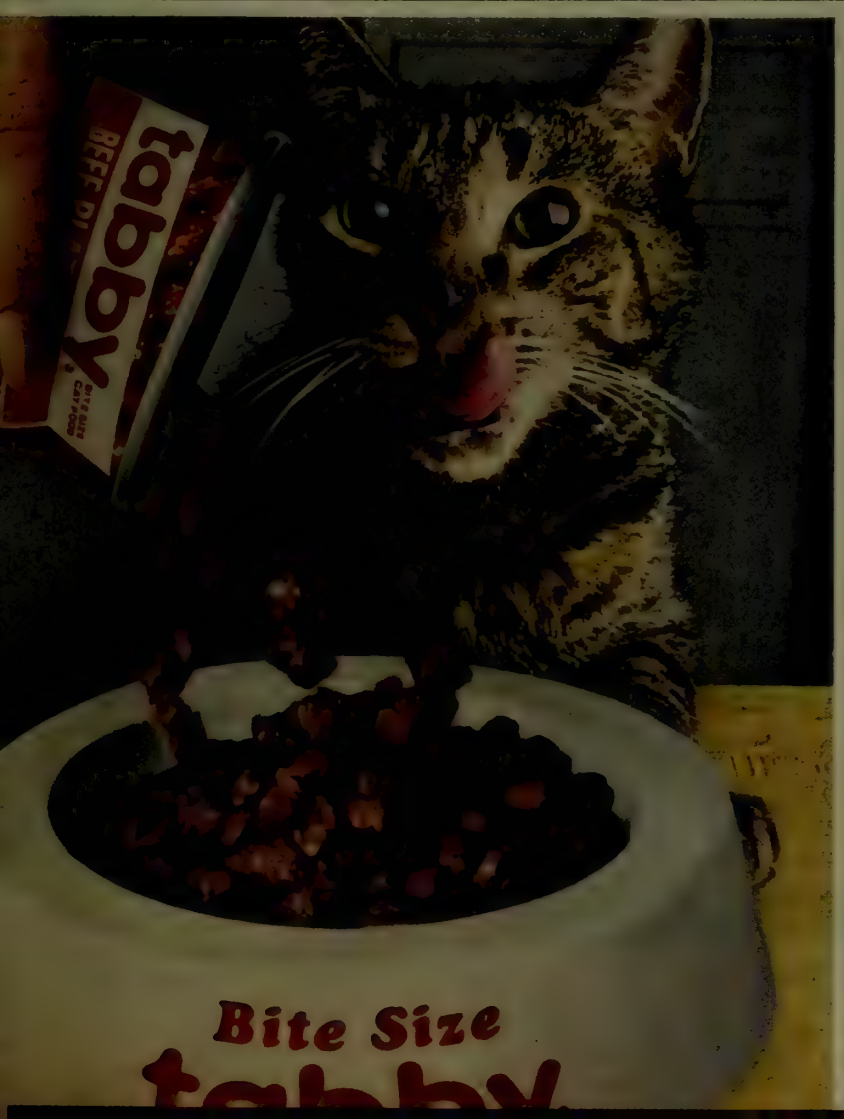
With an aquarium, you can view your pet from all sides and protect him from drafts. To make an aquarium escape-proof, construct a tight fitting wire top. The major drawback is cleaning; the whole unit must be picked up and tipped to one side to remove dirty litter. A ten-gallon tank is adequate for four mice, one hamster, or a pair of gerbils.

Guinea pigs also can be housed in an aquarium if the tank is at least the 20-gallon size, or in a homemade wooden pen or hutch. Since these small creatures don't climb or jump, a cage can be as simple as a low-sided wood box or packing crate. Allow at least one and a half square feet of running space per animal.

The best home for a rabbit is an outdoor hutch constructed of wire mesh with wooden door frames, posts, and roof. Make sure your hutch is sturdily built and located where dogs and other intruders can't get at it. A hutch with a chicken wire bottom is the most sanitary.

Be sure to include a wood nesting chamber so your pet doesn't have to rest on wire. The hutch should be tall enough for the rabbit to stretch out to its full height when standing on his hind legs. Good ventilation is important, too. Rabbits are particularly susceptible to heat stress.

continued



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continued

Mini-pets

A three-foot-square wire pen with a two-foot-square nest box provides more than enough room for two female rabbits or one male.

Every small pet needs several inches of clean, dry litter for bedding and nesting. One of the best litters for mice, hamsters, and gerbils is cedar shavings. Guinea pigs and rabbits do better on layers of folded newspapers, covered with two to three inches of shredded paper or wood chips.

Favorite "furnishings"

Your pet's home won't be complete without the right furnishings. Small earthenware dishes (nongnawable and easy to clean) are perfect food containers. They also can be used for watering rabbits and guinea pigs. Mice, hamsters, and gerbils need a gravity-fed water bottle (water flows downward as the animal drinks) and an exercise wheel.

All small pets enjoy a quiet, dark nesting spot. For mice, hamsters, and gerbils, a simple small clay flowerpot laid on its side fills the bill. Guinea pigs like an overturned shoebox with a door cut in one end. Rabbits prefer a low, open wood box in their nesting chamber.

Include a piece of hardwood in your pet's cage, but avoid wood that could splinter.

Recommended rations

Mice, hamsters, and gerbils all thrive on commercial hamster pellets, but their diets should include bits of lettuce. (Be sure to clean up all the uneaten greens.) These small pets also enjoy cereal, wild birdseed, oatmeal, dog biscuits, peanuts, bread, and an occasional insect.

Feed rabbits and guinea pigs commercial pellets supplemented daily with bits of greens, carrots, alfalfa hay, and whole grain. (Again, clean up uneaten greens.) Guinea pigs require a vitamin C supplement. Rabbits enjoy a salt block.

Don't neglect feeding any of these small pets. They can starve easily. Make sure your pets always have a supply of fresh water, too. ■



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begins on page 102

Small-lot fruit growing

Popular peach varieties include Belle of Georgia, Elberta, and Red Haven. In northern areas, plant Reliance, a variety that withstands below-zero temperatures. All of the above varieties are available in both standard and dwarf forms.

Most plum tree varieties are available only in the standard size. They grow to 20 feet tall and will begin to bear fruit three to four years after planting. Dwarf forms stand ten feet tall and begin to bear two years after planting.

Although there are many varieties of plums available, Abundance, Burban, Ember, Purple Heart, Stanley Prune, and Mt. Royal were all developed in northern areas and can withstand tough winters. Abundance, Burbank, and Stanley Prune are also available in dwarf forms. Plant Burbank and Abundance together for cross-pollination. Other varieties will benefit if two or more trees of the same variety are planted together.

With cherries, you have a choice of sweet and sour types. Sweet cherries are available only in standard size while the sour or tart varieties come in semi-dwarf and dwarf as well as the standard size. Both sweet and sour standard cherry trees grow to 20 feet tall and will begin to bear fruit within three years after planting. Sour semi-dwarf varieties, Meteor and North Star, will grow to 15 feet. North Star also has a dwarf form that only gets six feet tall.

Among the standard-size sour cherries, Montmorency stands out as one of the best. Early Richmond and Morello are other good choices. Sour cherries are all self-fertile.

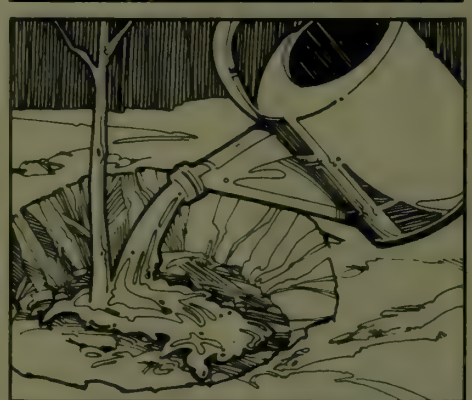
Sweet cherries require at least two trees for proper pollination. Bing, Lambert, and Napoleon will not pollinate each other; they need another popular variety like Black Tartarian planted with them. Or, set out Yellow Glass, a yellow-fruited variety.

Fruit tree culture

Once established, fruit trees don't really demand a lot of care. You should, however, take a little extra time with them the first few years after planting. It will pay off in the long run with bigger yields and healthier trees.

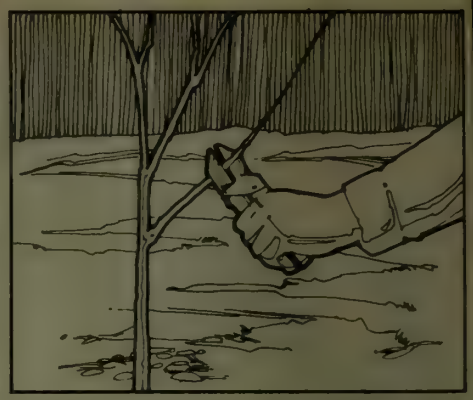


To plant a fruit tree properly, dig a hole larger than the tree's root system and mold loose soil into a cone in the center. Spread the roots of the tree over and around this cone, being careful not to bunch too many roots together. Don't let the roots dry out. If the hole is not big enough, remove the tree and dig deeper. Never try to bend or squeeze the roots into place.

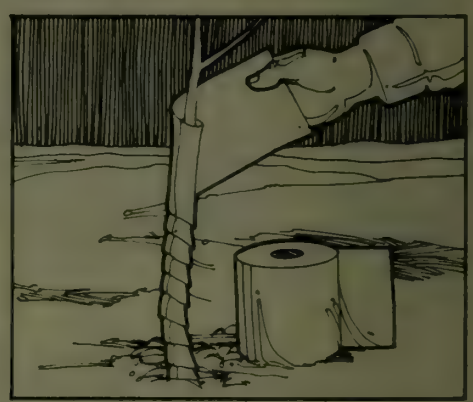


When the roots are arranged, fill the hole with a soil-compost mixture and add a cupful of all-purpose garden fertilizer. Pour water over the filled hole and gently rock the tree back and forth and up and down. This will settle the soil and eliminate air pockets. Tamp down the area around the tree while the soil is still wet.

In a week or so, when the soil has settled, spread a four- to six-inch layer of mulch around the tree's base. Pine bark, ground corncobs, or clean straw is ideal. Mulch should cover a three-foot diameter around the tree. Unmulched trees grow much slower and are more susceptible to drought than mulched trees.



After planting, all young fruit trees need to be pruned severely. Trim back the main trunk and four or five of the biggest side branches to one-third of their length. Always make the cut about ¼ inch above a side bud. These side buds will become the new growing points. As young branches sprout over the next few years, select only wide-angled limbs spaced around the center trunk to save for fruit bearing. Remove any branches growing through the center of the tree so sunlight can penetrate the tree's core. Once the tree is trained in this manner, all you need to do is trim out unwanted suckers and crossed branches.



In the fall, wrap the trees with a strip of burlap or tree tape to prevent sunscald. Sunscald occurs during the winter when the tree's bark is warmed by the sun during the day and then subjected to freezing temperatures at night. This can weaken or kill the trees. Keep the trees wrapped for several winters until their own bark has thickened.

To control any possible insect invasions, spray trees with a dormant oil spray during the winter. Or, use a multipurpose orchard spray if insects or diseases really get out of hand. Be sure to follow spray directions carefully. ■

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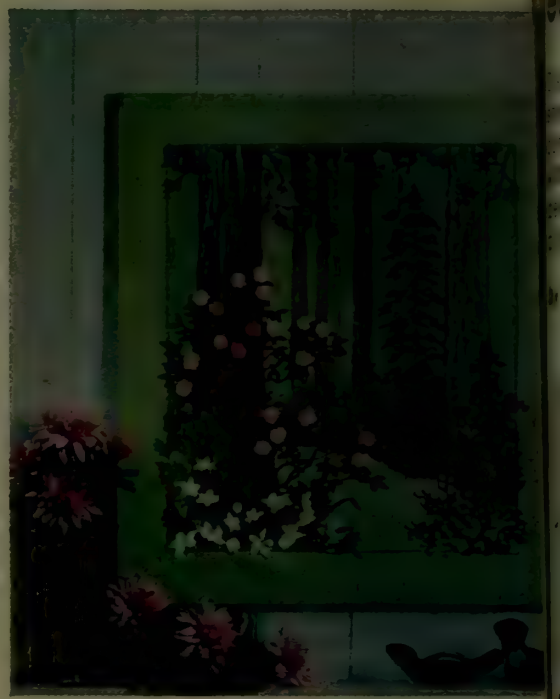


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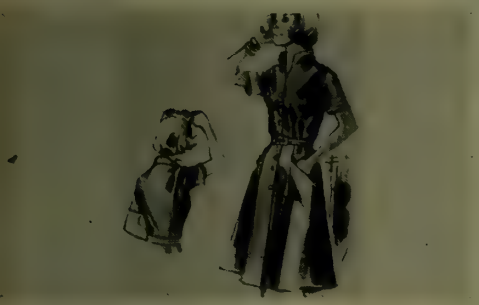
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by Ann Lively



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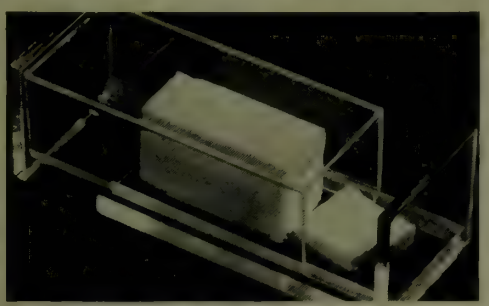
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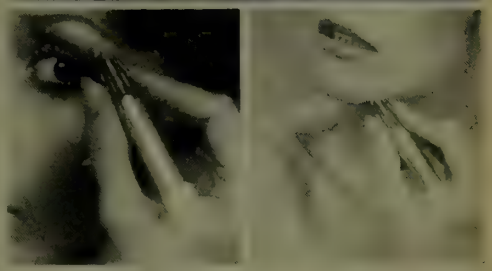


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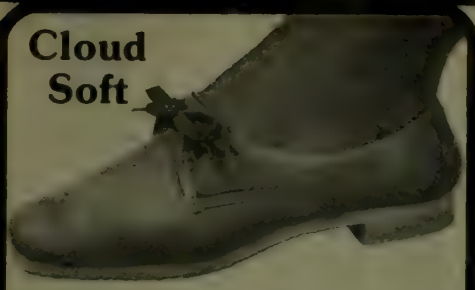
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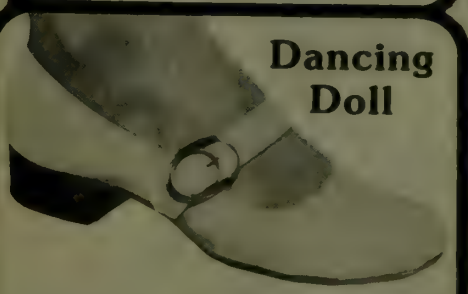
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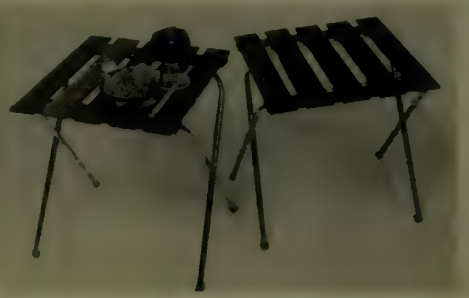
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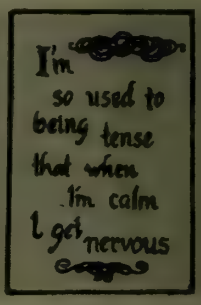
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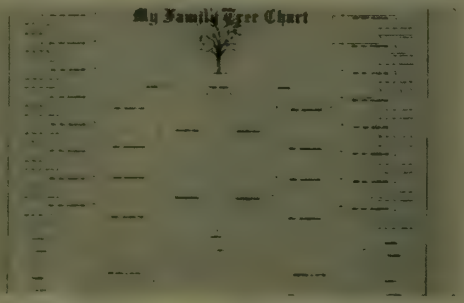
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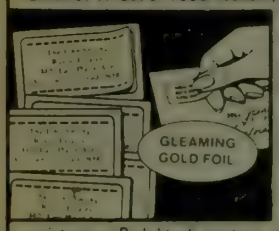
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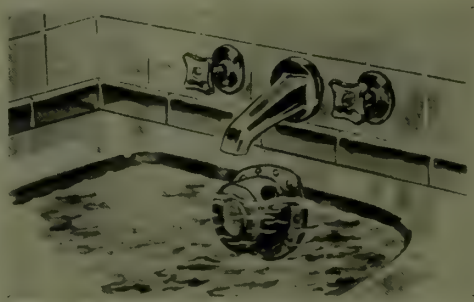
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Baby's shoes plated $3.99 pair. Also available, Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for full details and postpaid mailer. American Bronzing, Box 6504-C2, Bexley, OH 43209.



Wind direction at a glance

Weather vane, Crowing Rooster will add the finishing touch to your home. Perfect for garage, farm or ranch too. Rust free anodized aluminum. Arrow 23"L; Support 27"H, $9.95 + $2 post. J. W. Holst, Inc., Dept. BH-38, 1864 E. US-23, East Tawas, MI 48730.



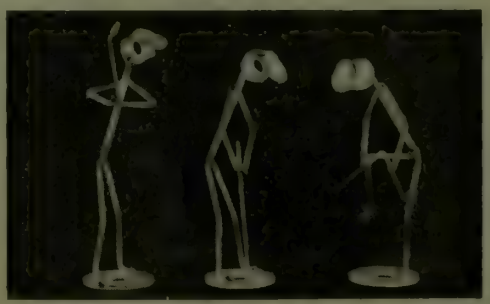
Bath-Soaker's delight

It's a rubber cap held in place with 12 "mini" suction cups that covers and controls the overflow valve on your tub. Allows up to 3" more water for your extra comfort and relaxation. $4.99 ppd. Better Sleep Inc., Dept. BH3, New Providence, NJ 07974.



Therma pad relieves aching joints

Warm-Ease pad seals in body heat and concentrates it where you need it most. Soft form-filled jersey covered pad; sanitary, washable. Fits snugly around knee, elbow, ankle, etc. $2.99 + 35¢ post. Holiday Gifts, Dept. 403-8G, Wheat Ridge, CO 80036.



A golfing trio—fore!

Makes excellent golfing awards for duffers and pros alike. Golfers of nuts, wire, and washers too! Approx. 5", $4.95 each postpaid. Specify style and type wanted. Style: Q-10. Spear Engineering, Dept. 3023, Box 7025, Colorado Springs, CO 80933.



Bargain silver-plating—like new

Any item replated at sale price—no charge for dent removal, straightening. Worn antiques, heirlooms, quadruple silver-plated. Write for 25-yr. warranty & price list. Silver-plating Div., Senti-Metal Co., Dept. BH-3, 1919 Memory Lane, Columbus, OH 43209.

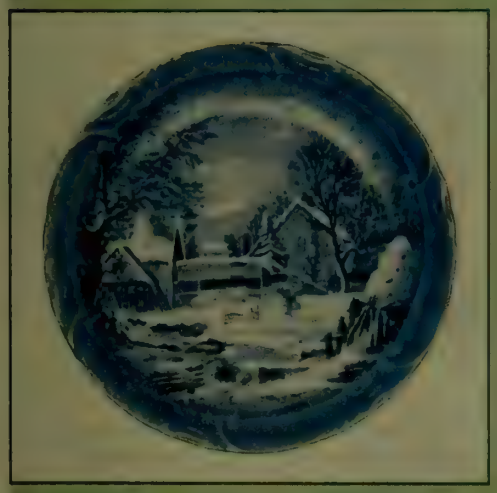
Copenhagen Blue

Decorative Porcelain Plates with Currier & Ives Winter Scenes

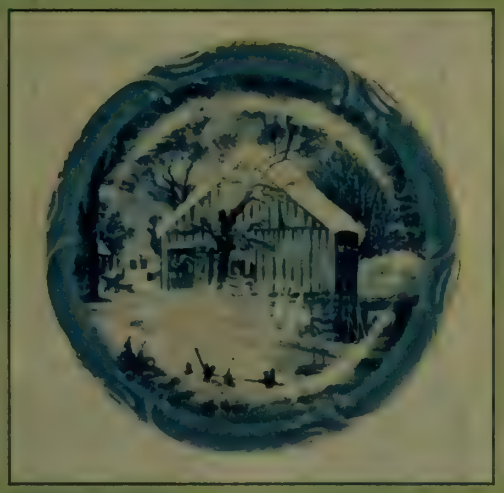
only $3.00



A. The Homestead in Winter



B. The Farmer's Home — Winter



C. The Old Homestead in Winter



D A Home in the Wilderness

Collectors love the distinctive color of Copenhagen Blue plates! And other collectors hunt through antique stores in hopes of discovering and buying a real Currier and Ives lithograph depicting America's all-but-vanished way of life in the last century!

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We predict our stock of these lovely plates will go fast! Mail coupon now to avoid delay. If not delighted return within 14 days for refund (except postage & handling) — so why not order and enjoy the complete set of 4!

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Caroline Road, Philadelphia, PA 19176

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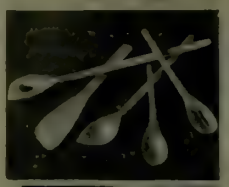


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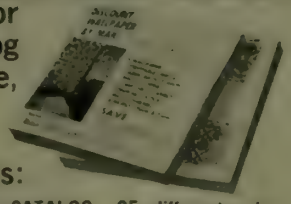


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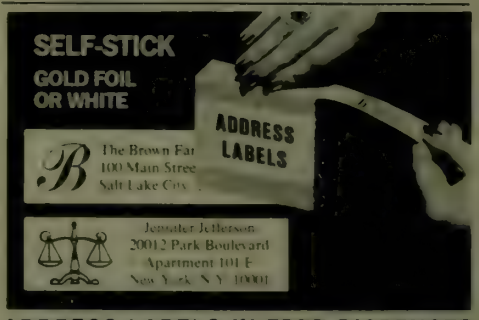
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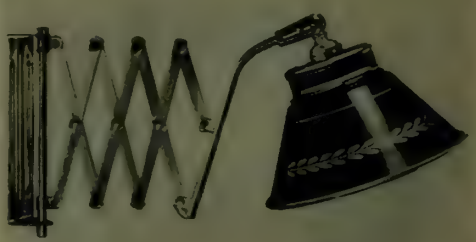
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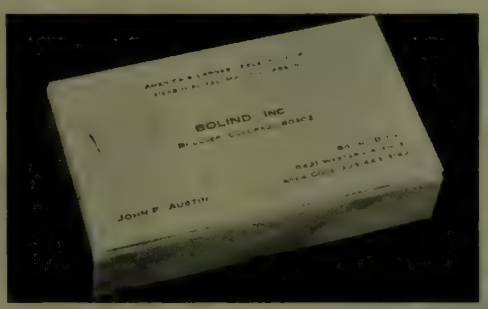
Made of soft glove leather with padded removable "T" strap. In Blk, Camel, Navy, Red, Bone, Wht. Sizes: S 6½-13; N 5½-13; M 4-13; W 4½-13; WW 5-12. $21 + $1.25 post. (TX res. add tax) Branded Comfort-B, Box 29677, San Antonio, TX 78229.

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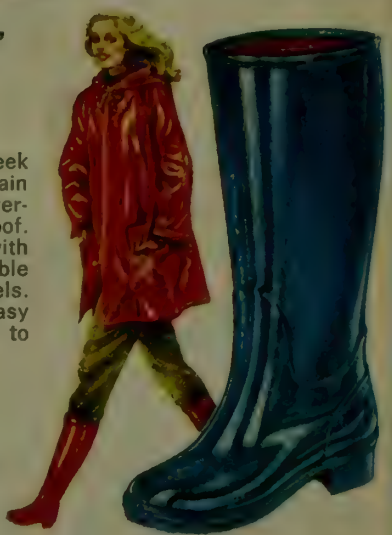
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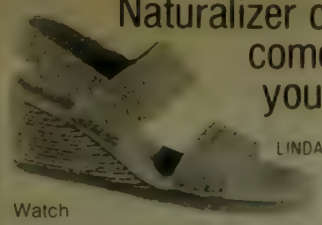
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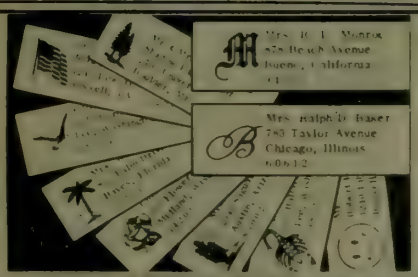
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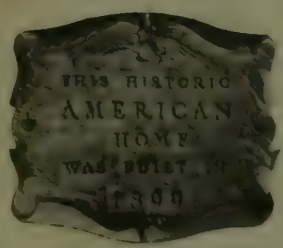


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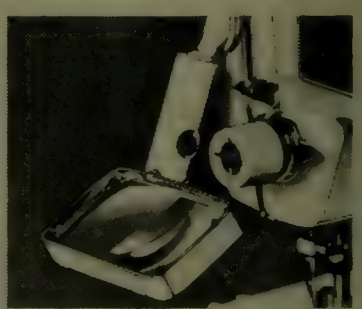


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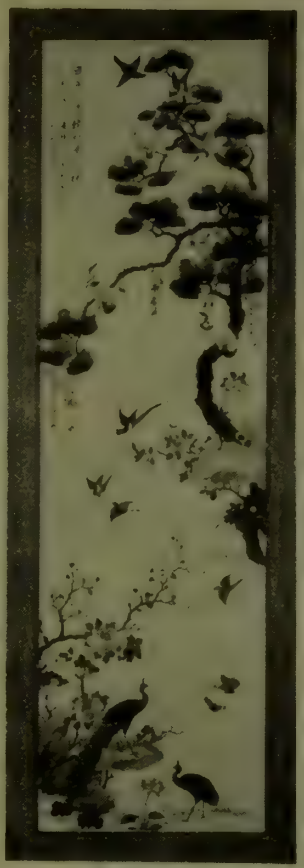
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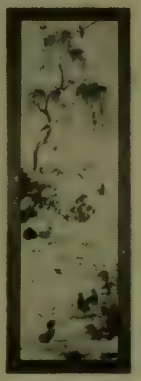
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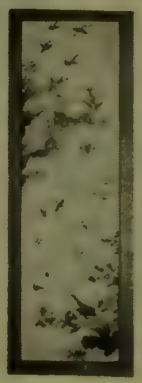
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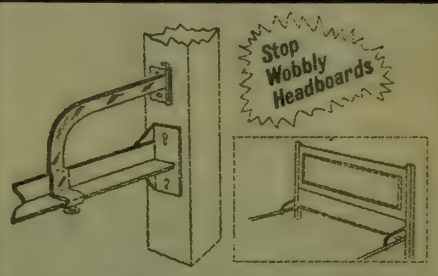
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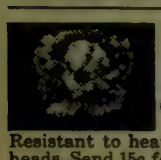
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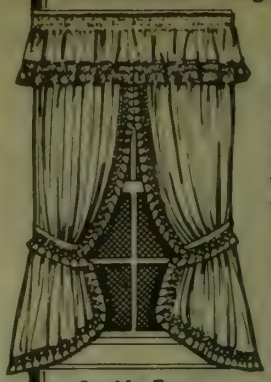
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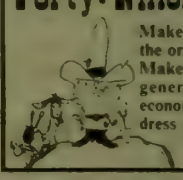
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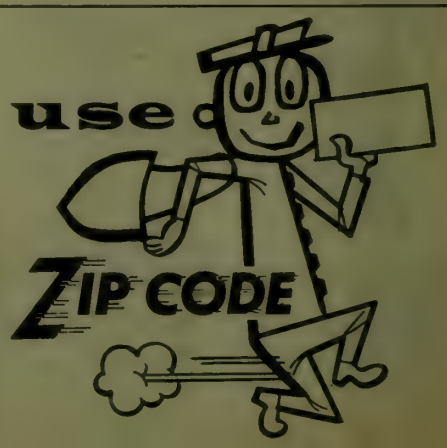
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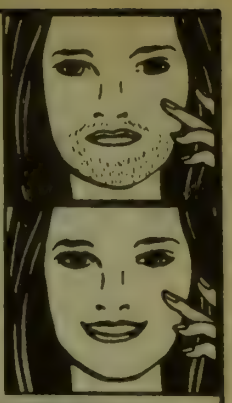
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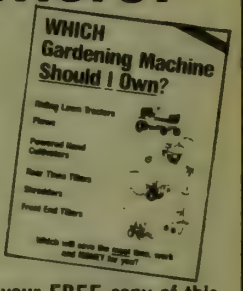
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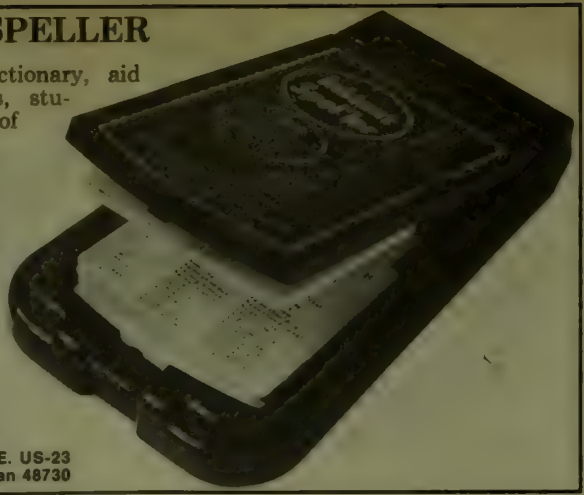
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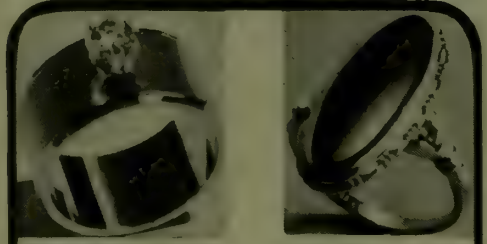
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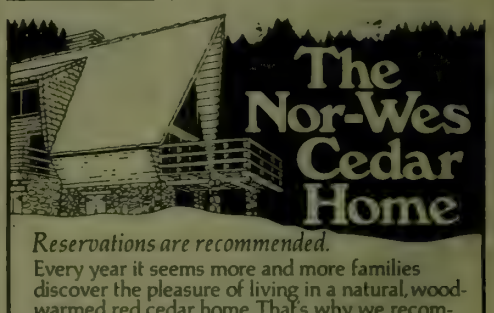
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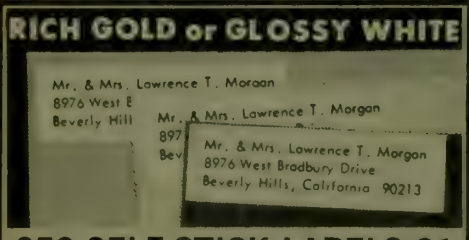
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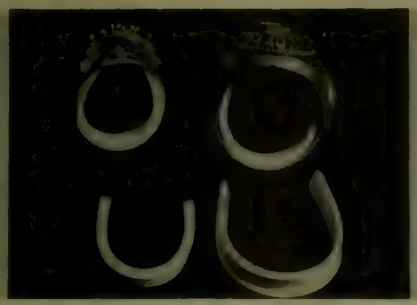
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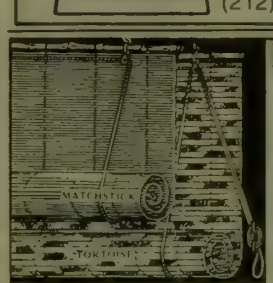
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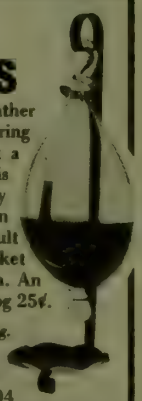
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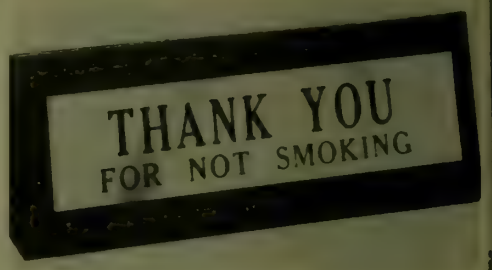
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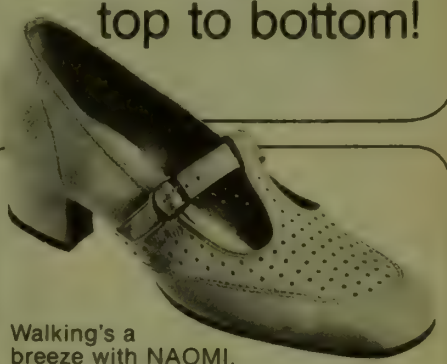
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The Man Next Door®

Dr. Bob Hannelly says he dreads this time of year because it produces a big demand for classy-sounding diagnoses for what most of us used to call "spring fever."

Aunt Opal called to say she thinks it's a little odd when neighbors she seldom sees all year write to wish she were with them while they're vacationing several hundred miles away.

Bill and Isabel Norman report they are already living on a "fixed income." That's what's left over after all their appliances and other modern-day conveniences are repaired.

"The toughest part about remodeling the attic," admits Lee Bayless, "is trying to remember whether the building code requires you to do something or prohibits it."

In a frenzied reversal of roles, Jill Franklin cleaned house for days before a visit from her daughter, Sally, and her family. Why? Jill says she didn't want Sally to think there had been a de-escalation in the Franklin battle against household clutter.



"Due to a heavy schedule of weddings, workshops, and funerals this week, I haven't had time to prepare a sermon, so if somebody will kindly toss out a few human frailties, sins, and what have you, I'll wing it."

Congressman Nick Hanfli says current tax bills are the most balanced legislation. "They usually contain something to disappoint almost everybody," he notes.

Ned Carter is afraid the quiet tone of the latest city election may be the first warning sign that politicians have run out of issues to sidestep.



"There goes the neighborhood!"

Several years ago, plans were announced for another subdivision and a new elementary school on the acres to the rear of our home, but that particular program never came to pass.

The shifting economy delayed, at least for a while, the need for hundreds of new homes, and the school district canceled its expansion plans because there were fewer children at the elementary level.

Fortunately, the vacant land hasn't gone to waste. The adults in our neighborhood have discovered that the land's rolling hills and tree-lined boundaries are excellent for hiking. The creek at the far side of the woods offers a haven for wildlife and people seeking solitude.

The children fish in the summer and ice-skate in the winter on the old farm pond in the middle of the tract, and dozens of youth groups regularly use the site for nature studies.

No one really looks after the acreage these days, but Mother Nature has a way of producing a variety of surprises and colorful displays no matter what the season.

What made me think about this land was a report the other day from the parks department. They stressed that our part of town was in "desperate need" of more park facilities. The department's plans called for tennis courts, fancy playground equipment, an olympic-size swimming pool, and plenty of parking.

I enjoy tennis and swimming as much as anyone, but I think the park designers are way off base with their plans for elaborate, costly facilities. Judging from that vacant land out back, people around here seem to prefer simpler forms of diversion the whole family can enjoy without a lot of equipment or expense. I know that our family does.

I'm not against more space for leisure-time activities. It's just that I think an old abandoned farm—right in the neighborhood—would do just fine.

Burton Hillis

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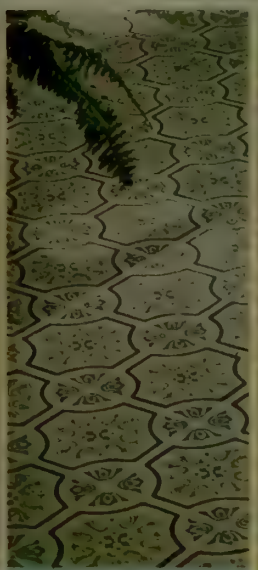
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Generous dash *each* ground ginger, aromatic bitters, and chili powder

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Combine melted butter or margarine, lemon juice, orange peel, ginger, aromatic bitters, and chili powder; brush over lobster meat. With meat side up, grill lobster tails over *hot* coals for about 5 minutes. Turn, shell side up, and brush with sauce. grill till meat has lost its transparency and is opaque, 5 to 10 minutes more. Makes 4 servings.



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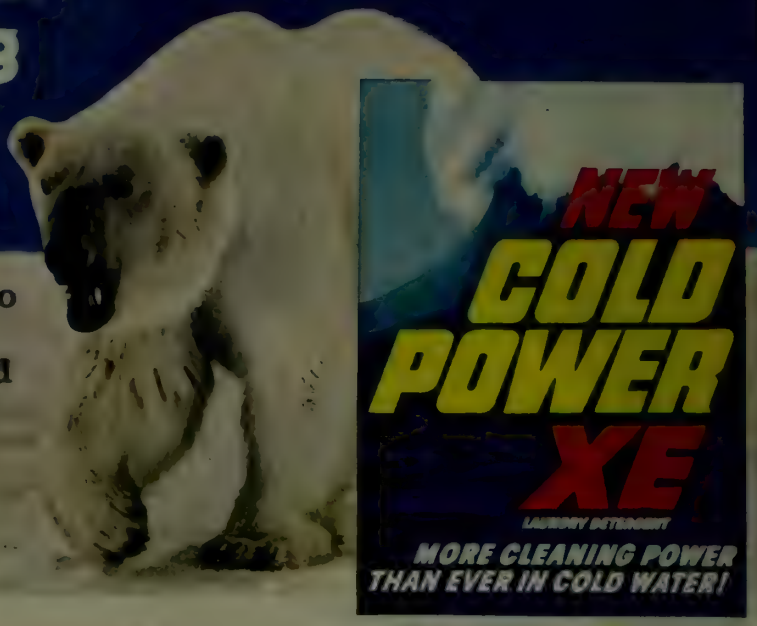
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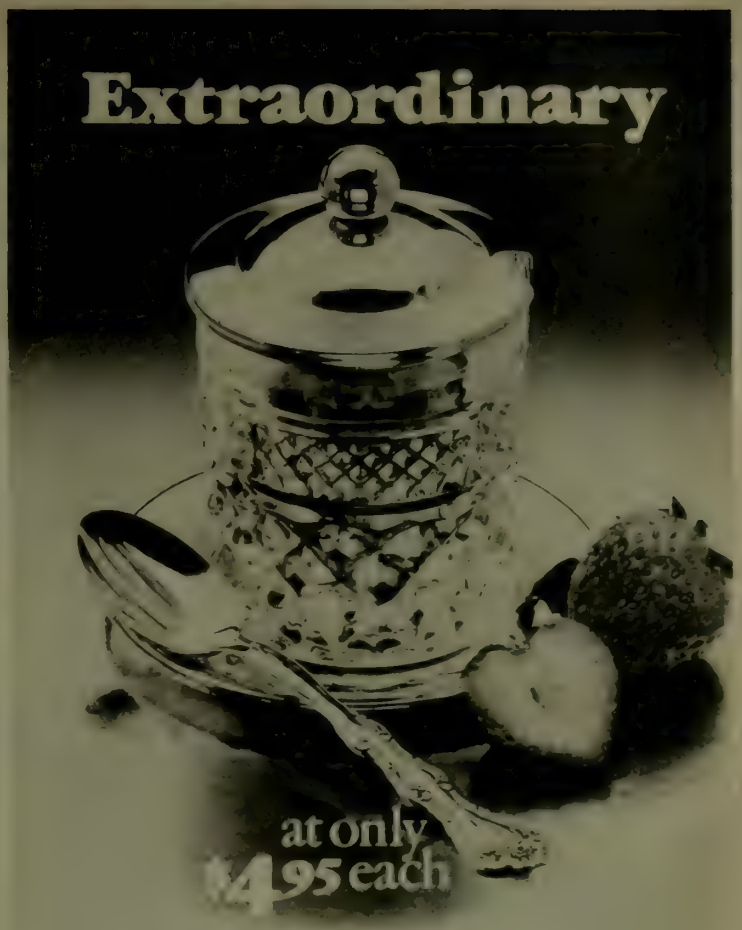
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SCHOOLS: WHAT ARE YOUR LEGAL RIGHTS?

When your youngster leaves home and heads for school, you turn over some of your parental authority to educators. After all, school officials must be able to supervise, judge, and discipline your children if their education is to be orderly and fruitful. Yet, even in the public school setting, you and your children retain some very important legal rights. In recent years the courts have affirmed these rights, and our lawmakers have taken action to strengthen them. Two recent federal laws, for example, represent giant steps forward in granting parents important rights to see their children's school records and to have a voice in the education of their handicapped children. Also, federal legislation (commonly known as Title IX) says that girls, as well as boys, have the right to take part in school-sponsored, non-contact sports.

On several occasions the Supreme Court has sided with students when basic constitutional rights, such as due process (fair procedures) or freedom of speech, have been abridged. The Court has even said that school personnel may be sued for damages if they violate the constitutional rights of students. More recently, however, the Court took the side of the schools, ruling that school officials may spank children over parents' objections and that there is nothing cruel or unusual about a paddling.

Because education is largely a function of state and local governments, your rights with the schools depend to a great extent on local policy, state laws, and court interpretations in your area. In some parts of the country, for example, your teen-age son might be within his rights to have a beard and a moustache, but in other areas, school officials could send him home and order him to shave.

What should you do if you suspect your rights are being violated by the schools? School law is so complex and changes so quickly that local school officials are often unaware that they are acting contrary to the law.

"A person who really wants a problem resolved should go to the school authorities and inform them—tactfully—that they are (or may be) acting contrary to the law," says E. Edmund Reutter, Jr., school law expert and professor of education at Columbia University Teachers College. "If transgressions are pointed out to them politely, I think most will comply with the law. Going to court should be a last resort."

To exercise your rights to the fullest possible extent, you must first know what they are. Here are eight important areas in which you, and your children enrolled in public schools, have some significant rights.

1. The right to an education

State laws and court decisions have recognized that all children of proper age have the right to go to school. Education is valued so highly, in fact, that the courts have ruled that a student may be excluded from school only for serious reasons and then only after a fair hearing. Public schools are no longer allowed to systematically shut their doors to married students, pregnant girls, or the handicapped.

The right to attend school doesn't guarantee educational quality or the graduate's proficiency, however. Attempts to hold schools accountable for the quality of education a student receives have been unsuccessful. Recent lawsuits seeking to blame schools for "educational malpractice"—the failure to educate—have been dismissed because of the difficulty in assessing the blame for a student's failure to learn.

One outgrowth of the accountability issue has been that about half the states have passed laws or policies mandating minimum competency tests. The purpose of such tests, in part, is to assure that students passing out of the school system will be equipped with certain basic skills. In most areas, students who fail such competency tests may be entitled to receive remedial instruction.

2. Rights of the handicapped

Until recently, many of the nation's eight million handicapped children were kept out of school because programs were not available to them in public schools. As a result, parents had to find other educational services, often at a great distance from their home and at their own expense. Even when handicapped children were educated in the public schools, there were few guarantees that diagnosis of their problems would be correct or the education appropriate.

New state laws, court decisions, and two recent major federal laws have attempted to put an end to this discrimination. The Rehabilitation Act of 1973 makes it illegal for any recipient of federal funds, including schools, to discriminate against the handicapped. The Education for All Handicapped Children Act of 1975 gives states the responsibility for seeing that, by 1980, all handicapped children within their borders receive a "free, appropriate public education." The law also grants a number of important rights to the handicapped children and their parents:

- **The right to be educated in the "least restrictive environment" appropriate to the child's needs.** For children with minimal handicaps, this might mean placement in a regular classroom with supportive services. Children with more severe handicaps might benefit from sharing lunch, recess, and gym with normal children. School professionals are the judges of what is appropriate.
- **The right to an individualized education plan—a sort of scholastic prescription which evaluates the child's performance and outlines therapy.** A good plan will tell parents how much and what kinds of special services, such as physical therapy or psychological counseling, their child will receive each week. It will also set specific achievement goals, from learning simple mathematics to developing

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continued

Schools: your legal rights

certain job skills. Schools must revise each plan annually and offer parents the opportunity to help. Usually there will be a local school committee involved—a professional review team including a psychologist, social worker, speech therapist, reading specialist, and others.

● **The right to appeal placement.** When school officials order a child placed in a class for the handicapped, they must notify the child's parents in writing in advance. Parents who object have the right to an impartial hearing before the local or state school board, and the child will not be transferred during the course of the appeal. Parents may present their own evidence, including an impartial evaluation of the child, and be represented by an attorney. The decision may be appealed to the court. If school officials refuse to provide special programs that parents think their handicapped child needs, the same appeal rights apply.

3. Safety and the right to compensation

When you entrust your child to school personnel, you have a right to assume that reasonable care will be taken to keep the child safe. If the youngster is injured because of negligence on the part of a school official, you may sue the official for damages. In some states, you may sue the school district as well.

This doesn't mean that you should go to court whenever your child is hurt at school. To collect damages, you will have to prove three points: 1. That the school official or officials did not exercise reasonable care to prevent injury. 2. That the failure to exercise reasonable care caused the injury. 3. That the child's own negligence didn't contribute to the injury. (Young children generally are assumed incapable of contributory negligence, but children in upper grades could be capable.)

4. Instructional matters

Do you have a right to appeal the F your daughter received in English or contest the school's decision that she's not qualified to take calculus? Can you insist that your son pass to fifth grade when his teacher wants to keep him in fourth?

Probably not.

"The courts have generally been reluctant to substitute their judgment for that of educators in questions that are considered matters of professional judgment and responsibility," says David Schimmel, professor of education at the University of Massachusetts, attorney, and co-author of numerous books and articles on school law. Most problems in these areas are best tackled informally—through persuasive efforts aimed at teachers, department heads, or school principals. A minority of school districts have established grievance procedures for appealing what the student considers an unfair judgment or grade on the part of a teacher.

Courts have also been reluctant to respond to pressure groups whose members want certain books excluded from school libraries or certain courses—sex education, most often—removed from the curriculum. However, if you object to your child's reading a particular book or studying a particular subject, school officials may be willing to make exceptions. Nearly half the states have laws permitting parents to request that their children be excused from studying certain subjects or reading certain books the parents object to on religious, moral, or other reasonable grounds.

5. Freedom of expression

In a significant case with widespread repercussions, the U.S. Supreme Court ruled in 1969 that Des Moines, Iowa, school officials acted illegally when they suspended several students for wearing black armbands to protest the Vietnam War.

"It can hardly be argued," said the Court, "that either students or teachers shed their constitutional rights to freedom of speech or expression at the schoolhouse gate."

That statement has been applied by other courts in many cases involving rights of students to discuss controversial issues in class, to publish student newspapers free of censorship, to form political clubs, to demonstrate peacefully, to distribute leaflets and underground papers, and to wear symbolic buttons.

Still, the right to freedom of expression does have some limits. School officials may prohibit distribution of publications that are legally obscene or libelous. Officials also may suspend First Amendment freedoms in specific situations when facts indicate that exercising such freedoms would cause substantial and material disruption or would invade the rights of others.

Does the right to freedom of expression extend to your child's hairstyle or his beard or moustache? Some courts say yes; others, no.

"This is an unusual area of law because there is passionate disagreement among legal authorities," says Schimmel. Appeals courts looking at cases regarding hairstyles and beards have reached different decisions. (To some educators, long hair poses problems in a variety of situations—for youngsters working in lunchrooms, for example, or using machinery in shop classes, or swimming in the school pool.) As a result, in about half the states, schools may regulate grooming. In most of the others, they may not (except for health and safety reasons, which might require the wearing of a hairnet, for example).

Some uncertainty is evident about dress codes as well. It is uniformly accepted that school districts have the right to ban clothing that is unsafe, indecent, or seriously disruptive. There is no consensus on how far beyond that school officials may go. Some courts have held that school districts have the right to regulate clothing as long as the regulations are reasonable and nondiscriminatory.

So far, the Supreme Court has been unwilling to hear dress and grooming cases, on the ground that they raise no serious constitutional issue. Meanwhile, policies and rules vary widely.

6. Discipline and due process

You probably would not question the right of schools to maintain discipline. At the same time, particularly if your child is involved, you would hope that disciplinary procedures would be reasonable and fair. Courts that have ruled on disciplinary matters in recent years have generally held that the more severe the punishment, the more important it is that "due process" be used. In this case, "due process" basically means notice of the disciplinary action to be taken for the

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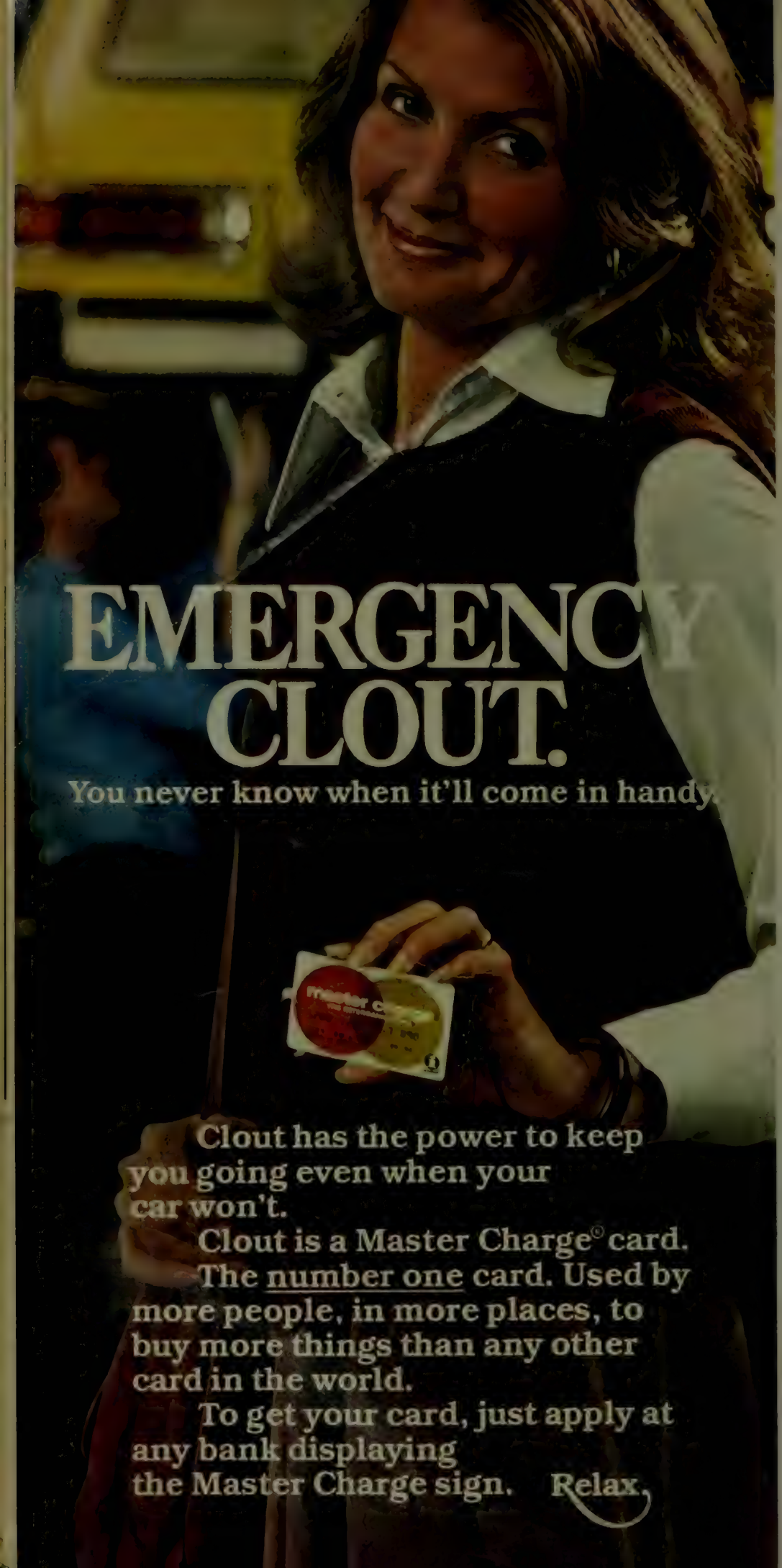
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Schools: your legal rights

alleged infraction of the rules, plus some kind of hearing.

Here are your rights regarding four common disciplinary procedures:

- **Guidance conferences and detention.** School personnel are free to impose reasonable minor punishments, such as guidance conferences or detentions, without formal due process.
- **Corporal punishment.** Unless you live in New Jersey or Massachusetts or in a city where corporal punishment is prohibited, school personnel may spank your child. In most other states, spankings may be administered whether or not you approve and without a hearing. School officials, however, have no greater latitude to abuse children than parents have. A school official may be subject to civil or criminal prosecution for punishment severe enough to cause injury.
- **Suspension.** If your child is to be suspended from school as punishment —even for a day—he has a right to know what rule he has violated and what the evidence is. He also has the right to tell his side of the story. These rights grow out of a 1975 Supreme Court ruling in an Ohio case when, during a disruption, several students, including some who claimed to be innocent bystanders, were suspended from school without being told why or given a chance to defend themselves. The Court ruled that removal from school is a serious enough deprivation to require some due process—"at the very minimum . . . some kind of notice . . . and some kind of hearing." Neither notice nor hearing has to be formal, and in an emergency the school may send your child home and postpone these procedures until the crisis passes. If he is found innocent later, he would be reinstated and the record of his suspension erased.
- **Expulsion.** If your child is to be suspended from school for more than ten days, more extensive procedures to protect his rights are called for. In many locales, courts and legislatures grant the right to a formal hearing before an impartial panel, to call and cross-examine witnesses, and to have an attorney present.

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Schools: your legal rights

Due process also assumes that the punishment will fit the crime—that severe punishments like suspension or expulsion will not be imposed for minor rule infractions unless they are repeated. School districts must advise students of the rules and penalties in advance.

7. Rights and records

If you have a child in a public school receiving federal financial assistance, you have a right to see all his school records—test scores, teachers' evaluations, grade averages, ratings, class rank, counselors' reports, attendance records, psychological reports, health records, notes about behavior problems, IQ test results, family background items, and other information in official files. When your child reaches 18, the right, with some exceptions, passes from you to him. However, your child does not have the right to see financial data you have given the school, certain letters of recommendation, or psychiatric or psychological test results unless they are reviewed by a doctor who is acting on behalf of the student.

If you think that any information in the files is wrong, misleading, or irrelevant, you may ask school officials to remove or correct it. If after a hearing your request is refused, you may insert a written rebuttal into the records. Also, with some exceptions, your written consent will be required before school officials may give out information in your child's records to others, such as a potential employer or college.

These rights are spelled out in the Family Educational Rights and Privacy Act of 1974. Under that law, school districts are required to set up written procedures that allow you to review the records and register objections to any item that violates your child's privacy or other rights. The Privacy Protection Study Commission recently recommended that the law be stengthened to include more records, such as:

- Records held by education support organizations (services that administer college placement tests or grant scholarships, for example).
- Files of college applicants.
- Teachers' notes only when they are shown to third parties for purposes of making educational decisions related to the student.

8. Policies and personnel

Fortunately, in a democracy you always have the right to try to change things. If you disagree with the manner in which a school official is enforcing a school rule, you can attempt to bring him or her around to your opinion. If you think that your school district should ban corporal punishment or add sex education to the curriculum, you can get together with other parents and lobby for change. If you —or others in your community—don't like the general direction school board members are taking, you can express your feelings on election day.

Your involvement as a citizen and parent in school issues is protected and encouraged by law. All 50 states require that school board meetings be public, although executive sessions may be closed when dealing with certain sensitive matters such as the hiring or firing of personnel. (See "You and your school board: How to make your ideas count," *Better Homes and Gardens magazine,* December 1977). Generally, you have the right to inspect all board meeting minutes and policies, and you may have the right to see other records, such as planning studies.

Many school districts welcome parents on curriculum planning committees or advisory groups. School districts using federal funds for the disadvantaged must also establish parent advisory councils to help plan the funded programs.

"As a parent and patron of the school district, you do have a right to complain—to tell the facts to someone in authority—if you have a problem with a teacher," points our Darel Semler, research attorney for the National Organization on Legal Problems of Education. "This is one way you eliminate poor teachers."

Usually teachers may be dismissed only for serious reasons spelled out in state statutes, most commonly incompetence, unprofessional conduct, insubordination, and lack of need. A tenured teacher is entitled to a hearing on charges that could lead to removal. *(Produced in cooperation with Barbara Mantz.)*

Want to know more about your rights?

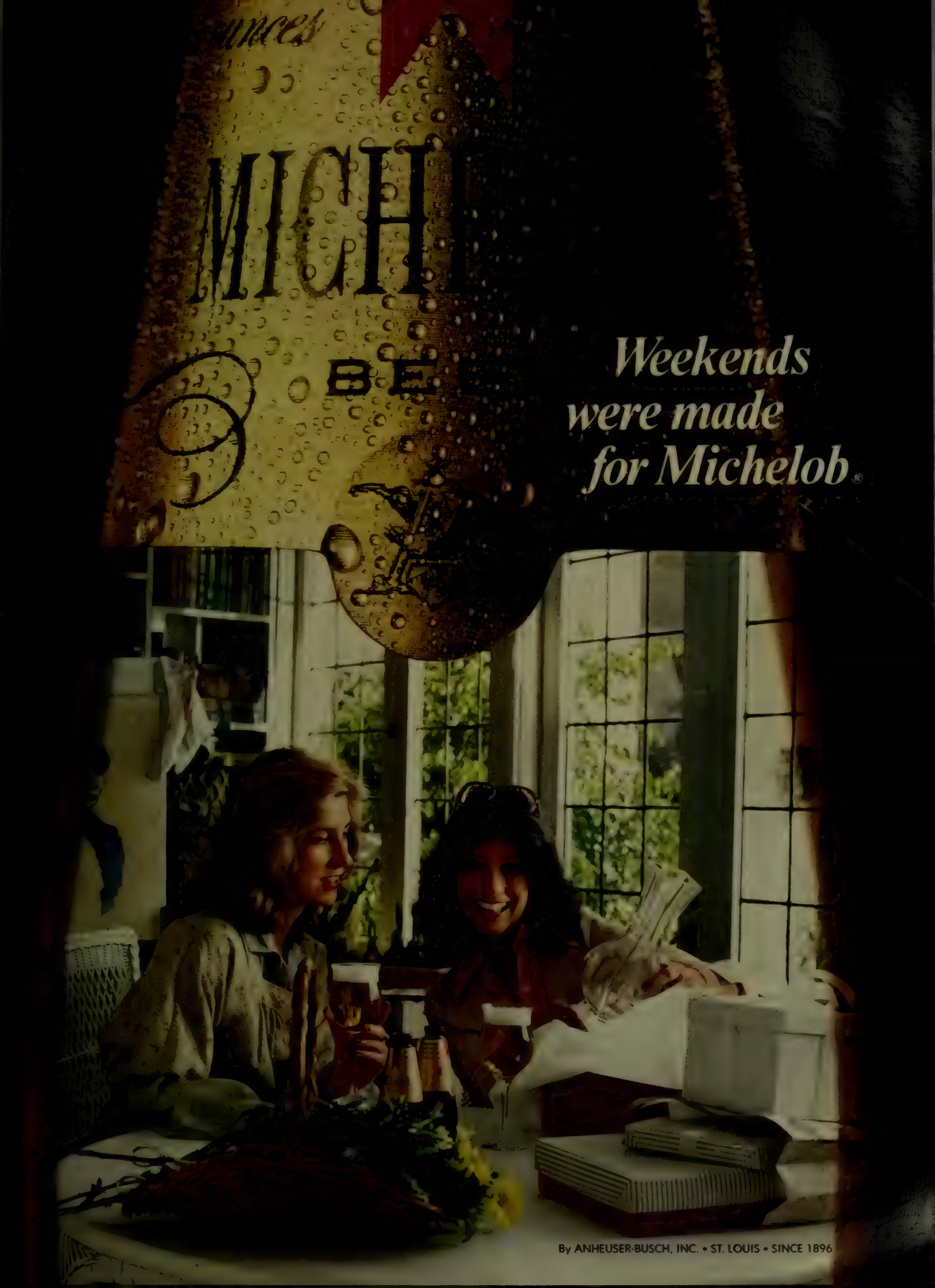
For more information about your rights, you can write for any of the following material:

1. *Parents' Rights Card,* a wallet-size card listing 20 important rights you may have as a parent of a child in public school. The card cites what rights apply in all states and what rights apply in specific states only. For example, under federal statute, you have the right to look at your child's school records, but only in some states (all listed) do you have the right to visit your child's classroom at any time during the school day—even if you notify the school in advance. To receive a free card, send a stamped, self-addressed envelope to: The National Committee for Citizens in Education, 410 Wilde Lake Village Green, Columbia, Maryland 21044.

2. *The Rights of Parents,* by David Schimmel and Louis Fischer, professors of education at the University of Massachusetts. This is a clear and complete guide to parents' rights in the education of their children. The book suggests how these rights may be asserted and how violations may be brought to the attention of school officials. The book was published in 1977 by the National Committee for Citizens in Education and is available for $2.95 (plus 55 cents mailing costs) from NCCE at the above address.

3. *The Rights of Students* (revised edition), by Alan Levine and Eve Cary, staff attorneys for the New York Civil Liberties Union. The book was published first in 1973 and updated in 1977. It discusses important student rights and how to protect them. Send $1.50 (no C.O.D.s) to American Civil Liberties Union, 22 East 40th Street, New York, New York 10016.

- For the school administrator's view: *The Reasonable Exercise of Authority—II,* by Ivan B. Gluckman and Robert L. Ackerly. Available for $3 from The National Association of Secondary School Principals, 1904 Association Drive, Reston, Virginia 22091. ■


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GARDENING IN APRIL

Rhubarb and asparagus are two spring treats Grandma prized. Those old-time favorites are easy to grow, but Grandma's admonition of "patience, patience" still applies.

April is a good time to plant both rhubarb and asparagus.

A word about rhubarb

Pies, sauces, jams, jellies, puddings, punch—the tart rhubarb is the star of many family favorites.

Rhubarb is best started by divisions. Garden centers and catalogs abound with varieties: McDonald, Victoria, and Valentine are popular.

If you want divisions from an existing plant, dig deeply around the clump and lift the whole plant out of the ground. Cut through the crown between buds.

Select a planting site where rhubarb hasn't been grown for four to five years. With the new location, rhubarb has a better chance of avoiding phytophthora crown or "root rot." Chances of infection can be reduced further by planting in soil with good drainage. If drainage isn't the best, try a raised bed. Border the bed with railroad ties or cement blocks and fill with topsoil.

Whether you use a raised bed or level garden, dig a hole about a foot wide and deep enough that the division can be set about two inches below the soil surface. Allow three feet between plants.

Cover with topsoil (mixed with compost or peat moss, if you have it). Firm the soil around the plant, but not directly over the bud. Water thoroughly.

Don't harvest until the second season. The second spring you can cut for three weeks. Wait until the third season for full harvest.

Rhubarb needs annual applications of a 10-10-10 or 6-10-4 fertilizer, a half cup per plant.

After growth starts in the spring, put down a two- to three-inch layer of well-rotted manure or compost around established plants. Supplement the manure with one-fourth pound of superphosphate fertilizer per plant.

Don't rush the asparagus

While rhubarb seems to have that "down home" reputation, asparagus can claim a spot on chic Parisian menus.

Once asparagus gets going, it requires less care than nearly any other garden crop. Plant only disease-resistant varieties. The rust-resistant Washington strains are among the best.

Asparagus roots are available through garden centers and catalogs. You can buy either two-year-old or one-year-old stock. The one-year-old stock grows relatively faster, so it soon catches up with the older starts.

Asparagus does well in many kinds of soil, from sandy to heavy, but, like rhubarb, asparagus needs good drainage. Its roots, too, are greedy for space, so plant in rows along the border of the garden at least four feet from other permanent plants, such as rhubarb or trees.

Prepare soil at least 12 inches deep, breaking up clods. Spread asparagus roots out in a hole, preferably lined with compost, and set the crowns four to six inches deep. Space the plants two feet apart in rows four feet apart.

Asparagus feeds heavily on soil nutrients. At planting time, apply one quart of a 10-10-10 or 12-12-12 fertilizer to each 25 feet of row. Mix the fertilizer thoroughly into the soil.

By the end of the season, the asparagus is ready for another fertilizer treatment. Water well after each feeding.

Asparagus tips

- Plant about 40 roots for a family of four—more if you plan to can or freeze.
- Plants seem to survive winter best if stems are left until next spring. Then burn the tops to cut down on disease and overwintering insects.
- Cut asparagus spears below the soil surface with a sharp knife. Take care not to stab the root system. Cut only spears thicker than a pencil. ■

"bite into the taste of natural fruit" Sweepstakes

- 8 Separate Sweepstakes
- 8 Grand Prize Winners
- Over 25,000 Prizes and Gifts

DESCRIPTION OF GRAND PRIZES

Grape-colored Oldsmobile Cutlass automobile includes automatic transmission, AM/FM radio and standard accessories

Two weeks in Southern California for a family up to 4 includes round-trip coach air transportation to Los Angeles via American Airlines or connecting airlines, hotel accommodations and $1,000 expense allowance

One week in Florida including a visit to Disney World for a family up to 4, includes round-trip coach air transportation to Orlando, Florida, via Eastern Airlines or connecting airlines, hotel accommodations, $500 expense allowance and Disney World admission

New kitchen appliances include Whirlpool refrigerator, stove, dishwasher, microwave oven and trash compactor, Sunbeam blender, coffee maker, toaster-oven, 12-speed Mix Master and can opener-ice crusher

Two weeks in Caribbean for two includes round-trip coach air transportation to Puerto Rico via Eastern Airlines or connecting airlines, hotel accommodations and $500 expense allowance

$5,000 shopping spree includes any type of wearing apparel. Value will be retail price of selected store

BONUS!

The first 25,000 entrants will each receive a certificate good for a free jar of Kraft jelly, jam, or preserves NO PURCHASE NECESSARY.

OFFICIAL RULES

1. To enter, complete an official entry form or on a 3x5 piece of paper write your name and address including zip code, and fill in the missing word from the following statement which appears on the caps of the jars of Kraft jellies, jams, and preserves

NO PRESERVATIVES. NO ARTIFICIAL COLOR. NO ARTIFICIAL F— — — —

In the event you are unable to locate a jar of Kraft jelly jam or preserves you may make a toll free call to 800-243-5000 and obtain the missing word In Connecticut 1-800-882-5577 Calls must be made before June 30, 1978

2. NO PURCHASE NECESSARY Mail entries to Kraft Natural Fruit Sweepstakes," P.O. Box 1390, Long Island City, NY 11101

3. You may enter all 8 individual Sweepstakes, but each entry must be in a separate envelope Write the flavor of the Kraft jelly, jam or preserves for the prize you desire to win on the outside of the envelope All entries must be received by July 10, 1978

4. Bonus Offer The first 25,000 entries will receive an "Early Bird" gift of a free coupon good for any flavor of 10-oz. or 18-oz. Kraft jelly, jam or preserves

5. All prizes will be awarded No substitutions will be permitted Chances of winning each individual sweepstakes are determined by total number of your entries and the total entries received for that sweepstakes Limit one prize per family Winners will be determined in a random drawing of all entries in each sweepstake by an independent judging organization

6. Winners will be notified within 60 days of contest closing. Federal, state and other taxes imposed on a prize winner in this Sweepstakes are the sole responsibility of the prize winner

7. This Sweepstakes is void in Missouri, outside the geographic area of the U.S.A. (except for A.P.O. & F.P.O. addresses) and wherever prohibited, taxed or restricted by law. All entrants must be 18 years of age or older Employees of KRAFT, Inc., its advertising agencies, the judging organization and their immediate families living in the household, are not eligible

8. All decisions of the judging organization are final. No correspondence will be entered into and all entries become the property of KRAFT, Inc None will be returned. By entering this Sweepstakes, winners consent to the use of their names and/or likenesses for any advertising and/or trade purposes by KRAFT, Inc. and its agents without additional compensation

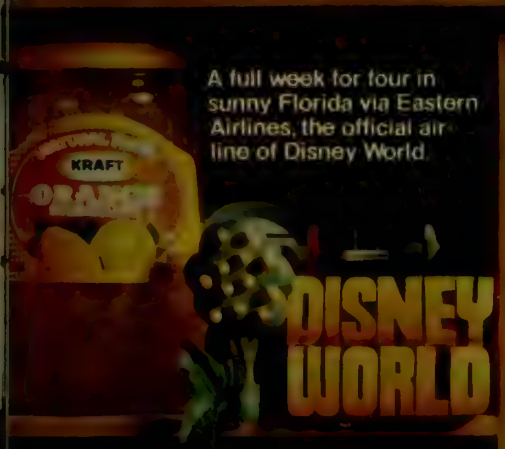
9. For a list of the grand prize winners, send a separate stamped, self-addressed envelope to "Kraft Winner's List," P.O. Box 1047, Long Island City, NY 11101.

Enter the Kraft "bite into the taste of natural fruit" Sweepstakes.

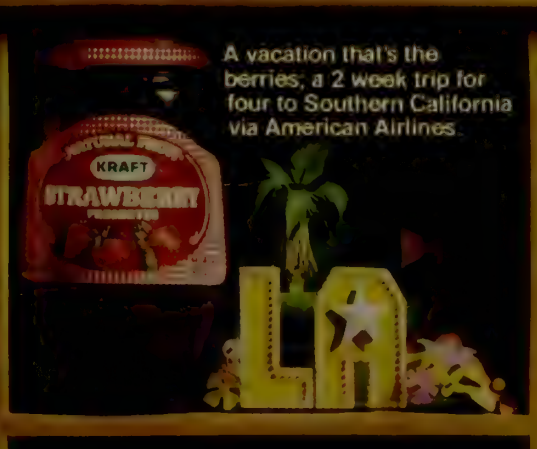
Welcome to the good, rich taste of natural fruit in the jellies, jams and preserves from Kraft. No artificial flavor. No preservatives.

Welcome to winning! Because we give you such a choice of jellies, jams and preserves—we're giving you a big choice of what you want to win. Eight separate sweepstakes—eight grand prizes in all. Just look below. When you bite into the taste of natural fruit, you could put the bite on us for something big!

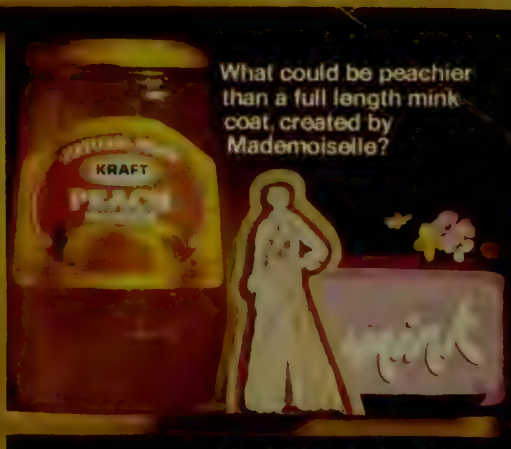
Pick your flavor, pick your prize.



A full week for four in sunny Florida via Eastern Airlines, the official airline of Disney World.



A vacation that's the berries; a 2 week trip for four to Southern California via American Airlines.



What could be peachier than a full length mink coat, created by Mademoiselle?



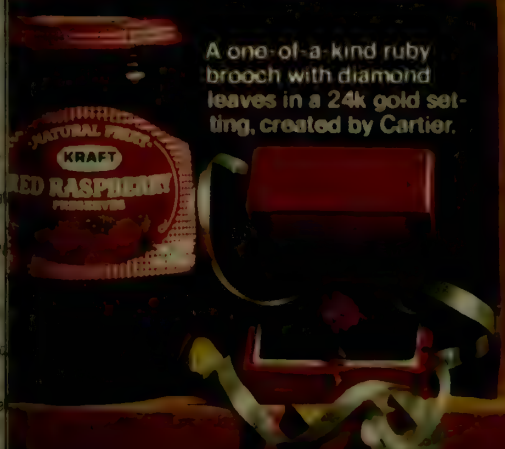
A great grape-colored Oldsmobile Cutlass automobile.



An apricot tree planted outside the window of your kitchen, which we will equip with 10 new Whirlpool and Sunbeam appliances.



His and hers Seiko Skin-divers Watches. Will come in handy on your 2 week trip for two to the Caribbean via Eastern Airlines.



A one-of-a-kind ruby brooch with diamond leaves in a 24k gold setting, created by Cartier.



Be the apple of everyone's eye in your new wardrobe. Win a $5,000 shopping spree at your favorite clothing store.

OFFICIAL ENTRY FORM
Natural Fruit Sweepstakes P.O. Box 1390
Long Island City, NY 11101

Please enter me in the "Bite into the Taste of Natural Fruit" Sweepstakes. I wish to enter the

(name the flavor)_____sweepstakes

Complete the phrase on the jar cap of Kraft jellies, jams and preserves: NO PRESERVATIVES. NO ARTIFICIAL COLOR. NO ARTIFICIAL F_____.

NAME_____
(please print)

ADDRESS_____

CITY_____ **STATE**_____ **ZIP**_____

Enter as often as you like. Look for free entry forms at your store. Only one entry per envelope, please. Remember to write flavor of sweepstakes you wish to enter on outside of envelope

Turn today's great dish...



into tomorrow's.



No matter what dish you prepare today, you'll still have the problem of making an appetizing dish out of what's left tomorrow. Maruchan's Ramen Supreme can help. It comes in Beef, Chicken and Pork flavors to liven up any meat or



The rich noodles cook up in just three minutes, all you do is drain off the water and add your own meat and vegetables. Then serve.

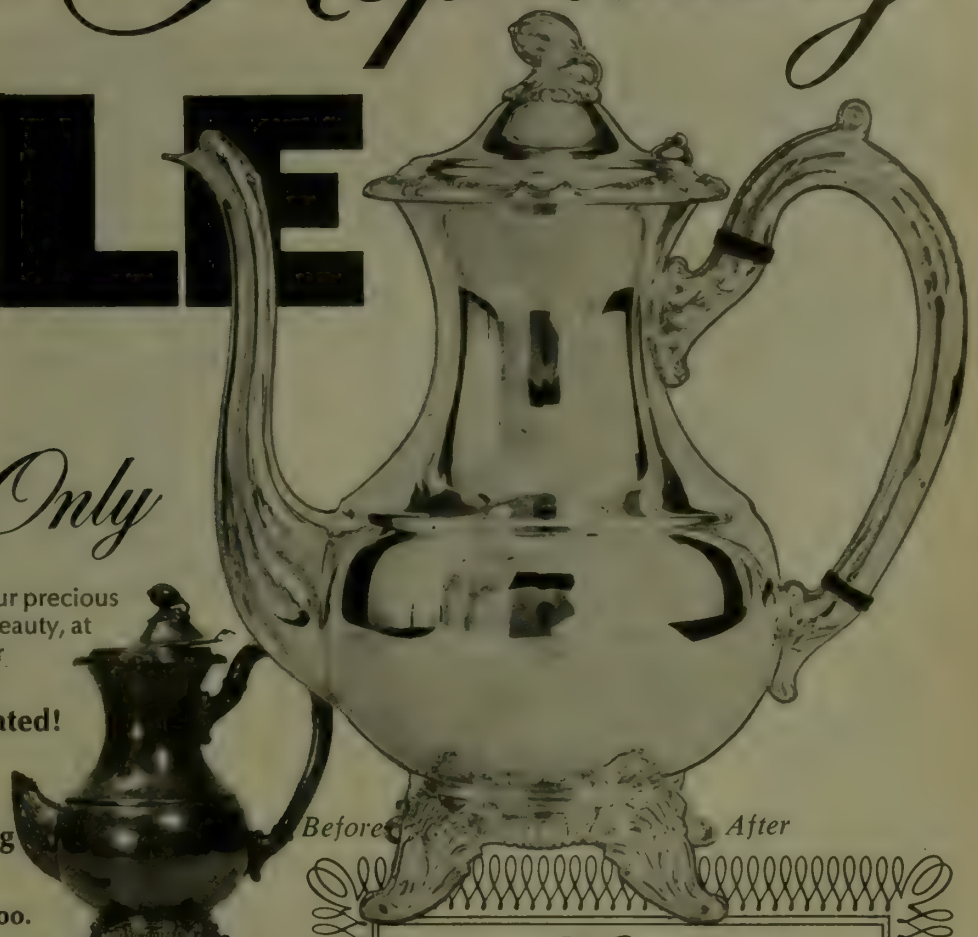
Maruchan Ramen Supreme Noodles. It's a grea way to use your noodle.

MARUCHAN

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Before *After*

. . . a marvelous opportunity to restore your precious antiques and heirlooms to their original beauty, at substantial savings. And in addition to our irresistible low prices . . .

- **All Pieces Are Quadruple Silverplated!**
  (The finest quality available anywhere)
- **Full 25 Year Warranty**
- **FREE Dent Removal & Straightening With Any Silverplating Order!**
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Little wonder our customers love us...

"Just this minute I received my pickle jar frame and fork. I am awed by the perfect work you have done. It's absolutely exquisite. I'll certainly recommend you to those who need your services."
MRS. A.P., Mich.

". . . my silver arrived in perfect condition, and I'm thrilled with every piece you did. In 54 years, they've never been as beautiful."
MRS. J.H., Ill.

"My tea service just arrived . . . so lovely! I'm sending more . . ."
MRS. M.A.P., Pa.

". . . just beautiful—more than we dared to expect. The silver pieces are about 80 years old . . . belonged to my mother. I'll recommend you to all my friends."
MRS. N.J.L., Pa.

"We are very grateful that craftsmen of your calibre still exist today . . ."
MRS. T.D., Calif.

"Mrs. W—is delighted, and I don't mean maybe! I am too, because I checked other silverplaters in our area, and they wanted an arm and a leg compared to your very reasonable price. Great job!"
MR. L.W.W., Texas

(NOTE: If you sample our service, better be prepared to send us a letter—most people are so delighted, they have to let us know!)

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on all silverplating. For all information and free price list, fill out and mail attached card today.

(A numbered Warranty Certificate will be furnished as your assurance that our promise is binding.)

Don't miss this limited-time sale — *Mail postpaid card attached today for FREE Sale Price List, photos, full details. If card's been used, write:*

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BANKAMERICARD & MASTER CHARGE HONORED!

A SMALL KITCHEN THAT GREW





Photographs: E. Alan McGee. Source: Ruth Grenci



Buying information, page 203

Kathy Bryant wasn't about to settle for a small, cluttered kitchen. She resolved to turn her cramped quarters into a spacious, workable room, and that necessitated a complete remodeling. Here's how the walls came down and several smaller rooms were merged to create Kathy's big, open kitchen.

Work area

First the wall that divided the breakfast and eating areas was removed. The space where the passage door was is now occupied by the refrigerator, which is accessible from either end of the new open area. The built-in hutch was replaced by a new cabinet and range. A laundry is located behind the louvered doors. Five beams cross the 22-foot-long kitchen, breaking up the long, skinny space. Due to the wall removal, two of the beams are supporting secondary load-bearing walls.

Cleanup area

The walls dividing the original pantry from the back porch and the wall dividing the porch from the kitchen were also removed. This area was glassed in, to brighten the dreary kitchen.

All of the cabinets were custom built. Drawer and door handles were made out of stock molding. Since Kathy wanted more storage space in her base cabinets, she opted for a 30-inch depth instead of the usual 24 inches. The counter tops are made from stock oak flooring treated with four coats of polyurethane. Wood shutters were added to the windows above the sink.

Kitchen/dining area

Although the kitchen is now one large room, the dining area is slightly separated from the work area. The dining table and chairs are a refurbished ice-cream-parlor set. To make the basket light fixture above the eating area, Kathy simply cut a hole in a basket and slipped it over the porcelain socket. The can light fixtures were purchased from a local store. All of the overhead lights are on dimmers.

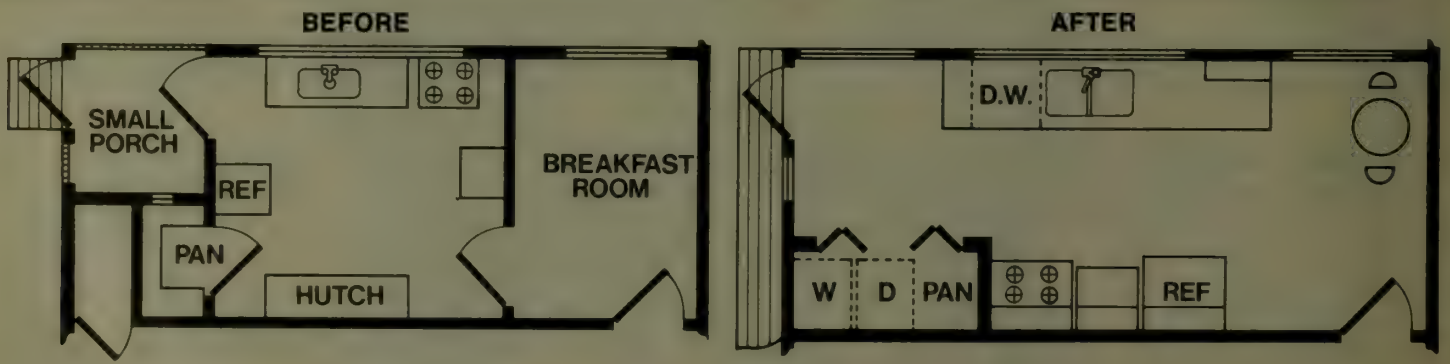
Plants, baskets, and pottery round out the decorating scheme. Much of the pottery was made by the homeowner, who is an art teacher.

"Before" plan

Before this kitchen was remodeled Kathy had little work space. Her kitchen included a separate breakfast room, a pantry, and closet—plus a small porch and entryway.

"After" plan

Now the kitchen has a wide-open look, with a light, bright atmosphere. The applances are strategically arranged to save steps. ■





Now. Only 1 mg tar.

This is more than just low 'tar'. This is ultra-low 'tar'.
This is Now, a cigarette with only 1 mg 'tar'. If you want to be sure you're getting ultra-low 'tar', count all the way down to Now's number 1.

The ultra-low tar cigarette.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER, MENTHOL: 1 mg. "tar", .1 mg. nicotine, av. per cigarette, FTC Report AUG. '77.

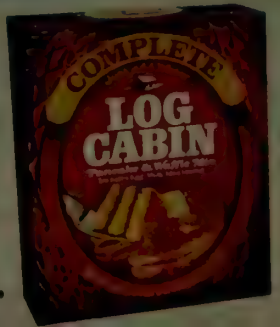
Guess who helps turn out light, fluffy pancakes.



Log Cabin® Pancake and Waffle Mix, of course. It helps you cook up perfect pancakes time after time.

Cook them up three ways: Regular, Buttermilk, or with the convenient Complete Mix. And the perfect way to top them off? The hearty, old-fashioned flavor of Log Cabin® Syrup.

So build a delicious breakfast around Log Cabin today.





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LOG CABIN® THE PLACE PANCAKES CALL HOME.

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GOOD NEWS

Six-way kitchen faucet



Here's a new concept in faucets—a unit that moves up and down, back and forth, left and right to rinse all areas of the sink. The faucet easily fills buckets, and when not in use, it swings up and out of the way.

Tipturn Faucet, available in white, avocado, and gold, about $20. Pryde, Inc., 3517 Cardiff Avenue, Cincinnati, Ohio 45209.

Home carpet cleaner



Instead of renting a power-spray carpet cleaner, you can acquire one at a reasonable price. This appliance sprays hot cleaning solution under pressure into the carpet and simultaneously vacuums up the dirty liquid.

Kenmore Power Spray Carpet Cleaner, about $130. Sears, Roebuck and Co., Dept. 703, Sears Tower, Chicago, Ill. 60684.

Energy-saving light switches



These energy-saving switches let you use (and pay for) only as much light as you need. The solid-state switches offer full-range dimming control and a full-on position, which most dimmer switches don't have.

Light Demand Switches: Single-pole, about $6.50; Three-way, about $7. Power Controls Corp., P.O. Box 32969, San Antonio, Tex. 78216.

A new kind of hand tool



Photographs: William Hopkins

Tired of using coarse sandpaper for rough shaping, then changing to a finer grit for smooth finishing? With one of these helpers, you can prepare almost any surface—wood, plaster, plastic, or wallboard—in just one step. The tools come in different grits and shapes of chrome-plated etched stainless steel, so you can do everything from smoothing a plaster wall patch to stripping the paint from a window frame.

Abraders, from about $5 to $10. Disston, Inc., 601 Grant Street, Pittsburgh, Pa. 15219.

Super shears



These shears can cut almost anything—fabrics to poultry. The handles are contoured, and the stainless-steel blades never need sharpening.

Handyshear, about $3.70. Stanley Tools, Dept. PID, Box 1800, New Britain, Conn. 06050.

continued



Books Like These Don't Grow On Trees.

ORTHO announces two significant new titles in its fabulously successful book series now numbering 20. Produced in the colorful, factual ORTHO format, these new books present all original material culled from years of experimenting with growing things.

The World of Trees
tells how to select and grow trees from the points of view of home owners, city planners, landscape architects, food growers, commercial growers and tree enthusiasts. It includes regional maps, charts on fast growing trees, and the soil needs of various trees. More than half the book is a regionalized "tree encyclopedia." Complete nuts and bolts information on digging, planting, staking, watering, fertilizing and pruning. 112 colorful pages.

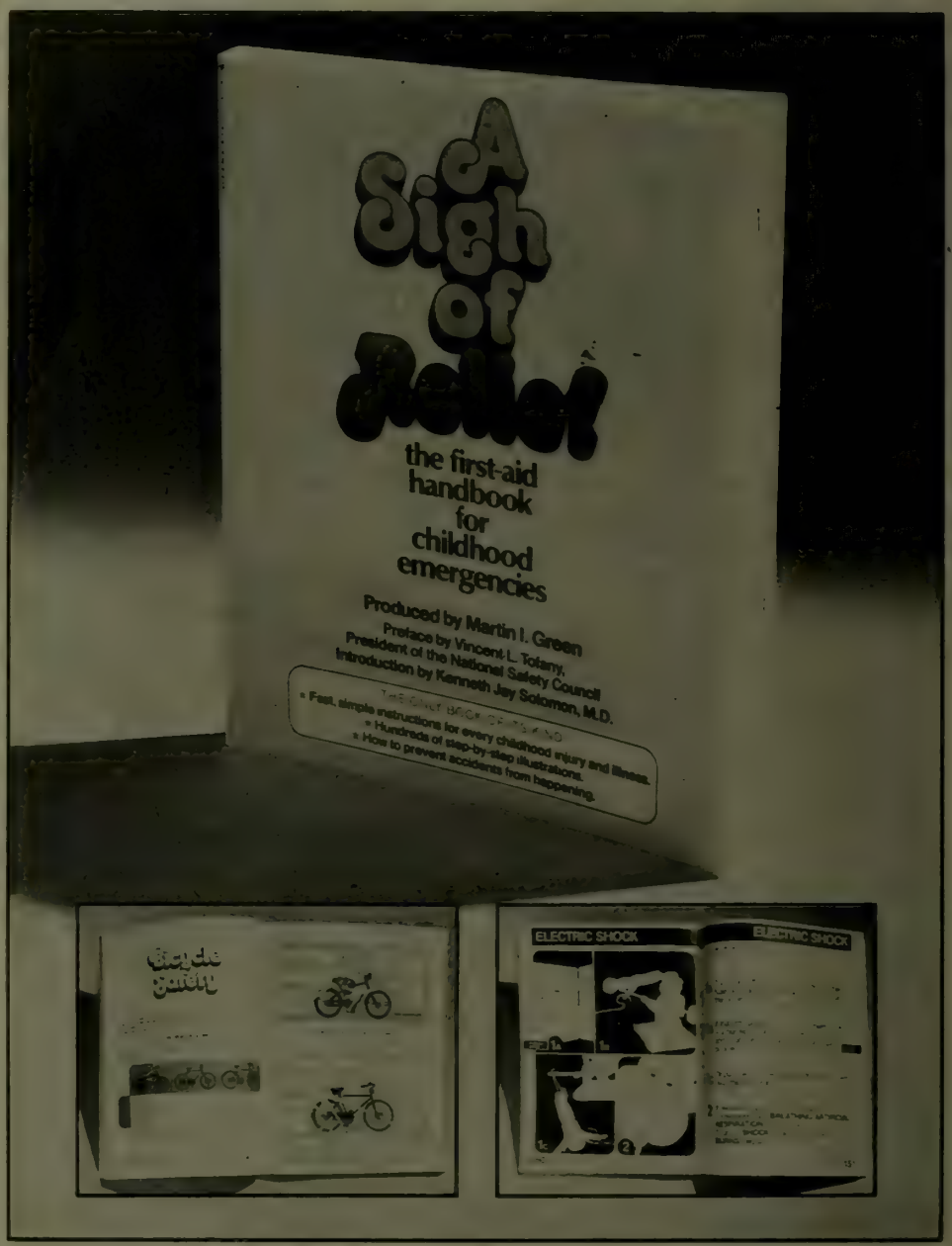
Gardening with Color
discusses using the wonderfully varied colors of nature as a gardening palette. It will open your eyes to the colors that already exist in any landscape, teach the principles of color gardening, give advice on color combinations in single flowers as well as whole fields of floral color. It tells how the gardener can borrow different planting and color ideas from different countries. Contains detailed charts of plant materials for planning color combinations in the garden. 96 colorful pages.

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GOOD NEWS

First aid for children



This book offers "first aid" for parents, too, in the form of comprehensive information about emergencies children commonly encounter. The book gives you up-to-date medical procedures, so you can quickly react to most childhood emergencies. And it suggests ways to prevent accidents from happening in the first place.

The handbook contains two parts. Part One deals with topics like home, car, and bicycle safety *(above left)*. Part Two covers first-aid procedures for everything from insect bites to electrical shock *(above right)*.

"A Sigh of Relief: The First-Aid Handbook for Childhood Emergencies," about $7. Bantam Books, 666 Fifth Avenue, N.Y., N.Y. 10019.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

New Undie-Leggs™

Panty 'n Pantyhose in one



Now you can get rid of ugly panty lines and still feel secure!

The security of our new StayPut panty—that's what makes new Undie-L'eggs special.

New Undie-L'eggs gives you one smooth lovely look plus a StayPut panty that won't skooch down.

Fits and feels as secure as your own panty.

L'eggs® even added the extra comfort of a 100% pure cotton crotch panel. Soft. Smooth. And secure. You'll love new Undie-L'eggs Panty 'n Pantyhose in one... in size A, B, and Queensize. Sheer toe or reinforced toe, from $1.69 at the L'eggs Boutique.

100% COTTON CROTCH



from $1.69



Most people who buy KitchenAid dishwashers owned some other brand first.

Live with a dishwasher awhile, and you learn a few things about it.

Like how well it cleans. How seldom it needs repair. And how long it lasts.

Maybe that's why so many people think KitchenAid dishwashers are such a good value.

They say things like, "Built solid, very dependable."

"Gets everything clean without hand rinsing, even dirty pans."

"Needs few repairs."

"Lasts a long time. Uses less hot water; saves on electricity."

"Can load it any way I like and everything comes out clean."



And people who've had experience with dishwashers don't merely think KitchenAid is best.

They buy it.

In fact, over the years, more people have replaced their old dishwashers with KitchenAid than with any other brand.

And that's something to think about when you're thinking about buying a dishwasher.

KitchenAid.® Because it's worth it.

Hobart Corporation, Troy, Ohio 45374.

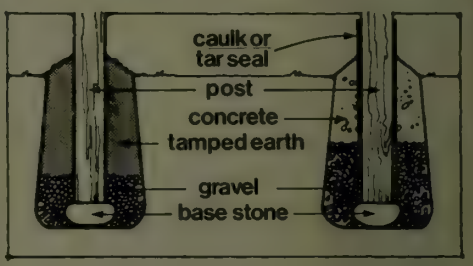
BUILDING

How to set wooden fence posts

Whether you're building a dog run or marking your property line, setting the posts is a basic part of fence construction. The job takes about an hour per post.

Dig postholes wider at the bottom than at the top. If you set the posts in concrete, make each hole 2½ to three times the post's diameter. To let moisture drain past the post, dig the hole four to six inches deeper than the setting depth, place a large base stone at the bottom of the hole, then fill with gravel. Use posts that have been treated with a wood preservative and sink each post at least one-third of its length.

Earth and gravel fill



If the soil is stable and not likely to heave with frost, backfill the hole with earth and gravel, *left above.* Tamp the fill every two or three inches, angling the top of the fill so water will run away from the post. After checking the post alignment with a level, brace the post and then finish filling the hole.

Concrete fill

Concrete-filled postholes are best for frost-prone ground. Set the base of the post in a bed of gravel. As you position each post, poke the concrete to break up air bubbles. Divert water by angling the concrete away from the post at ground level, *right above.* Adjust the post, brace it, then let the concrete cure for at least two days.

To keep out moisture, caulk the crack between the post and the concrete or fill the crack with tar. ■

Roofscape® by Bird. It makes the outside of your house just as impressive as the inside.

Take a good look and you'll see that your roof is probably the most important part of your home's design. That's why we design our Bird shingles to do a lot more than keep the rain out.

We use colors and textures that show off your roof, adding to the beauty and individuality of your home. We call our look Roofscape, because it blends in with everything from rugged wilderness to formal shrubbery.

This house is wearing our heavyweight Architect® 70 shingles. Their thick texture and deep shadow lines give a house rugged good looks. And Architect 70's will look beautiful down the road. We make them with two laminated layers of premium asphalt that can't rot, curl or burn like wood. So they give superior protection against wind, weather and fire. Your Bird Roofscaper would be glad to give you a free estimate. And you'll find his number right in your Yellow Pages.

Bird & Son, inc.,
E. Walpole, MA 02032

Please send me your revised, 36-page color booklet, "What you should know about roofing and siding before you build or remodel." I'm sending 50¢ in payment, and I'm planning to ☐ build ☐ remodel.

Name_____

Company_____

Address_____

City_____ Country_____

State_____ Zip_____

Phone_____

Better Homes & Gardens, April 1978

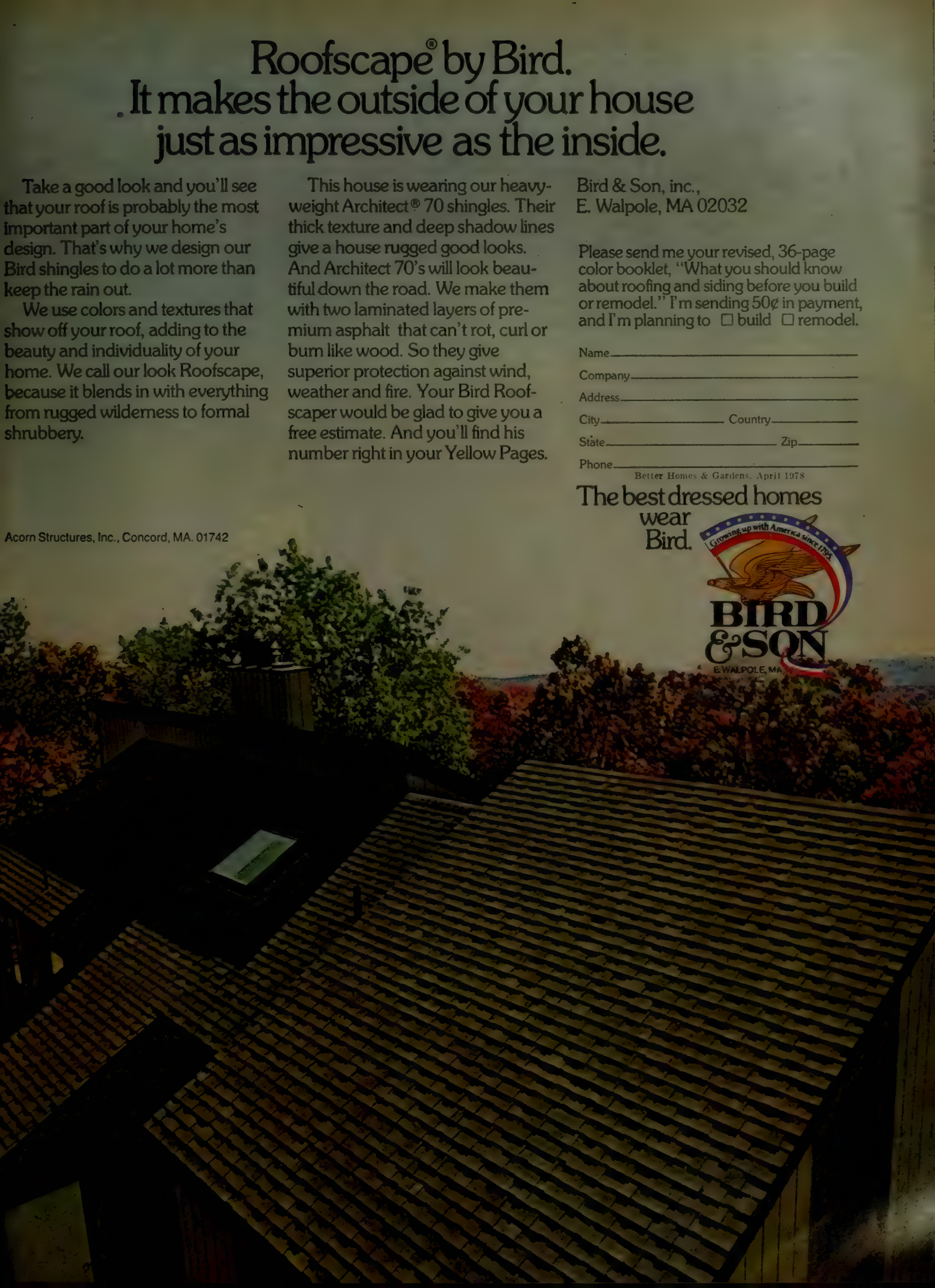
The best dressed homes wear Bird.

Growing up with America since 1795

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Acorn Structures, Inc., Concord, MA. 01742



One way to stop floor squeaks

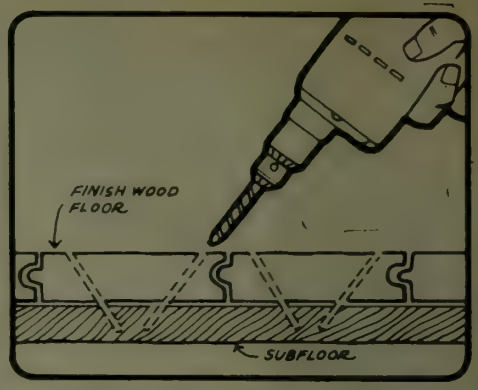
Are you putting up with a squeaky hardwood floor because you don't know how to solve the problem? Even though not all floors can be quieted, a simple home remedy often works. Here's one way to tackle that pesky noise.

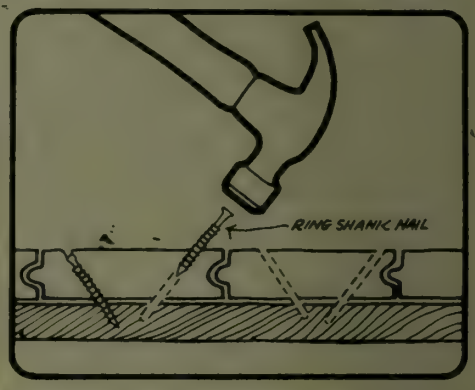
The cause

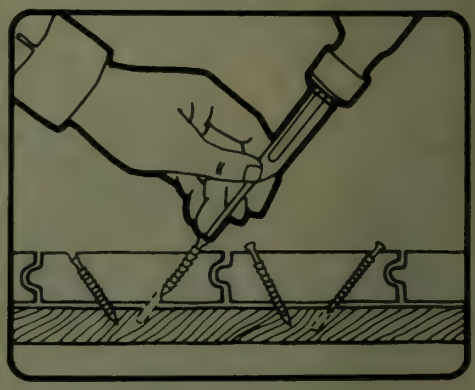
Whenever layers making up a floor separate, you will notice a squeak. Most squeaks start when the nails holding the subfloor and finish floor together become loose.

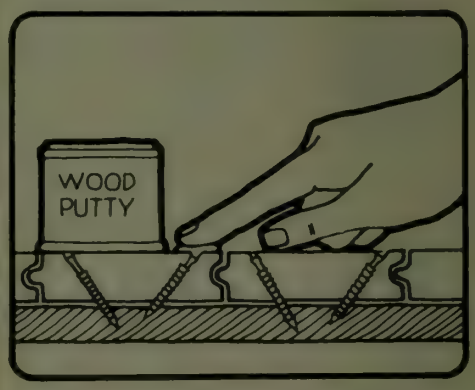
One cure

There are several ways to deal with a squeaky floor, some more difficult than others. This method is one of the surest and easiest. Our example is a hardwood plank floor—potentially one of the noisiest.









First, drill pilot holes through the hardwood at an angle (this keeps the wood from splitting). Then, drive ring-shank nails partway into the pilot holes, being careful not to mar the wood. Next, countersink the nails with a nail set and fill all holes with wood putty. Let the putty harden overnight before you walk on the repaired area. Disguise the putty with a furniture stick. ■



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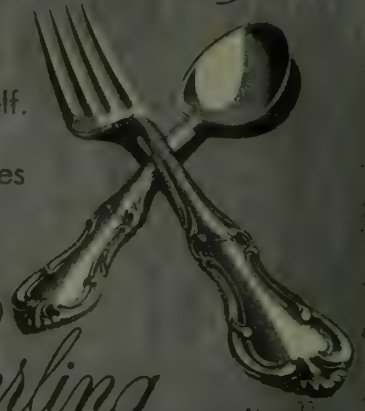
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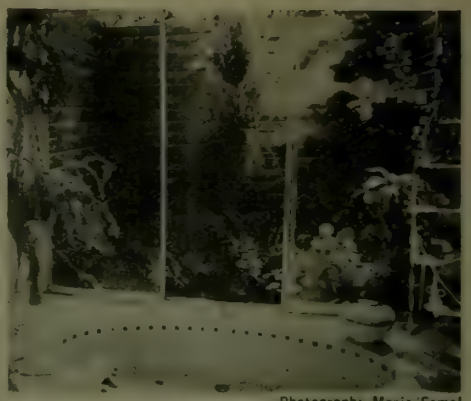


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BUILDING

A bath turned into a tropical spa



Photograph: Maris/Semel
Designer: Martha Spence. Source: Bonnie Crone

The Spences own a standard Cape Cod-style home, but they gave it their special imprint by remodeling the space to fit their family's needs. The master bathroom is an example of the way they've personalized their home. To satisfy a yen for a greenhouse and meet the need for more bath space, the Spences created a sunlit, spa-like bath.

The Spences converted a small spare bedroom into a powder room with double lavatory and a spacious clothes closet. Then they added a 10½x12½-foot area containing the commode and a ceramic tile shower (out of camera range), each partitioned from the rest of the room for privacy. There's also a sunken tub which Mr. Spence formed, poured, and tiled himself. The floor of the addition is seven inches higher than the powder room floor to allow for the tub's plumbing. Together, the rooms make a spacious and luxurious master bath suite.

The Spences enjoy the convenience of their compartmentalized bath spaces, but most of all they love the spa-like atmosphere they've created. Beyond the sliding glass doors that form the outside wall of the addition is an eight-by-ten-foot garden. Bordered by a cedar fence, the mini garden gives the bath a tropical feeling. The ten-foot-high fence provides privacy but doesn't keep the light from flooding the tub area where Mrs. Spence's African violet collection thrives. ■

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Artist's rendering. Approximate size: 3¼ inches in diameter.

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ALL SET FOR A PARTY



Photographs: William Hopkins

"Stop over sometime," you said, and here they are at the door. Unplanned gatherings—after work, after the game, or whenever—call for ingenuity. So reach for your save-the-day party shelf and relax.

The idea is to make space on a shelf or in a cupboard for a permanent set of table-setting supplies to use for impromptu gatherings. When you're stocking your party shelf, make sure that the components are versatile enough to accommodate anything from hero sandwiches and beer for a casual snack to fancy after-dinner dessert and coffee.

The all-set setting shown above begins with the bare minimum—a tray with four luncheon-size plates, all-purpose stemware, and easy-care napkins. As space permits, you might add stainless flatware, a medium-size plastic bowl, tongs, a big basket, and an assortment of candles.



The best part of this instant setting is underneath. It's a vinyl table cover made like a shower cap to fit your tabletop like a glove and protect the surface beneath.

To make it, cut a vinyl circle a few inches larger than the diameter of the table. Turn over the outside edge and machine-sew, leaving space to thread and secure a strip of elastic around the outside edge. ■



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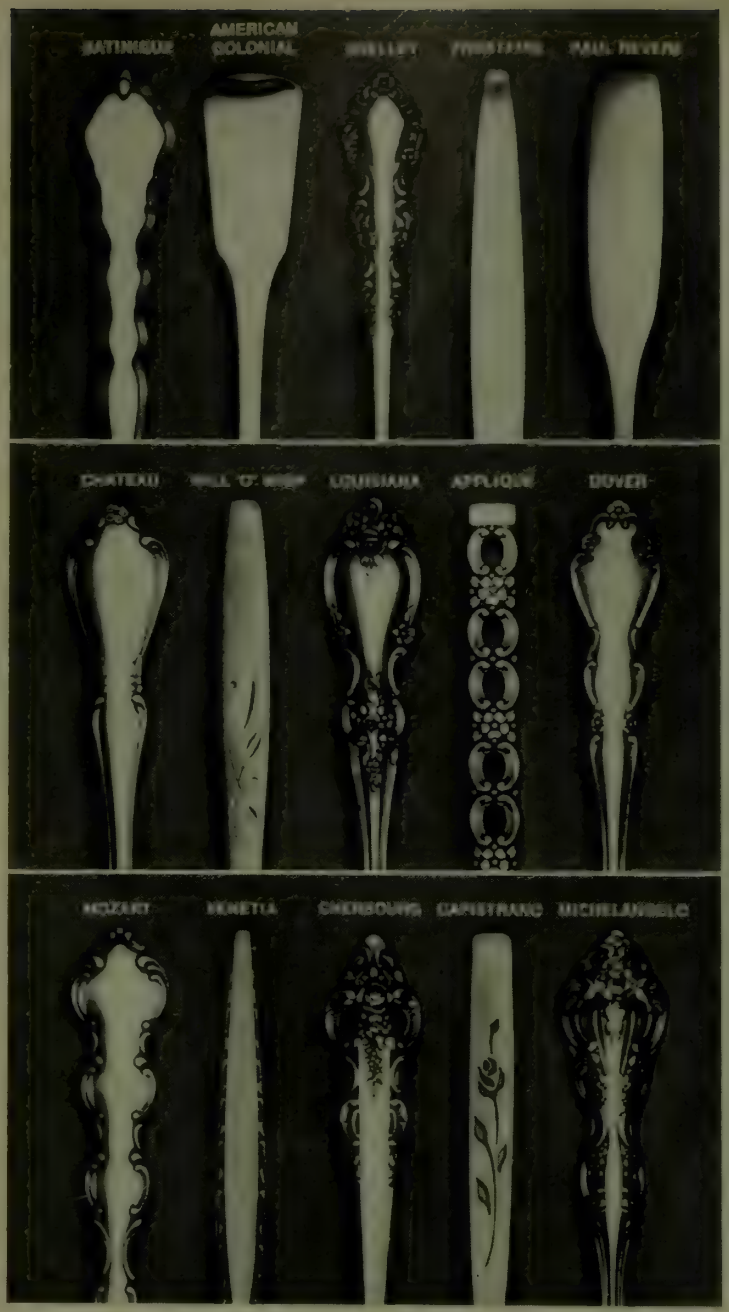
The reason all this happens is simple. Centrex systems, underneath it all, are really components. Beautifully engineered audio components in a tastefully designed package. Component stereo without components.

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HOUSEPLANT HOW-TO

If you don't have time to care for prima donna plants, bromeliads are for you. These robust and adaptable plants like the dry air found in most homes and thrive on minimal care.



Photograph: Tom Hooper

The bromeliad family includes several popular genera. The most widely available are aechmea (the *Aechmea fasciata* is shown above), billbergia, vriesia, neoregelia, tillandsia, and ananas, which is the genus of the edible pineapple. Some bromeliads—tillandsias, for example—are epiphytes that need only water and the nutrients in the air to live. Most epiphytes aren't planted in soil but are wired to a piece of bark. Bromeliads that aren't epiphytic should be potted normally.

All bromeliads have shallow roots and prefer being planted in small pots. Soil should be very porous—commercial potting soil mixed with osmunda fiber, shredded tree fern, or peat moss; plus some coarse sand will work well. Water when the soil feels dry. Some plants (like the one shown) have center cups—they should always be kept filled with water. Feeding is optional, as bromeliads are usually content with the nutrients in water. Provide bright, indirect light and good air circulation.

Most bromeliads reproduce themselves by offsets that appear at the base of the plant after it flowers. The parent plant dies after the baby plant is produced. With a small knife, carefully remove the offset and plant it up separately in a small pot. ■

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At last, early knowledge of pregnancy belongs easily and accurately to us all. It's simple. Fast. And there is no risk, no physical danger whatever, in doing it because a sample of your first morning urine is all that's needed for the test.

As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

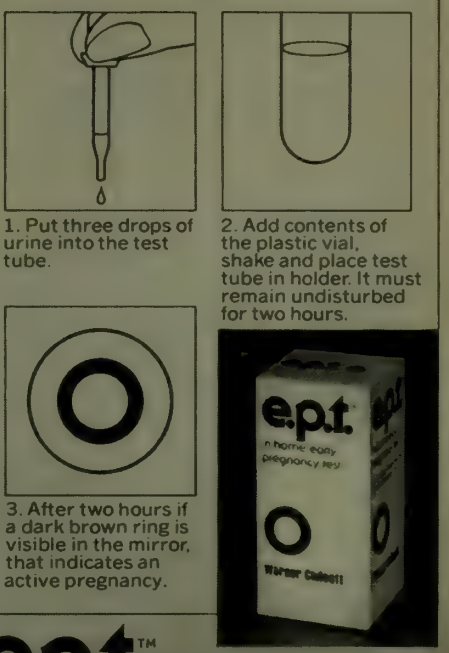
If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

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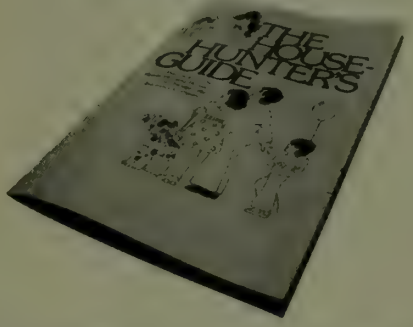




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FOOD

Organizing a gourmet dinner group

If you and several of your friends enjoy trying new and different recipes, consider starting your own rotating dinner club. It's a delightful way to savor good food in the company of your friends and in the comfort of a familiar home.

Here are several ways to set up the club and start the ball rolling:

- Keep the group small—four to six couples is a good goal. You might also invite a different guest couple each time.
- Plan to meet on a regular basis (every month or alternate months) that will work for everyone.
- Take turns hosting the dinner.
- Let the host couple select the dinner theme and assign courses to the other members. It works best for the hosts to handle the main course and wine themselves.
- Determine if the hosts will supply the recipes to the other couples or if each couple will be responsible for finding their own recipes once a course is assigned.
- Decide whether the food will be cooked at the hosts' home or prepared at members' homes and brought potluck-style.
- Have the hosts check with the other couples a day or two beforehand to see if any special appliances, last-minute preparations, or unusual serving dishes are needed.
- If cooking will be done on the spot, be sure participants bring their recipe ingredients and any out-of-the-ordinary cooking utensils needed to prepare the meal.
- Start by planning well-known foreign cuisines such as French, Indian, German, etc. Then branch out to more unusual areas—cooking with wine or herbs, a New Orleans brunch, a Hawaiian luau, etc.
- Take advantage of source material available from your city library. They usually have a variety of cook books to help with recipe research as well as "mood setters" you can rent such as records and films.
- Relax and have fun! ■

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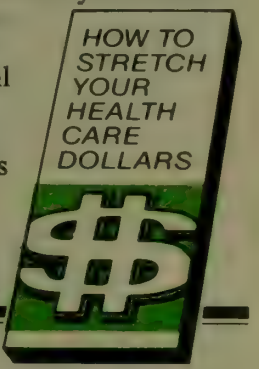
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See "Mutual of Omaha's Wild Kingdom" on TV, weekly. Check local listing for time and channel.

OVER-ROOFING WITH CEDAR SHINGLES OR SHAKES

If this is the year you can no longer put off re-shingling your roof, consider using cedar shingles or shakes. Their striking good looks and durability can be worth their extra cost. And re-roofing over asphalt shingles is not all that difficult an operation.

A "square," the unit of measurement used for shingles, covers about 100 square feet of roof area. Figure the area of your roof, then let your roofing dealer help you determine how much additional roofing you'll need to accommodate your roof's pitch. Add one square for every 100 linear feet of hips and valleys, too. Ordering factory-assembled hip and ridge shingles will save application time later.

You'll need other supplies besides shingles or shakes: 5d or 6d rust-resistant roofing nails (about two pounds per square), metal flashing, rust-resistant paint, cedar 1x6s, cedar bevel siding, plastic cement, and (if you're re-roofing with shakes) 15-pound asphalt roofing felt.

No self-respecting roofer would be caught near a square of shingles without a shingler's hatchet. This handy tool, with its corrugated nailing head, adjustable exposure guide, and sharpened blade and heel, will perform nearly all the chores required during a re-shingling operation like this.

Other equipment you'll need includes tennis shoes or other rubber-soled shoes for sure traction on the roof, a stepladder or an extension ladder, a straightedge, a chalk line, and a hand-held power saw to facilitate trimming the shingles.

Preparing the roof

With your shingler's hatchet, cut off the first course of old asphalt shingles at the eaves, and cut back the old shingles about six inches from the gable edges. Also remove the old ridge shingles. Nail cedar 1x6s in place of the old roofing at the eaves and gables. Replace the old ridge shingles with cedar beveled siding, nailed with the thin edge downward.

Nail cedar lumber over exposed valley flashings, too, to separate the old metal from the new. Coat the new flashing on both sides with rust-resistant paint. Nail the new flashing in place, letting the flashing extend ten inches on either side of the valley's center line, and seal the flashing edges with plastic cement.

Starting out square makes re-shingling easier, so take the time needed to correctly position those first courses. To determine where your guideline should be, measure the depth of a shake or shingle, then subtract 1½ inches to allow for the eave overlap of the starter and first courses. Measure the established distance from the eave edge of the roof and snap a chalk line.

Applying cedar roofing

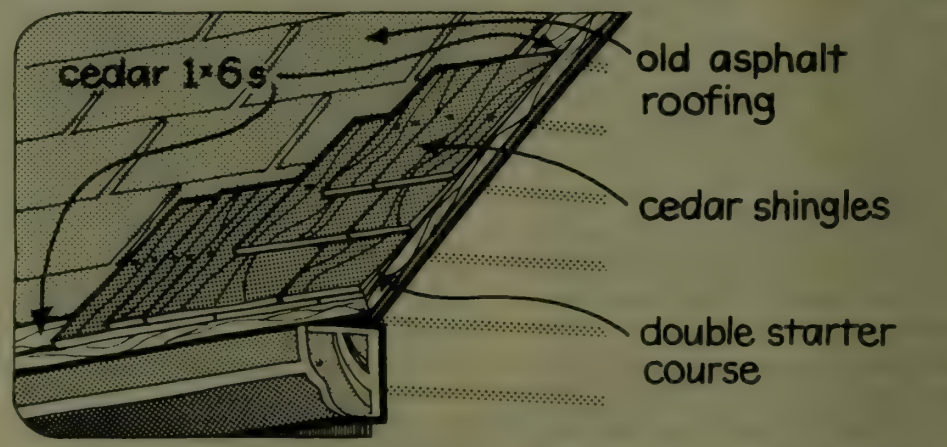
You can apply *cedar shingles* right over the old asphalt shingles. Double the starter course, staggering the layers so that the joints don't meet. Let the butt edges of the starter and first courses extend 1½ inches beyond the eaves so water will drain properly into the gutters. Space the cedar shingles in each course ¼ inch apart, and offset the joints of adjacent courses at least 1½ inches.

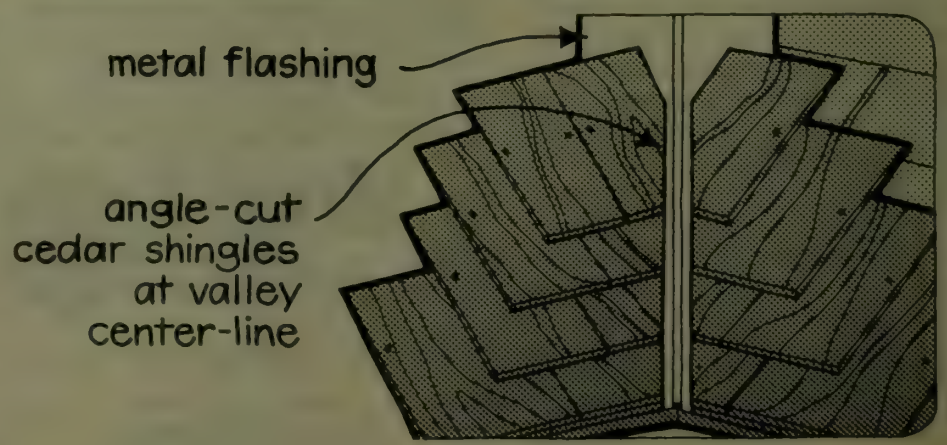
Use only two nails per shingle, positioning them ¾ inch from each edge and about ¾ inch above the butt line of the course to follow. Drive nailheads flush with the surface of the shingles.

Exposure varies with the depth of the shingles. For 16-inch shingles,

continued on page 58

Drawings: Blaser/Court Studio





The difference between good and great.

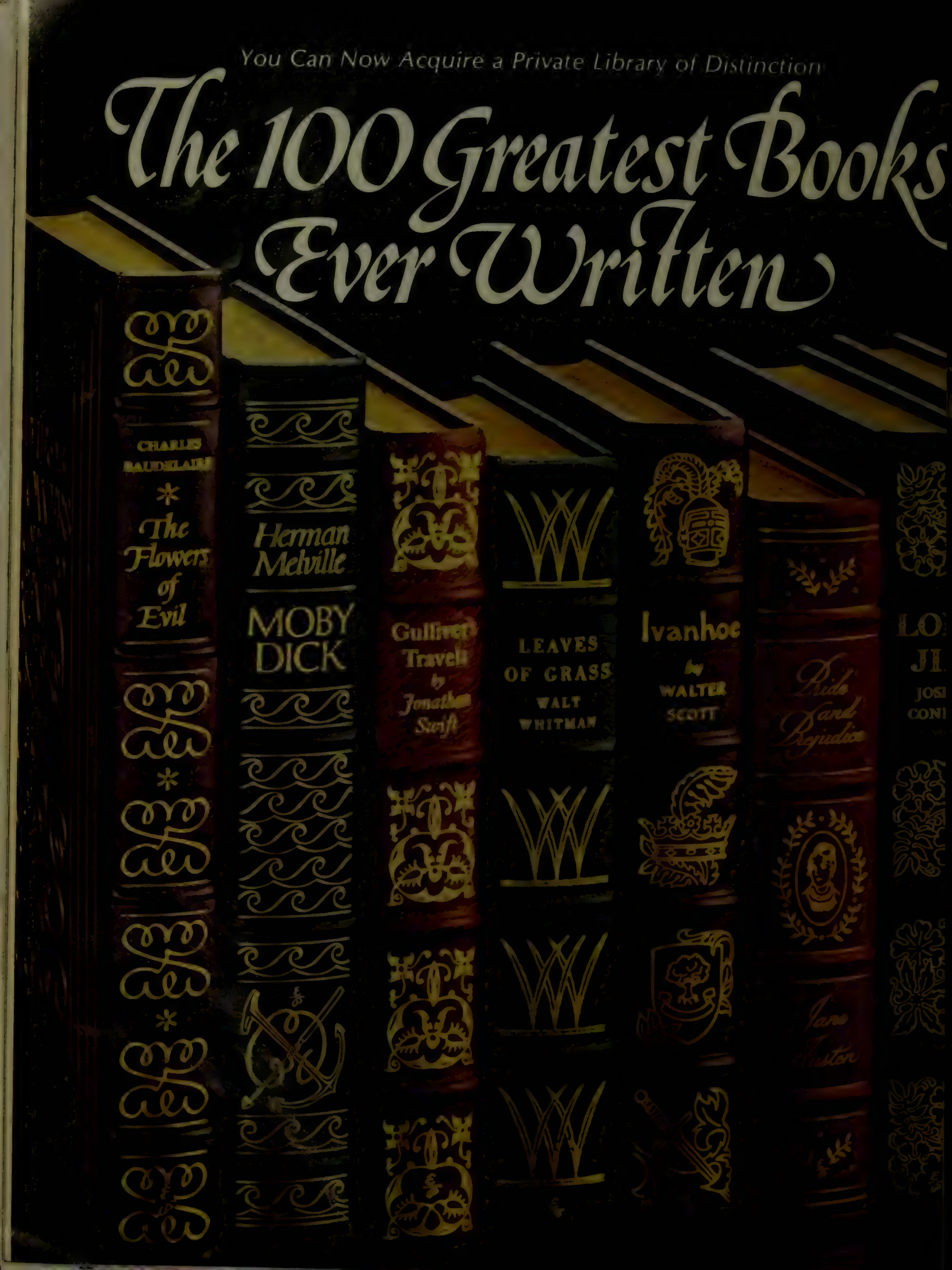


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(Continued on next page)

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(Continued from previous page)

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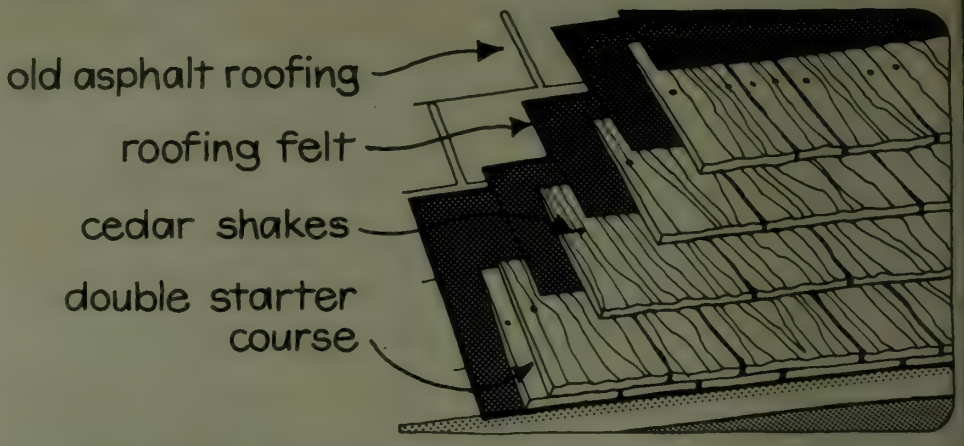
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BH85

begins on page 52

Over-roofing



allow five inches of exposure; for 18-inch shingles, expose 5½ inches of each shingle.

Use the exposure guide on your shingler's hatchet to align the second and all succeeding courses. Or, if you're working without the hatchet, snap chalk lines as you go to keep each course aligned.

Continue nailing on courses, working across and up the roof. When you encounter a valley, nail the shingles over the metal valley flashing and angle-cut the shingles parallel with the valley so that the exposed valley gutters are about six inches wide.

Finish the roof by nailing the special hip and ridge units in place, allowing the same exposure used on the field areas of the roof.

When you re-roof with *cedar shakes*, you do not have to remove the asphalt shingles at the eaves, gables, and ridge of the roof. Instead, you prepare for the new layer of cedar roofing by laying 15-pound roofing felt over the old asphalt shingles. Lay a continuous strip of 36-inch-wide felt at the eave line, nailing the felt about every 12 inches along its edges. Then apply a double starter course of the cedar shakes, letting the butt edges of the shakes project 1½ inches beyond the eave. After each course is in place, lay an 18-inch-wide strip of felt so that its bottom edge lies above the shake butt edges, *see drawing, above.*

Allow a ½-inch space between the cedar shakes in each course, and offset joints in adjacent courses by at least 1½ inches.

Use two nails per shake, positioning them about one inch from each shake edge and one or two inches above the butt line of the course to follow. Be sure to drive nailheads so they are just flush with the surface of the shakes. For 18-inch shakes, allow 7½ inches of exposure between courses; for 24-inchers, separate the courses by ten inches. ■

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LOVE SEAT LOGISTICS

For the person sitting in the middle section of a sofa, carrying on a conversation involves as much head swiveling as watching a tennis match. To make conversation easier —and your furniture arrangement more flexible—consider using a pair of love seats instead of the usual sofa-and-chair arrangement. Here are two examples.



Photographs: John Rogers. Design: Joyce K. Wynn, ASID/Kathryn Carter, ASID. Source: Barbara Sims/Linda Magazzine

▲ Twin love seats form two sides of a squared-off conversation area in this informal living room. The traditional spot for such a grouping is in front of the fireplace, but here the furniture is arranged in line with the double French doors to spotlight the backyard view as well as the built-in storage wall. Two antique Lincoln rockers help balance the heavy love seats. Plump floor cushions substitute for chairs when more seating is needed. The square cocktail table doubles as a cozy spot for casual change-of-pace dining.



Design: Ann Robinson Musgrave, ASID
Source: Barbara Sims/Linda Magazzine

◀ Quiet, undisturbed conversation comes naturally in a room arranged like this one. Flanking the carved Victorian mantel is a pair of love seats with comfortable loose-back cushions. Additional seating is provided by small-scale, easy-to-pull-up rush benches that don't block off the grouping the way heavy chairs would. A patterned area rug visually sets off the conversation space from the rest of the room, and simple Roman shades, hung as high as possible above the window frames, keep the scheme light and open. ■



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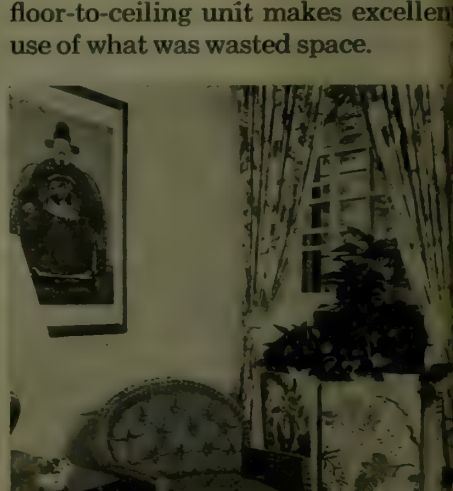
Cover-ups for climate controllers

Of course, we wouldn't want t live without them, but radiators an air conditioners can be eyesore Here are two clever and easy way to make these decorating problem practically disappear.



Photograph Source: Jessie Walker Associates
Design: Dale Munday

A wall air conditioner jutting int the room is neatly camouflaged b this vertical bookcase. Made of ten inch-wide pine "step lumber," th floor-to-ceiling unit makes excellen use of what was wasted space.



Photograph: Ross Chapple. Design: Stewart & Co.
Source: Ellen Deymier Leubecker

An attractive two-panel scree completely conceals the ugly ra diator in this room, while hardy plants help hide the air conditioner The screen panels are made out o ⅛-inch particleboard. Covered i fabric to match the draperies, th screens look like a part of the windo treatment rather than a disguise.

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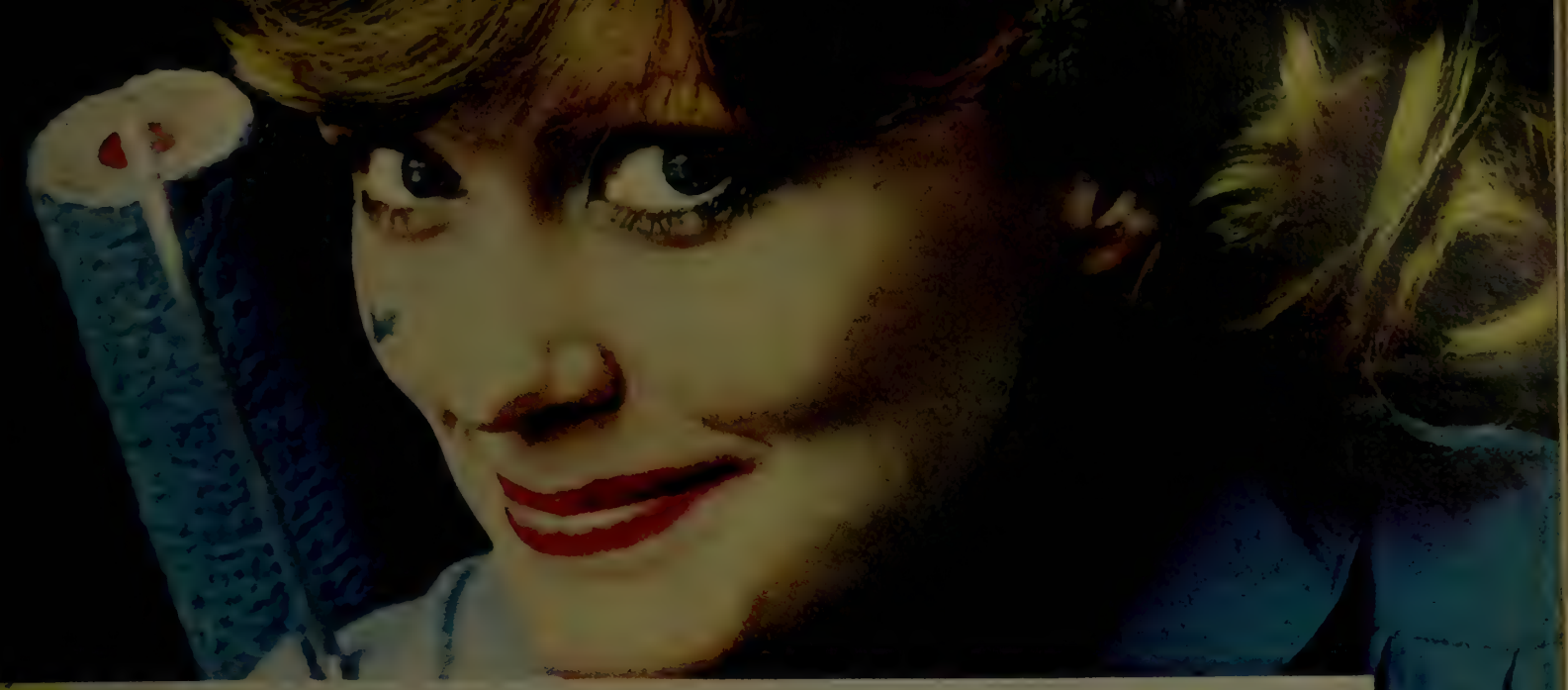
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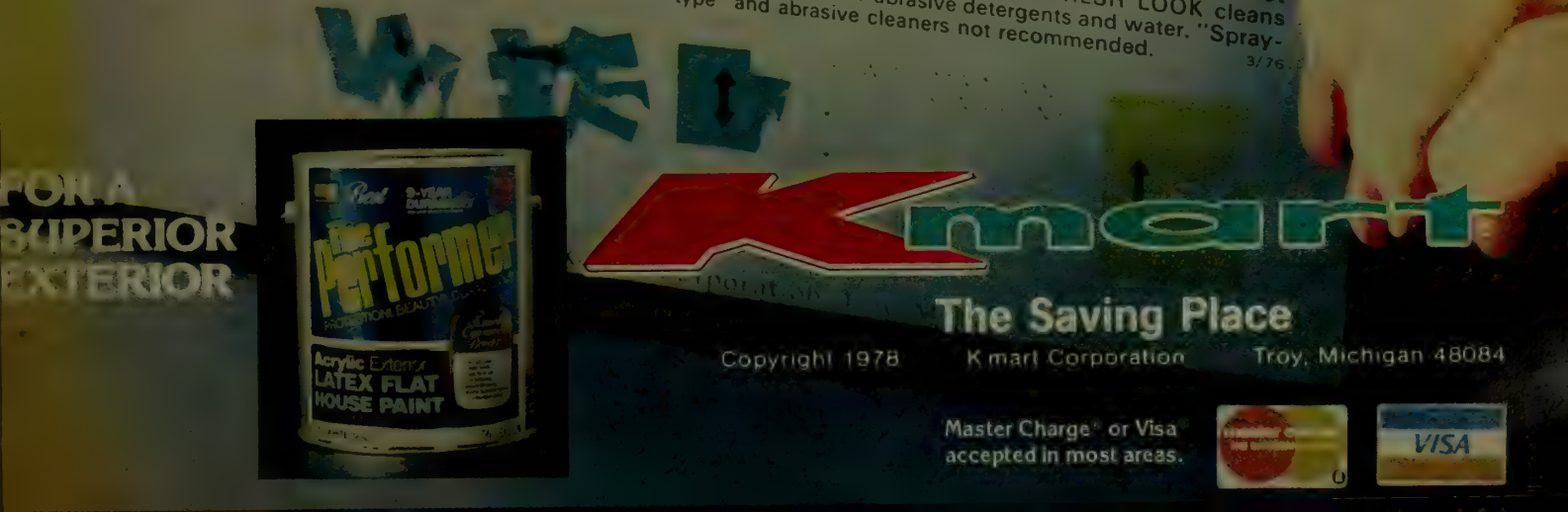
HOW TO PREPARE FINISHED SURFACES: For maximum paint adhesion, WASH THOROUGHLY WITH POWDER DETERGENT AND WATER — RINSE COMPLETELY. Make sure all dirt, grease, soap film, oil buildup are completely removed Patch all holes and cracks with patching paste allow to dry — and sand smooth. • *Wallpaper* — Before applying new finish, paste all loose sections down — sand smooth If pattern stains through, coat with Wall Primer and Sealer — allow to dry overnight. • *Glossy Painted Surfaces* wash with household powder cleaner in water – rinse well, or sand lightly.

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SOLO SEATING

Not every seating arrangement requires two or more chairs. Sometimes solo seating makes the most sense—especially if you have a small blank space to fill. Here are two appealing arrangements especially planned for the pursuit of solitary pleasures.

Top: A simple grouping of contemporary furniture pieces forms an inviting vignette against this exposed brick wall. For comfortable reading, there's a canvas-and-wood chair with a back that tilts, and an easy-to-move wooden cube that does double duty as a table and a leg rest. The modular plastic wall unit provides close-at-hand storage for books, magazines, and writing materials.

Bottom: Sitting solo means you can cater to your own idea of relaxation. The person who lounges in this soft-sculpture chair is surrounded by the "necessities" of life—a box filled with favorite books, a reading lamp, a small table for snacks, and a telephone placed just a lazy arm's length away. And believe it or not, the striking "mop art" wall hanging is just that—industrial mop heads nailed to plywood. What looks like a roll of toilet paper, however, is really note-paper hung conveniently close to the telephone. ■



Photographs, Source: Jessie Walker Associates. Design: Id: the idea store



Design: Jerryll Habegger

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Laying a ceramic floor yourself

A ceramic tile floor is a big remodeling investment, but there is a way to cut the cost substantially. You can lay the floor yourself and sidestep installation fees. Here's how to do the job right.

Three methods are suited to the do-it-yourselfer. (1) *The dry-set method* involves using a special dry-set or latex/portland cement mortar to install ceramic tiles over concrete. (2) *The epoxy mortar method* calls for an epoxy grout. Pros recommend applying it over ⅝-inch exterior grade plywood underlayment, supported by a subfloor of ⅝-inch plywood or ¾-inch-thick boards. (3) *Use an organic adhesive* over ⅜-inch exterior plywood and a subfloor of ⅝-inch plywood or ¾-inch-thick boards. Grout with latex-modified cement or epoxy.

Surface preparation. Ceramic tiles aren't flexible, so first make sure the surface under them is firm and even. Then clean the floor and remove shoe moldings. Cut off the bottoms of door stops and casings; don't try to fit tile around them.

Install plywood underlayment, leaving ⅛ inch between sheets to allow for expansion. For epoxy mortar, the gap should be ¼ inch.

Laying out the floor. Strike two intersecting lines, each connecting the midpoints of opposite sides of the floor. If necessary, readjust the start line that's parallel to the doorway so you'll end up with full tiles at the door.

Installation procedure. Unless you're using the dry-set or epoxy method, stick with flat tiles; the more rustic ones are sometimes warped and won't adhere properly to the thinner organic adhesive. Floor tiles don't have spacer lugs, so make spacers in the recommended width for the grout you're using.

With a notched trowel, spread the adhesive over a three-foot-square area bounded by the intersection of the two guidelines. (Work quickly if you're using dry-set mortar.) Starting with the corner of the first tile touching the center mark, set tiles first along one guideline, then the other; fill in between the two rows, setting each tile with a twisting motion.

To cut a border tile, use a special tile cutter. Then place the cut edge within ¼ inch of the wall; molding will cover the edge.

Level the tiles by tapping them with a wood block and hammer. Let the adhesive cure at least 24 hours before grouting, 48 hours for dry-set mortar. Remove spacers.

Use the grout recommended by the tile manufacturer. Spread the grout with a wide spatula or rubber squeegee. Wipe off excess grout with a damp cloth, smooth the joints, and wipe again with a clean, dry cloth.

Pros recommend using silicone rubber grout for shower and bathroom floors. Apply the silicone with a caulking gun; follow tube directions for cleanup. Let the floor dry 24 hours after grouting. ■



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Where's the window?

If you've finally decided that your problem window can't be cured by a "treatment," resort to a camouflage. Here are three examples of decorative and effective cover-ups.

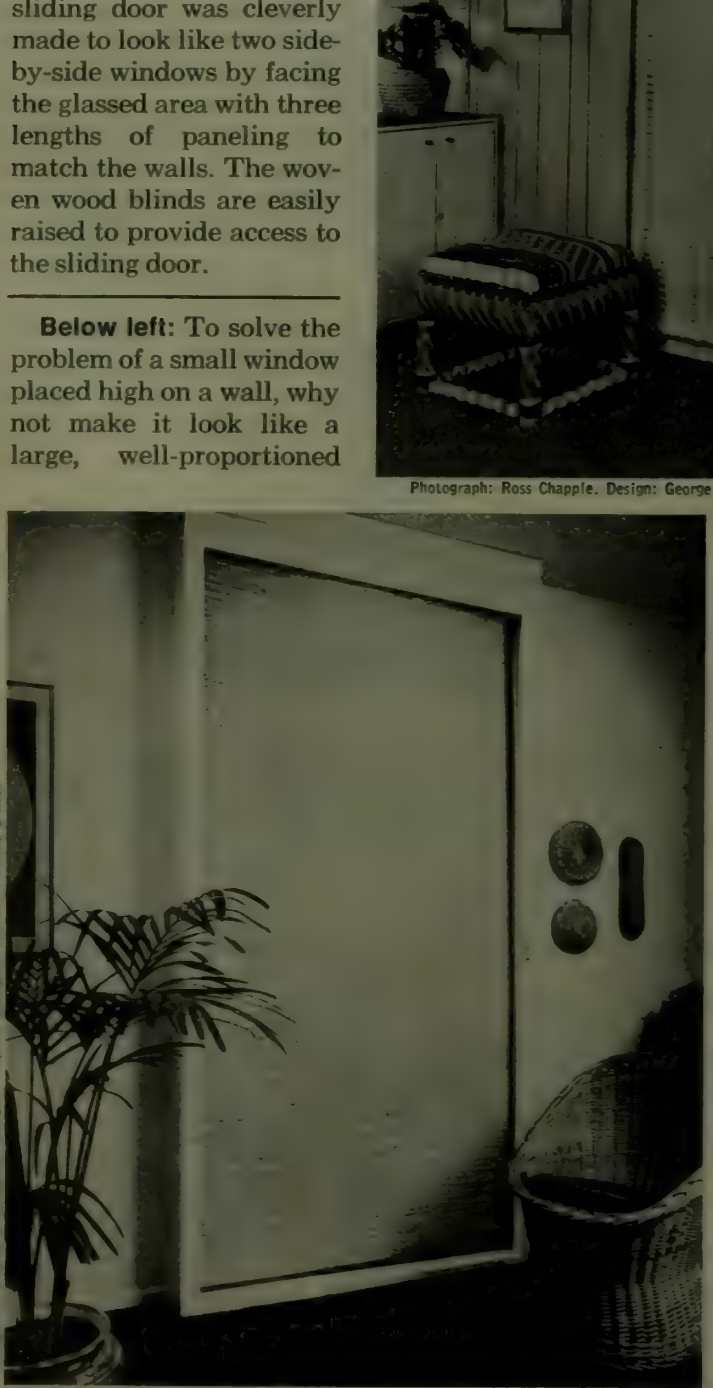
Right: Just because you're stuck with a standard sliding glass door doesn't mean you have to stick with a standard window treatment of traverse draperies or curtains. This sliding door was cleverly made to look like two side-by-side windows by facing the glassed area with three lengths of paneling to match the walls. The woven wood blinds are easily raised to provide access to the sliding door.

Below left: To solve the problem of a small window placed high on a wall, why not make it look like a large, well-proportioned window? These homeowners did just that by building a floor-to-ceiling frame around the existing window. Then they installed a woven blind inside the frame to cover both the window and the wall below it. The roller of the blind was placed at floor level so the blind opens down from the top instead of up from the bottom. This way, the blind can be lowered to expose the window, but not the wall below.

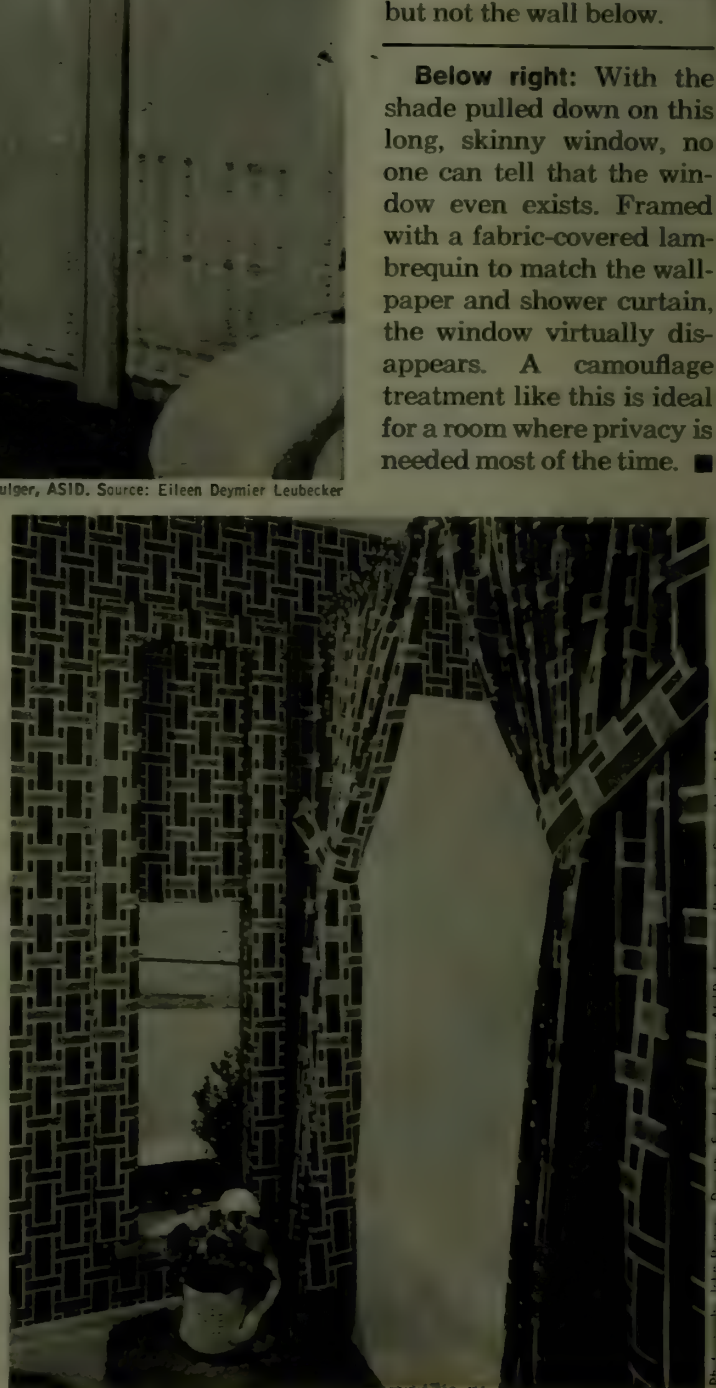


Photograph: Ross Chapple. Design: George Bulger, ASID. Source: Eileen Deymier Leubecker

Below right: With the shade pulled down on this long, skinny window, no one can tell that the window even exists. Framed with a fabric-covered lambrequin to match the wallpaper and shower curtain, the window virtually disappears. A camouflage treatment like this is ideal for a room where privacy is needed most of the time. ■



Photograph: George de Gennaro. Design: Pasquale Vazzano. Source: Pauline Graves

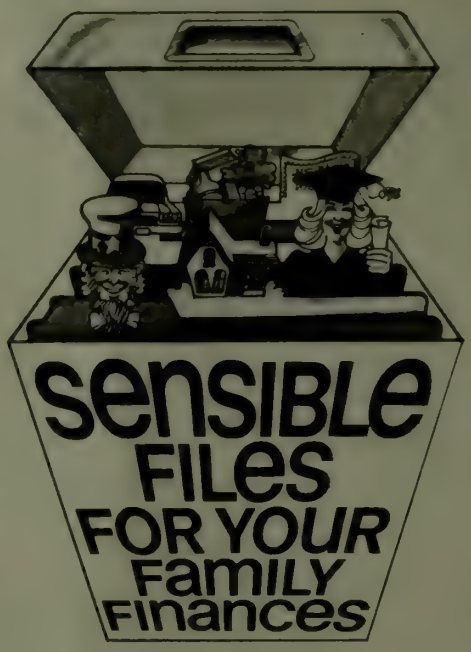


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Sensible Files For Your Family Finances

Today's family finances are no mean trick to handle. Inflation demands strict vigilance over your dollars, and the vast choice of goods and services in the marketplace requires sharp-eyed consumer savvy. No doubt some shifts in work patterns and family life-style have altered your financial needs as well. To help you keep on top of it all, here are some guidelines for setting up a financial records system that works.

Before you start

Some basic concepts should help you keep your money records in order for efficient use and the best protection of your family's interests.

The first rule is to arrange a specific place as your family money center. That can be a desk, a corner in the kitchen, wherever you choose. What counts is to have all your tools on hand in one spot: budget book, checks, a place for receipts, current files, a calculator or adding machine, pencils, paper, mailing materials.

Second, don't get bogged down in conflicts about who should take charge. The family financial manager should be, simply, the person who has the aptitude and the time. You and your spouse each might take on specific tasks, you might do it all together, or one of you might run the show. Just be sure that you agree on who will do what—and that you both understand how your files are set up and what procedures to follow.

Third, routine does count. That doesn't mean you must attend to your bookkeeping every night of the week. You should, however, agree to some basic procedures and get into the habit of following them. For example, all pertinent records—such as bank statements, receipts, bills, and legal documents—should go directly to your family money center even though you may not file or act on them right that minute.

You also should try to follow a regular schedule for attending to your money business. Balance checking accounts soon after the statements arrive, to keep your picture of your cash situation up to date. Review bills and arrange them so they're paid by the due dates.

In addition, agree on a regular session, at least once a month, when you'll go over financial matters generally. That could be a good time to discuss major buying decisions, vacation plans, and similar matters with the entire family.

There's no need to bring the kids in on all the details of your family finances, but do involve them in general discussions and show them how the basic tools are used. Youngsters can write out checks, ready for your signature, for bills to be paid. Show older children how you balance your checkbook, where you file away important papers, how you plan your savings to cover emergencies and aim for specific goals.

The more you make money matters routine, the more you'll help your kids (and yourselves) learn to manage efficiently. You'll avoid wasted effort, and you'll be providing for yourself the best foundation on which to make wise decisions.

Setting up your files

Your home files serve three purposes: 1. to manage daily financial activities; 2. to make important records readily available; 3. to get older records out of the way. All you really need for that third purpose, called "dead storage," is a box or two in the attic or garage to hold papers you just might want to resurrect sometime in the future.

Your other files are more active, though, and should be kept right at your family money center. Probably it's best to have a file drawer there, or a metal storage box, designed to hold several manila folders upright. You can divide one drawer into "day-to-day" files in the front (they won't take up much room) and "records" in the back. Or, keep your records files in the file drawer, your daily files in the desk.

Here's how to set up your files. You may want to create some variations on these ideas, but above all, keep things simple. The fewer categories you have, the better.

Day-to-day files

Here's where you keep your budget and track your cash flow through the weeks. There's no need to write down every penny you spend, but you should keep a rough record—every week or so—of how your money flow has fared.

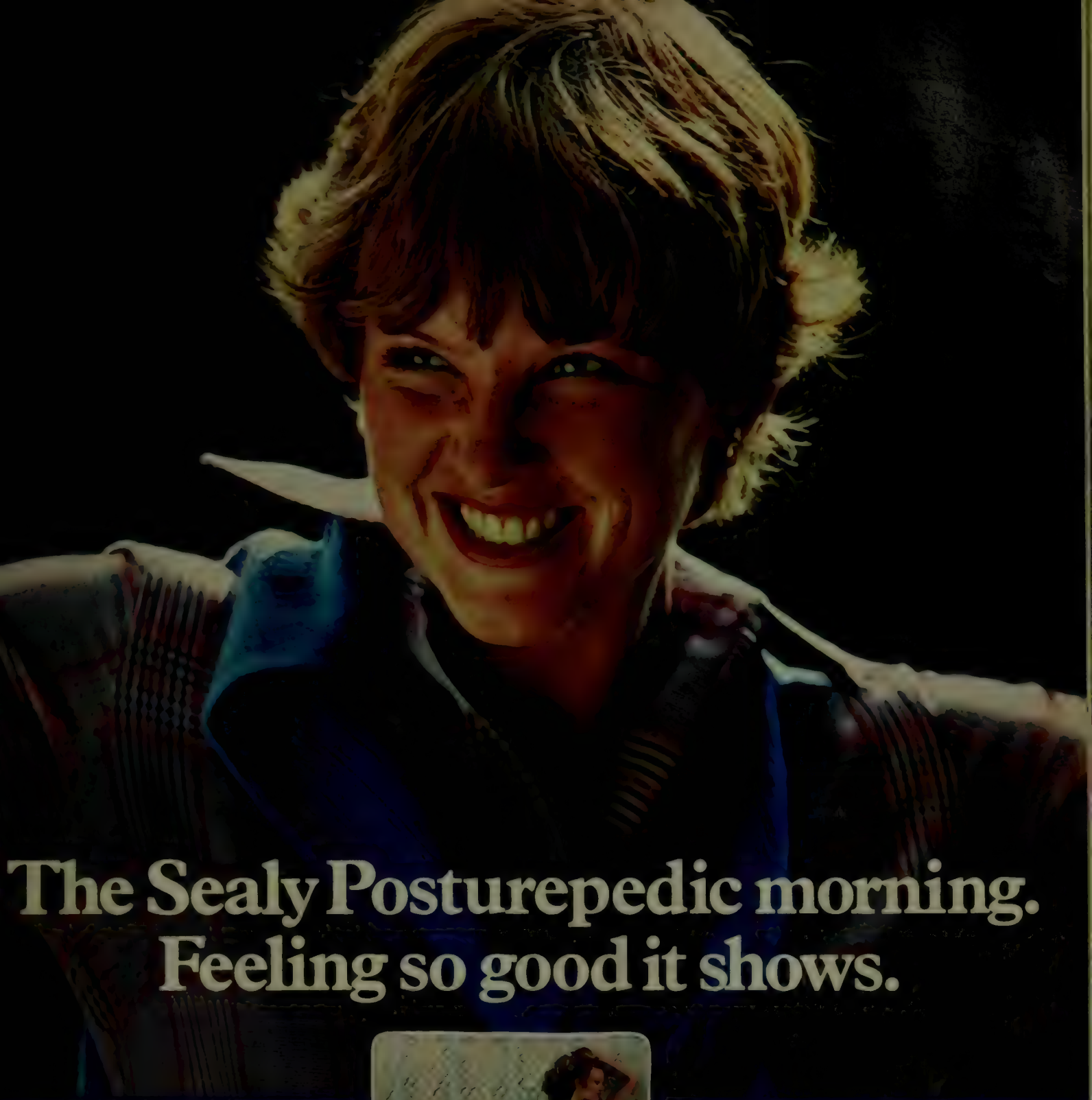
This is also your "tickle" file: the place to keep reminders of actions to take soon.

Divide your day-to-day files into five sections:

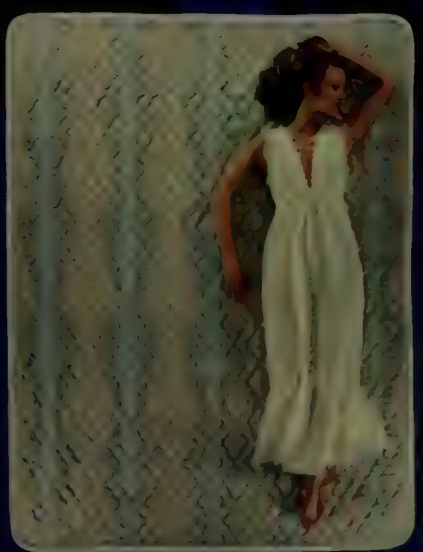
- **Bills and receipts.** Put all bills here as soon as they come in, and mark them "paid" once they are. Keep bills and receipts in this file until you have transferred the totals to your budget ledger (once a month is fine). Then move receipts and paid bills to their proper spot in your records file (see below).
- **Budget.** Keep a copy of your yearlong plan in this file, plus whatever ledger or notebook you use to record your spending.

continued

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continued

Family financial files

● **Checkbook.** This puts the proper tool right near the bills you must pay. You'll keep canceled checks in the records file.

● **Current activities.** This is a reminder and records file. You might keep your engagement calendar here, then record specific trips for medical treatment or volunteer work for future tax records. Also jot down financial notes to yourself as the thoughts arise. If there's action to take involving specific documents, put them here, too, with a note explaining what should be done. (The note will communicate to other family members in case you're not around at the time.) Keep a "priority" sheet in the file, too, listing various actions with a number showing the order of importance. Cross off actions when you're done and update the priorities from time to time.

● **Papers to file.** This folder gives you a central spot to put your various papers in transit, rather than letting them lie all around the house with the mail and other pieces of loose paper. Just don't let the file get too full. Be sure you move the to-be-filed items into their proper place in the records file at least once a month.

Active records files

Handling the family's money affairs is rather like operating a small business. You have taxes to pay, income to track, insurance to buy, inventory to watch, salaries—well, allowances, at least—to pay.

Rather than try to break down all your different concerns into lots of individual files, it's probably simpler to stick to some basic categories. Here are 13 areas that concern most families. You may want to combine some or add a few more—a separate file for your car, for example, or vacation plans. Again, though, keep simplicity in mind.

● **Checking accounts.** Keep past bank statements here, plus canceled checks until you refile them for income tax purposes or for permanent records about such matters as home improvements or investments.

● **Credit cards and charge accounts.** Before you put paid bills in this file, circle those items that could eventually affect your tax records—like entertainment of business clients or lamps for your home office. Most important, keep an up-to-date list of all credit card accounts, with card numbers, renewal dates, places to call and write if a card is lost or stolen.

● **Employment records.** This file holds itemized stubs from your paychecks, social security records, résumés, and the like.

● **Financial planning.** Summaries of past budgets, plus yearly updates of your net worth (everything you own, minus everything you owe), go in here.

● **Home.** File copies of all ownership papers—your mortgage, canceled checks showing home purchase costs, and so forth. Also, keep all evidence of home improvements—receipts, contracts, and canceled checks. The purchase costs and home

continued



"In my original recipe for Trout Meunière, the only Worcestershire Sauce I use is Lea & Perrins." *—Chef Nick Mosca, owner of Elmwood Plantation, New Orleans, La.*



When chefs of world-famous restaurants create recipes, they always give them a deliciously distinctive flavor. "In my Trout Meunière, I use Lea & Perrins for added flavor," says Chef Mosca. "I first used it 45 years ago in my father's restaurant... and I still do today." Unlike its imitators, Lea & Perrins is naturally aged in wooden casks. It takes over two years to reach peak flavor. And Lea & Perrins' century-old recipe uses only natural ingredients. That's made it the choice of great chefs for generations. They know other worcestershires can't match its unique, original flavor. Try the recipe below, or create your own with the Original Worcestershire Sauce—Lea & Perrins.

Make your next dish an original with the Original Worcestershire Sauce—Lea & Perrins.

Chef Mosca's Trout Meunière

4 (4 oz. each) fillets of trout*
½ tsp. salt
2 Tbsp. flour
6 Tbsp. butter, divided
2 Tbsp. fresh lemon juice
1 Tbsp. Lea & Perrins Worcestershire Sauce

Sprinkle fish with salt; dredge in flour. In large skillet melt 2 Tbsp. butter. Add trout; saute over moderate heat until golden, about 2 minutes on each side. Remove to a platter and keep warm. In small skillet melt remaining butter. Add lemon juice and Lea & Perrins. Simmer until thoroughly heated, about 2 min. Pour over fish. Garnish with lemon wedges and parsley, if desired. Yield: 2 to 4 portions

*or substitute fillets of sole or flounder.

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continued

Family financial files

improvement bills will affect how much capital gains tax you'll owe when you sell the house.

● **Household management.** This is a catchall file for information about equipment, utility costs, food purchases, clothing, and other personal property. (You may want to break the category down into several subfiles.) Include warranties and instructions for appliances, vacation vehicles, and the like. Also, keep a *household inventory* listing the contents of every room in your home, approximate value of all you own, when you bought various items, and so forth; it's a detailed record that can be critical in case of damage by fire or other casualty. Add to the inventory whenever you buy major items, and update the entire list every year or so.

● **Insurance.** Copies or originals of all policies go here, including life insurance, auto, homeowners, health, and personal property policies. Include a sheet showing the names and addresses of your agents.

● **Loans.** This file holds copies of any outstanding personal, installment, or other kind of loan agreements you have, except for your mortgage, which is in the "home" file.

● **Personal records.** Some are difficult to replace and should be kept in a safe deposit box, but you can keep copies here, or at least a running record of the pertinent facts, like dates and places. The list would include birth certificates, divorce or separation agreements, death certificates, veterans papers, and so forth.

● **Retirement.** This is for information on company pension plans, personal pension plans (Keogh or Individual Retirement Accounts), annuities, social security, and the like. Also include notes or other material concerning all sorts of retirement needs—information on places to live, how to collect social security, and so forth.

● **Savings and investments.** Put savings account passbooks here, plus records of savings certificates. Investment records should cite stocks, bonds, mutual funds, U.S. savings bonds, real estate, any other investments you own. Keep irreplaceable certificates in your safe deposit box, however. Also, identify your broker in this file.

● **Taxes.** Your income tax returns for the past three years should stay in the "active" files. (Earlier returns go into dead storage.) The active tax file also should hold property tax records. And, you might add receipts for major purchases so you can keep an ongoing record of your sales tax expenses over the year.

You may choose to stick records of potential income tax deductions here—receipts from doctors, casualty loss records, and so forth. Some people sort their canceled checks each month for potential itemized deductions, and stick the evidence in the tax file as the year progresses. Others keep the checks with the monthly statement from the bank, then sort the checks at tax time.

● **Wills and estate planning.** Put copies of your wills here, with a note indicating where the originals are located. Also include records of trust agreements, a letter outlining how you would like final services and your estate handled, any other instruction to help your family cope. A complete list of your assets, insurance policies, financial advisers, and other pertinent information—including location of your safe deposit box key—is crucial, too.

Be sure you each have a will; it's the best way possible to protect your family's welfare. In most states it's better to have originals of wills kept at a lawyer's office. That's because the state may seal your safe deposit box—even if it's jointly held—for a while at death.

How long should you keep records?

Probably for a lot less time than you think. At the least, move all but your most current records out into dead storage as soon as possible. And, toss out any extraneous records. Here are some basic points to consider.

● **Tax records.** You'll need canceled checks, receipts, diaries, whatever other pertinent evidence exists to back up claims for deductions on your federal and local tax returns. Throw out everything else, once you've prepared your taxes. Don't double up on records, either. You can toss out salary check stubs, for example, once you've received and reviewed your W-2 form.

The IRS may audit your return for up to three years after you filed, though you're vulnerable to audit for up to six years if you've understated your income considerably. (You're open to question at any time if there is serious question of fraud.) Keep detailed records for five years, in case your income takes a huge hike and you have occasion to income average to save tax money. Keep copies of all your tax returns indefinitely, with your W-2 forms stapled to them.

● **Home records.** Hang on to all evidence of purchase cost, closing costs, buying and selling expenses, and permanent home improvements. Also document maintenance costs for fixing up your home within 90 days of the sale. All these records can affect the capital gains tax you'll owe when you sell.

● **Securities.** You'll need all purchase and transfer cost records until you sell, when you have to figure capital gains or losses on your tax return. Make a record of the December 31, 1976, market value of securities you owned then. Recent tax legislation sets that date as the basis for figuring certain estate taxes. (The same is true of real estate and other properties with potential capital gains.)

● **Other real estate.** A second home, raw land, and other properties are subject to the same rules that apply to your home. If you're a renter, hang on to the lease for reference in case you and the landlord disagree.

● **Personal papers.** Discharge certificates and service records are vital to obtain veterans benefits. Marriage certificates, birth certificates, adoption papers, and similar documents can play a critical role, especially at estate settlement time. Divorce papers and property settlement agreements also are crucial.

● **Loan agreements.** Hang on to them until the obligation is discharged. Try to get a copy of your

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continued

Family financial files

mortgage from your lender (he keeps the original). Don't lose writ ten documents about loans you have made to other people, no matter how informal the arrangement. That written proof may come in handy.

What documents should be kept in a safe deposit box?

Generally, a safe deposit box is right for papers that are difficult o impossible to replace, or that have negotiable value for anyone who has them in hand. For example, birth and marriage certificates, service records, securities, property deeds titles to cars and similar property contracts, and patents should go in your safe deposit box. Also put a complete list of your assets there with dates and prices of purchase, locations and numbers of bank accounts, details of life insurance policies (the originals can be replaced easily and can be kept at home) names and addresses of money advisers. Keep a duplicate of this list in your home files. Make sure several family members know where this information is located. ■

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THE NURSING HOME DILEMMA

Part 3: Coping with the cost

In the last two issues of Better Homes and Gardens *we explored two important aspects of the nursing home dilemma: how to decide whether a nursing home is the right course for an elderly parent, and how to go about choosing the best possible care. This month, in the last of three articles, we discuss the complex and frustrating problems families face when it comes to financing—or trying to finance—good nursing home care.*

Good nursing home care is expensive. It costs patients from $600 to $1,200 a month (the average is somewhere between $800 and $1,000) depending on the type and location of the home, the services it offers, and the services the resident needs.

For the elderly, or their families, who haven't provided for such an eventuality and must pay for care out of pocket, the effects are staggering. If the nursing home stay is extended, the parent's savings—wisely put aside for retirement living—may be quickly exhausted.

Nursing home care can also be an especially heavy burden for adult children if they are forced to divert their own income to keep an aged parent in a nursing home at a time when they're planning their own retirement and putting their own children through college.

Not only is paying for nursing home care a severe financial drain; it's an emotional drain as well.

Unfortunately, there is no simple solution. Financing nursing home care is an area filled with inconsistencies and variables that change—almost daily—from state to state and home to home. Here is the basic information you need to know.

How care is financed

There are three basic ways to pay for nursing home services. A resident may:

- pay the bill alone, using private funds or funds provided by the family;
- be assisted, for a time, by Medicare;
- have the entire cost of care paid by Medicaid, another governmental agency, or a private charitable institution.

Private payment

Thirty percent of nursing home residents pay their monthly bills out of their own pockets, without assistance from either Medicare or Medicaid. Some private paying clients meet their long-term care bills by selling their own homes.

Mrs. A., for example, purchased a home in a metropolitan area in 1955 for $25,000. Because of the enormous rise in the value of real estate, she sold her home in 1970 for $70,000. If her bill in a skilled nursing facility is $1,000 per month, she can pay for nursing home care for almost six years—three years longer than the average stay in a nursing home.

But if Mrs. A. is discharged from the nursing home after a year, where is she to live? Her home has been sold and the income from the sale has been deplenished by $12,000. Mrs. A. must now use the remaining principal to provide living accommodations, food, and all the other essentials of life. Also, chances are she'll again require one or more nursing home stays in her remaining years.

If Mrs. A's family and physicians conclude that there is little likelihood of a complete recovery, selling her home to provide for nursing home care is a wise decision under the circumstances. But what happens to the elderly resident who, unlike Mrs. A., has no home to sell?

In such situations the elderly person is often assisted in meeting his nursing home bills by other family members (usually children) and by whatever personal income he may have of his own—pensions, revenue from stocks, bonds, other investments, and social security. Some nursing homes or homes for the aging (usually those sponsored and operated by church or fraternal organizations) even have endowment funds that are used to provide care for members who would otherwise be unable to afford it.

- **Continuing care contracts.** Homes for the aging often differ from skilled nursing homes or intermediate care homes because they accept the well elderly along with the sick. Many elderly, thinking about their futures, are interested in this type of arrangement. They want a good place to live while they are in good health, and the security of knowing there will be a place for them if they become sick and need nursing care.

Entering such a home is often expensive. The resident usually signs a "continuing care" or a "life care" contract when he or she is admitted, and usually pays a sizable one-time fee. This may range from $1,500 to $80,000 depending on the location of the home, its services, and its size and appointments. The resident, who may move in with his or her spouse, also pays a monthly service and maintenance

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continued

Nursing homes

charge. (For more information about continuing care homes, write for *A Guidebook for Consumers*, Publications, American Association of Homes for the Aging, 1050 17th Street, Washington, D.C. 20036. Enclose 80 cents.)

The resident may be required to pay only on a monthly basis; other homes require that the resident turn over all assets to the home and, in return, the home agrees to provide living quarters, food, and social and other services for the rest of the person's life.

Generally, when the person leaves the residential setting and enters the nursing care section, he often will be expected to pay an increased monthly fee, although some nursing care may be available at no additional cost. Most residents will be entitled to Medicare, and many to Medicaid.

Medicare

If Mr. B. participates in the Medicare program of health insurance run by the federal government for people 65 and over, his financial picture will look a good deal brighter—for a brief time. Medicare will pay all "allowable" costs for the first 20 days in a Medicare-certified skilled nursing facility. After this period it will cover a portion of the costs (all daily allowable costs except the first $18, which the patient pays—through private insurance or out of pocket), up to 100 days.

Beware: The 100-day time period is not the only limiting factor; the qualifications for receiving Medicare assistance for nursing home care have become increasingly restrictive for elderly persons.

To be eligible, the patient must need skilled nursing home care following a hospital stay that lasted at least three days. Or, if he comes to the nursing home from his own house or apartment, he must have been hospitalized no longer than two weeks previously. In either case he must enter the nursing home to recuperate from the *same* illness for which he received care in the hospital.

And that's not all. Once he is in the home, there must be clear signs that his condition is improving.

Because of all these restrictions, it's not surprising that only seven percent

continued

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The Drackett Products Co., 1978

continued

Nursing homes

of all persons in nursing homes have a portion of their bill paid—and then only briefly—by Medicare. Therefore, if your parent will be in a nursing home for a considerable length of time, see if he or she qualifies for Medicaid *before* the Medicare coverage expires. You should also check to see whether your mother or father has any commercial insurance policies that may cover items not paid for by Medicare. For more information about Medicare, check with your local social security office.

Medicaid

The majority of nursing home patients—almost two-thirds—have their bills paid for by the Medicaid program (if the home is a Medicaid-certified skilled or intermediate care facility). This sounds like a comfortable situation for the nation's elderly, but Medicaid can be an *Alice in Wonderland* situation where things are not always what they seem.

Medicaid is designed to finance health care for the indigent of *all* ages. Entry into the Medicaid system is usually not automatic; it must be applied for. Medicare is totally financed by the federal government whereas Medicaid is jointly funded by the states and the federal government and administered by the states.

The amount of income and assets of persons eligible for Medicaid are strictly limited by the various states (another reason to check the situation in your own state). The income "floor" itself ranges from $3,500 for one person in Massachusetts, to $1,400 for a single person in Tennessee. Because this "floor" is set so low (the average is about $2,400), many people are put in the difficult position of having income that is high enough to disqualify them for Medicaid assistance, but not high enough to pay for quality nursing home care. Sometimes a recipient's social security check is large enough to disqualify him from receiving Medicaid. Some states solve the problem of an income that is just over the minimum requirements by allowing the elderly person to "spend down" any excess funds by applying them toward the cost of medical care.

Many states permit nursing home residents to retain $25 each month for personal expenses.

Because there are so many guidelines established by each of the states or jurisdictions that participate in the Medicaid program, it is essential that you check with your local social service agency or welfare office to determine the Medicaid regulations that apply in your situation.

Additional problems with financing care

What happened to make the financing of care for the elderly so confusing? There are almost as many theories about what caused the problem as there are regulations governing it.

J. Albin Yokie, executive vice-president of the American College of Nursing Home Administrators, says, "The current situation has evolved and continues to exist because our society still remains 'youth-oriented' and feels that the elderly have no further contribution to make. Until, or unless, such values change, a meaningful solution to financing long-term care will not be forthcoming."

Other experts believe the confusion surrounding Medicaid eligibility is the result of an unwitting series of oversights. While providing care for the elderly poor, we lost sight of the people who are just above that arbitrary line established as the poverty level. Unfortunately, it's this latter group—between those who can afford nursing home care and those who qualify for Medicaid—that gets caught.

To make matters still more difficult, about 3,000 of the nation's 15,000 skilled and intermediate care facilities do not admit Medicaid patients at all. The proprietors of these homes feel that the payments made by the state are too low to enable them to provide first-rate care. If they accept government payments, they claim, the difference between what it costs to provide care and what they receive from the government must be picked up by the home's private paying residents. And there is still another reason for refusing Medicaid patients: According to the American Health Care Association, when a home accepts Medicare and Medicaid patients, the home's staff becomes involved in a blizzard of time-consuming and costly paper work that is required by federal and state governments.

Where to get help and advice

Coping with the intricacies of nursing home financing is not easy because the regulations vary from state to state, and home to home. So where do you go for advice and assistance?

The American Association of Homes for the Aging suggests you start with the nursing homes themselves. Some homes may even have a financial counselor. In any case, the administrator of the nursing home will know the status of Medicare and Medicaid regulations in your state and how they apply to his nursing home and your personal situation. He'll also be able to advise you about the use of supplemental sources of income (insurance or private funds) that fall outside the scope of government agencies.

But the Association also recommends you contact your local social security office for information about Medicare eligibility, and local welfare agencies for complete information about Medicaid.

The people who have provided your elderly parent with financial advice through the years—his or her banker, attorney, or accountant—can also review your parent's financial status and recommend ways to use assets to provide nursing home care.

What is needed to improve the situation?

Gerontologists call the present setup of care for the elderly a "non-system," because it does not provide a *continuum of care*. That is, there is no overall plan that progressively provides such services as home care; day-care services for those who are not sick enough for a nursing home but need some supervision during the day; congregate living, or residential care; hospitalization; and/or the two nursing home care levels (skilled nursing care and intermediate care).

Almost every authority connected with nursing homes and the elderly agrees that the present system (especially the methods of financing nursing home care) needs to be overhauled. Today, the system is limited and deprives many of the care they need. Perhaps hardest hit are those elderly persons

continued

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continued

Nursing homes

whose income or other assets are a bit too high to qualify them for Medicaid but are too low to enable them to enter a good nursing home on a self-pay basis. These elderly citizens often must use up all their assets before they can expect any outside help in meeting their overwhelming bills. That's bitter medicine for a generation raised on the notion that hard work and thrift would enable them to be independent all their lives.

Dr. Robert N. Butler, the director of the National Institute on Aging and author of *Why Survive? Being Old in America*, says, "Our health policy for the aged in the United States is a series of financing mechanisms, Medicare and Medicaid, that are extremely expensive and are not cost-effective. They allow a lot of people to make a lot of money. Often our present policies are quite damaging to older people and their families, though that was not the original intention."

In place of the system for the elderly described in these articles, Dr. Butler would like to see "a realistic set of health care systems established in the community, from home health care all the way up through institutionalization; and a financial system that doesn't humiliate people by requiring them to become paupers before they can get care."

The problems of the elderly affect more than old people themselves, and their families. We are all growing older, and the proportion of old people is increasing. Most of us may have to deal with such problems sooner or later. Thus, in more ways than one, the problems of the elderly are our own. ■

(Produced in cooperation with Mark Perlberg.)



5 timely books to help you get more out of your outdoor interest

Here are three new garden books just introduced by the editors of Better Homes and Gardens. There's more information packed into their 96 pages than you'll find in comparable books anywhere. Yield, when to plant, varieties, culture, special situations, zone maps, soil preparation... everything you need to know for success. Each features over one hundred illustrations from beautiful full color to botanical drawings.

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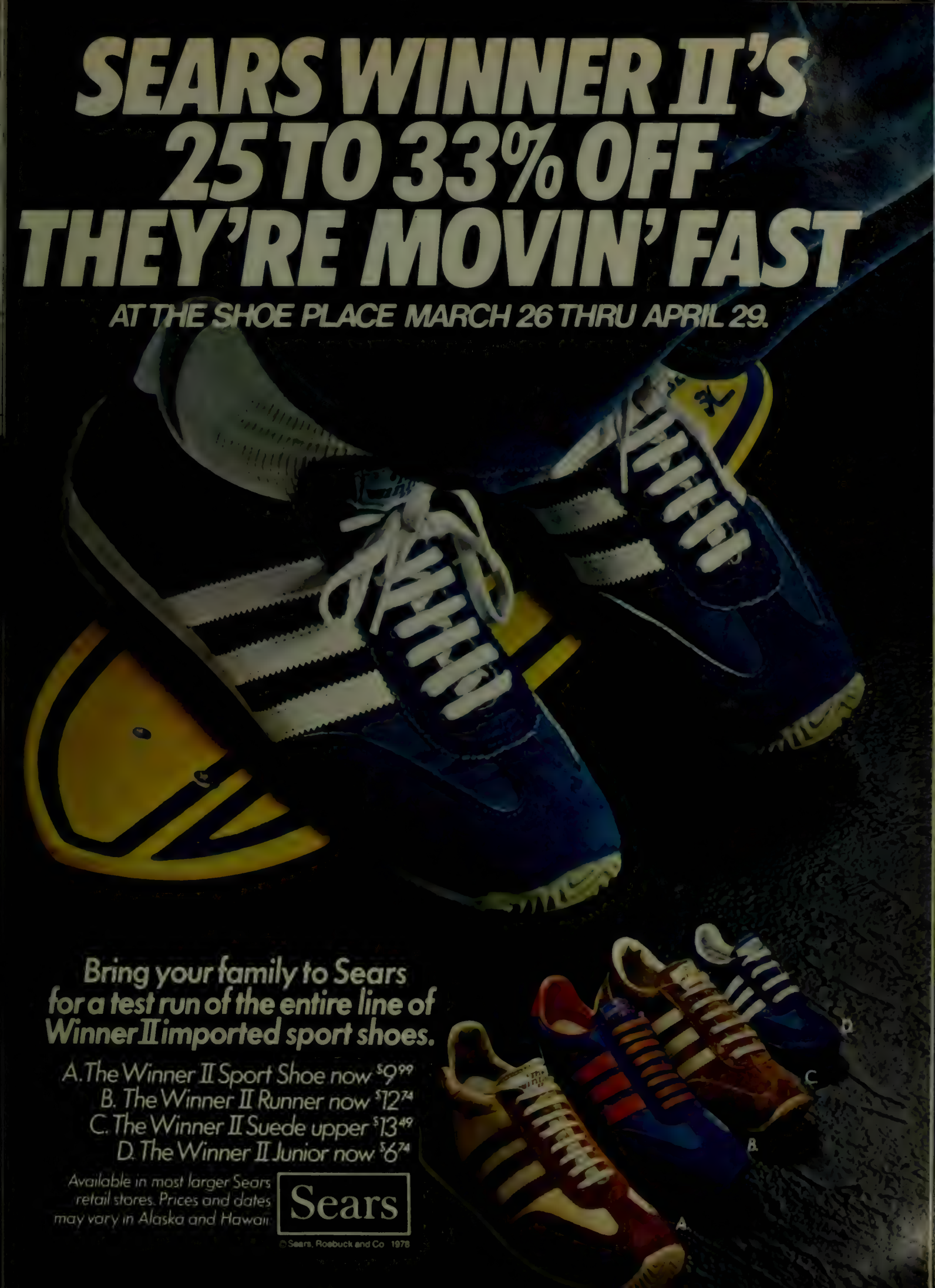
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NEW SPACE IN AN OLD SHAPE

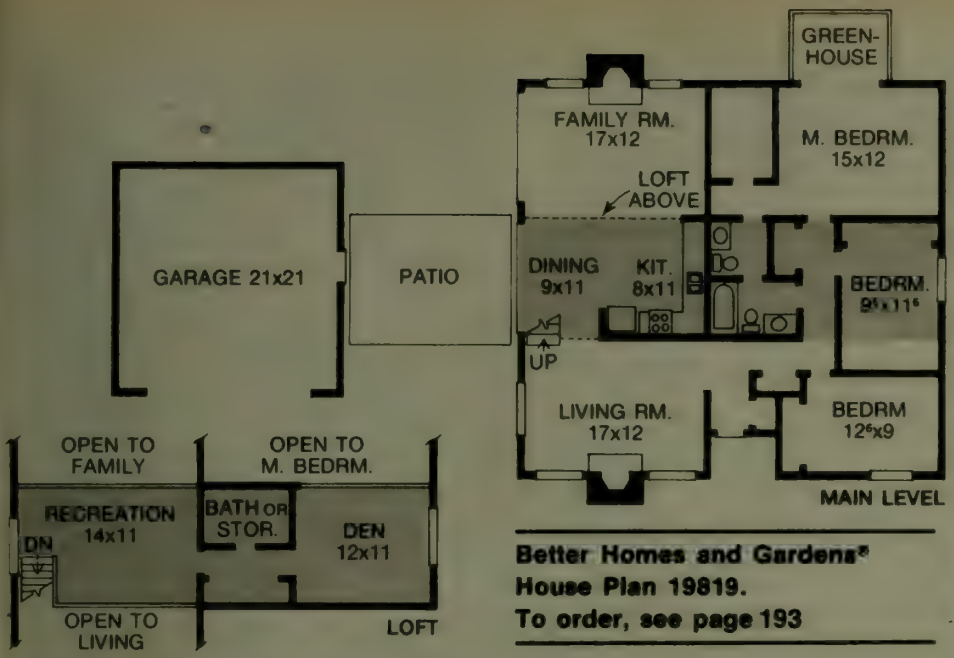
By
Noel Seney

Although the shape of this house is familiar, the flexibility of the interior will surprise you. This is the third—and last—of our series of versatile, expandable houses resulting from the combined efforts of *Better Homes and Gardens* and the Armstrong Cork Company. The design is by Fischer Friedman Associates, A.I.A., of San Francisco and is part of Armstrong's Concept House Program. Local builders have duplicated the houses —see page 102 for one near you.



Photographs: Marvs/Seme. Architect: Fischer Friedman Associates, A.I.A. Interior Design: Louisa Cowan, ASID, Armstrong Design Center

The materials used for the exterior are not unique—asphalt shingles and aluminum siding—yet the house has a personality all its own. What makes the house special is the imaginative touches like the arched second-story window and the full-length windows of the first floor. If you're building a starter home, you could omit the garage, patio, and greenhouse. Then add them later—and develop the upper level—when the budget permits.



Better Homes and Gardens® House Plan 19819.
To order, see page 193

The open plan of the living-kitchen-family area (and stairway) makes the left end of this floor plan live much larger than it really is. Not only is this area unhampered by enclosing walls; it sports a two-story-high ceiling over part of the living and family rooms. The bedroom area is well buffered by the entry, bathrooms, and closet.

The compartmented bathroom is economical and efficient. There's convenient access from all three bedrooms, and the smaller compartment also doubles as a powder room for guests in the family room area. The

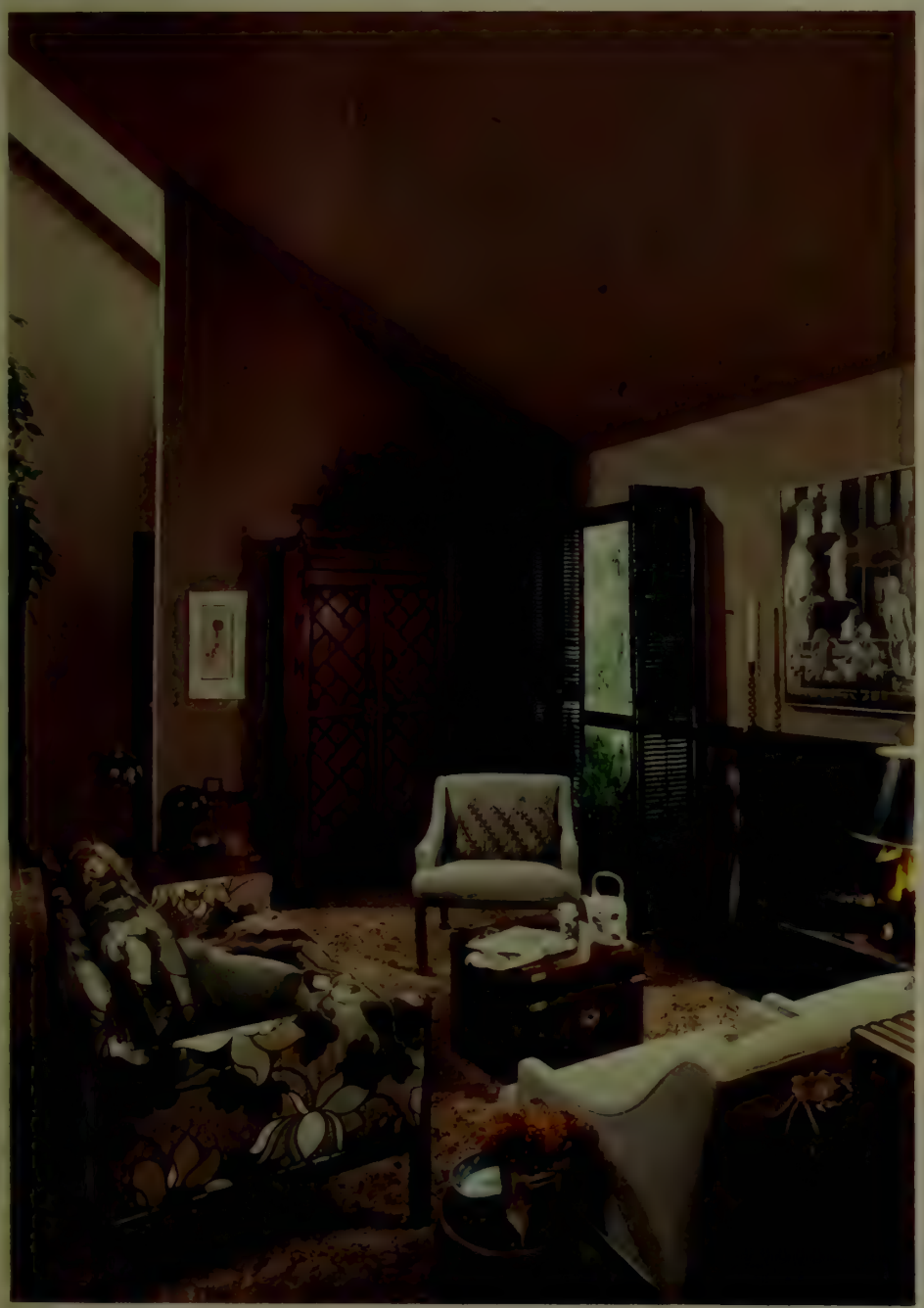


huge closet in the master bedroom does a lot more than just hold clothes. It serves as a clothes care center, with sewing and ironing space.

The full-width loft area can be finished as we show it, with a couple of bedrooms and bath, or any way it will work best for your family. The first floor totals about 1,585 square feet of living space, and the loft adds an additional 450 square feet.

In the living room; furniture groups easily around the focal-point fireplace, which is flanked by tall shuttered windows. A furniture arrangement like this not only encourages conversation; it also channels traffic outside the grouping.

The ceiling follows the slope of the roof line and continues unbroken above the loft. The stair is set a few inches away from the window wall to give the stair the look of contemporary sculpture, rather than simply an access to the second level. And because the stair is open, it doesn't detract from the spaciousness.



NEW SPACE IN AN OLD SHAPE

Because of space-conscious design, the heart of the house offers plenty of versatility. Kitchen, dining, and family areas all blend together so that every square foot can be used to best advantage. From kitchen counter to fireplace to loft, the center of the house can be divided to suit you—and changed when you change.







A basic L-shaped plan was used for the kitchen *(top right),* but what makes it function like a room twice its size is the island separating the kitchen from the family room area. The bi-fold unit rolls out like this to accommodate a sit-down dinner for four, or switches to a low counter. The two halves can also be placed back to back. Inside each part there's compact storage for all your small appliances. With some simple wiring, the unit becomes an auxiliary storing-cooking-serving center.

The lounging area *(right)* was created by the comfortable seating and defined with an area rug. Members of the family can enjoy the fireplace or watch TV while keeping in touch with whoever is on duty in the kitchen.

The 11-foot-wide loft *(above)* is perfect for a family playroom or for a home office or studio. There's nothing cramped about this room, thanks to the big arched window, twin skylights, and the over-the-railing view down into the living and family rooms.



Separate but equal—that describes the "his" and "hers" facilities in this master bedroom. The island bed is backed by a headboard that forms two areas behind it. Each has a counter for desk work or grooming, plus individual out-of-sight storage. And the foot of the bed is just as practical. It's been designed with a flip-up shelf for TV or bedtime snack tray. When not in use, the shelf flips down to form a "regulation" footboard.

The bedroom itself is 12x15 feet, and the king-size bed takes up a good share of that space. But flexible planning makes the parents' quarters almost a world of its own. That big closet is part of the parents' domain, and the greenhouse addition offers a special sitting area. Whether you build a greenhouse or not, you have that expanse of glass doors at the rear of the house. You might plan a tiny, private deck or secluded patio for just the two of you.

In our version of this house, part of the loft space completes the master



suite. It's a special hideaway den, accessible from the recreation room or via a ladder in the master bedroom. You could plan the den to be a super quiet library, a no-kids-allowed retreat, or a special hobby room. And, if you're willing to sacrifice a little of the bedroom floor space, you could replace the ladder with a more conventional stair arrangement.

All in all, the master bedroom adds up to a suite if you care to plan the space that way. And, like the kitchen-family-dining area, the space can be easily altered if your family situation shifts. The den could be enclosed as a fourth bedroom, and an upper level bath could be added above the bathroom on the first floor.

Energy efficiency was a big factor in both the design and construction of this house, as well as the other two houses in this series. Here the large glass areas are protected and all the openings have triple glazing to conserve fuel. The walls, floors, and ceilings were all designed to receive optimum insulation, and a heat pump provides economical heating and cooling.

Like it? Remember, builders in many areas are inviting you to visit a model—see page 102.

GOOD FRIENDS PLUS ONE WEEKEND EQUALS A NEW ROOF

By Cheryl Scott

Even if you've never set foot on a roof before, you CAN re-roof your house — with a little help from your friends.

The roof on our friends' house was growing old disgracefully. Seventeen years of sun, wind, rain, hail, and temperature changes had caused the asphalt roofing to dry out and shed many of its protective mineral granules. If your roof is more than 15 years old, it, too, may need a new layer of shingles.

You can keep costs down by rounding up a few friends for a weekend re-roofing party. Dress is casual for such an event ("tennies" or other rubber-soled shoes are a must), and be prepared to greet Monday morning with sore muscles. But even if you've never set foot on a roof before, you *can* re-roof your house—with a little help from your friends. We did—and here's the proof.



CUTTING

Our friends' roof needed no serious repairs, so our hands-and-knees group turned the patio into a cutting factory. With our trusty utility knives and straightedges, we cut the shingles for the starter and first courses.

Since our friends' original asphalt roofing was good and straight, we could align the new shingles by butting them against the old courses. (You can also align by snapping chalk lines about every four courses.)

We cut the shingles for the starter course so that their depth would match the exposure of the old shingles. Next, we cut the first-course shingles so butt edges would line up with the eaves and head edges would snuggle against the old course above.

Our greenhorn bunch cut nearly 90 shingles the hard way (granule side up) before someone discovered how much easier it was to cut through the soft, asphalt back of the shingles.



FIRST COURSE

Here we are, courses under way at last. In the foreground, the starter course is in place, with shingles laid upside down so their adhesive strips will be as close to the eaves as possible. When the black adhesive dots have been warmed by the sun, they'll form a bond between the courses. The first course of shingles completely covers the starter course and aligns with the eaves and the course above.

When we got to the second course, we started using full-depth shingles. These, too, were aligned with head edges butting against old shingles in the next course. Although this reduced the exposure of the first course, we didn't worry a bit about this seeming discrepancy; the gutters conceal it from the view of everyone excepting airline pilots.

Beginning with the third course, the shingle exposure automatically matches that of the old roofing.



HAMMERING AWAY

Once we got beyond the critical first few courses, we picked up speed and hammered away at 12 courses at a time. (We also picked up more workers. Always answer "Yes!" when anyone asks, "Need some help?")

Each shingle got four nails spaced evenly across its width and about ⅝ inch below the adhesive dots. Flush nailing helped avoid surface cuts.

To maintain the six-inch offset pattern, we made one of our crew a specialist. He started the first course with a full-length (36-inch) shingle at the rake edge, the course above with a 30-inch shingle, and so on until the sixth course in the series began with a six-inch shingle. Then he started again with a 36-incher.

Offset cut scraps were used to finish courses at the opposite rake edges. We cut shingles to fit at the end of courses instead of slicing through several thicknesses along the rake.



Photographs William N Hopkins



FLASHING

Much to our surprise, working around vents and other obstacles on the roof wasn't too difficult. But we did have to be careful to place the shingles so that rainwater would run *over* the vent flashing, not *under* it. We let the bottom half of the vent flashing overlap the shingles in the courses below. Then we ran a bead of sealant under the flashing to anchor it to the shingles it covered and to waterproof the junction between materials.

Shingles in the upper courses were cut to the contours of the vent stack and allowed to fall over the flashing. More sealant applied under the edges of the shingles and around the vent wherever it met the contoured shingles helped to adhere the asphalt and metal materials.

Be generous whenever you're applying waterproofing sealant. The penalty for stinginess now can be a leaky roof later.



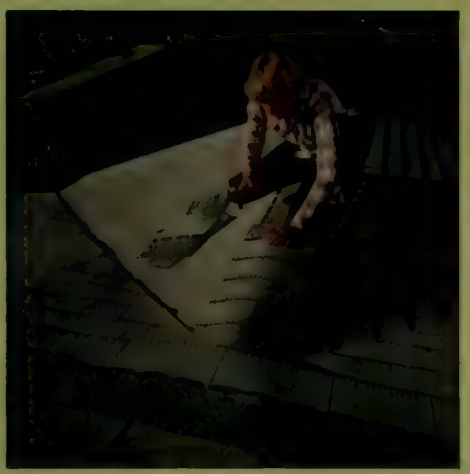
VALLEYS

Valley areas of the roof got special treatment, too. We wove a closed valley that would remain watertight while directing rainwater to the gutters.

First, we worked the courses approaching one side of the valley and ended each course about 12 inches beyond the valley depression. We were careful, though, not to nail within six inches of the valley's center line.

After working all the courses from gutter to peak on one side of the valley, we worked the courses along the intersecting roof area. Then we snapped a chalk line along the entire length of the valley. Here's one of our crew trimming the layer of shingles from the intersecting roof.

Finally, to adhere the upper layer of shingles to the under layer, we spread a three-inch-wide strip of plastic cement along the cut edges of the upper shingles and pressed them in place along the valley's center line.



RIDGES

Some manufacturers make special shingles for the ridge row, but we cut our own 12-inch caps from full-length shingles. (With tabbed shingles, use the tabs as cutting guides.)

We trimmed the top-course shingles where they intersected at the ridge, then gently bent the caps lengthwise along their centers. We allowed a five-inch exposure and faced the exposed edges away from the prevailing winds. Each shingle got a nail one inch from its edge on either side of the ridge. At the end of the row, we trimmed the butt portion only of the final cap so it was flush with the gable edge, then fastened the cap with a nail at each corner.

Sure, the job ate up two days, and we were tired and aching, but we were proud, too. As the sun sank in the west, we awarded ourselves a final huzzah—and headed for the nearest pizza parlor.

KEEP YOUR KITCHEN CURRENT

Since total kitchen remodelings can be costly and traumatic, most of us remodel only once every decade—or even less often. However, there are ways you can keep that ten- or 20-year-old kitchen looking up-to-date between remodelings. Here's ample evidence.

By Joan McCloskey and David Ashe



Photographs: William Hopkins. Design: David Ashe

TRADITIONAL

Like many middle-aged traditional kitchens, this one lacked zing. We provided it, while retaining the warmth of a live-in kitchen.

CABINETS: The birch-stained cabinets were outfitted with sleek brushed chrome hardware—a dramatic improvement on the overdecorated pulls typically found on traditional cabinets.

COUNTER: No rounded, waterfall edges for this with-it traditional kitchen. The original gold-speckled counter made the kitchen look 1950s. Now a warm beige, plastic-laminate counter top with crisp, squared edges enhances the birch cabinets.

FLOORING: Comfy-on-the-feet sheet vinyl in a rich brown complements the earth tones. A hexagon pattern that resembles quarry tile adds depth to the terra-cotta floor.

WINDOWS/DOOR: Perky plaid curtains secured at the top and bottom cover the back-door window and continue as a valance over the kitchen-sink window. Ample yardage for the cover-up makes the curtains appear fuller and rufflier.

LIGHTING: A simple, contemporary globe light fixture replaces the more traditional central light fixture. Under-cabinet fluorescent tubes provide additional working light.

ACCESSORIES: The "in" look of baskets updates bare cabinet tops. If you've always stashed your copper gelatin molds up there, you can contemporize the kitchen with inexpensive accessories such as wicker, clear glass jugs, or plants.

Buying information, page 203



COUNTRY

If you look carefully, you can still see the traditional kitchen beneath the surface treatments of our country kitchen. Floor, counters, and walls have been changed, but the same cabinets, sink, and window remain.

CABINETS: We took those traditional birch cabinets and painted them barnboard red, then glazed and antiqued them after facing the doors with cross strips of lath. Even the door took on a lath crosspiece to match. Sturdy industrial-looking pulls add pizzazz.

COUNTER: What looks like black slate is actually tough plastic laminate, but it works better and costs less than the real thing.

FLOORING: Today's country kitchen enthusiast certainly isn't required to scrub floors on hands and knees. This kitchen, for example, sports a quaint quilt-inspired design typical of old-time country kitchens, yet the floor keeps its shine without wax.

WINDOWS/DOOR: Any country cook worth her salt buys potatoes in good old-fashioned burlap feed sacks. Recycle that sack by stretching it over a wood framework, then secure the material with staples for a unique door treatment. Here the same burlap covers a board between the two upper cabinets, making an ideal spot to hang a favorite old wooden ladle.

LIGHTING: Make a vegetable-crate light fixture with lath to cover a standard square ceiling fixture.

ACCESSORIES: To help countrify your kitchen, hang old farm tools on the wall. And place old lanterns, cheese boxes, and egg crates atop the cabinets.



This fresh-looking kitchen glows with the friendly, gather-round feeling characteristic of Early American styling. Beneath the fresh white paint, neutral kitchen carpeting, and perky wallpaper is our basic traditional kitchen—but updated with another new face.

CABINETS: We took the doors off those traditional cabinets. Then we kerfed them for a tongue-and-groove look. Black strap hinges and pull handles plus white enamel added the finishing touches before rehanging.

COLONIAL

COUNTER: The cobalt blue plastic-laminate counter takes its cue from perky blue and white checked washable wallpaper.

FLOORING: Easy-on-the-feet ribbed kitchen carpeting cushions the floor. Careful and prompt attention to drips and stains, plus regular vacuuming, will keep it fresh looking.

WINDOWS/DOOR: Hearts and diamonds customize the shutters in this colonial kitchen. We started with ¼-inch plywood about three inches wide. After laying down a pattern of hearts and diamonds, we cut out pieces with a band saw and nailed the boards to a ¾-inch plywood frame. We tacked it to the door and window after painting.

LIGHTING: We purchased an old-fashioned swag lamp for our central fixture, but you might want to electrify an old oil lamp or Grandma's favorite heirloom for your own kitchen.

ACCESSORIES: Near the back door is an old milk can, found at a garage sale. We painted the can white and filled it with ornamental grasses.



That same warm brown kitchen can totally change character with a few simple surface treatments. Start by simplifying the cabinets and floor.

CABINETS: To show off bright dishes, casseroles, and cooking gear, we banished the upper cabinet doors. We plugged the hardware holes with wood putty and repainted those dark cabinets a pristine white. Homemade hardware customizes the cabinet fronts. Two-inch-wide lumber bands the fronts; chunky blocks of the same wood are used for drawer pulls.

CONTEMPORARY

COUNTERS: Plastic laminate with the look of butcher block is available in a variety of wood tones. We chose maple, but you may also select oak, teak, or cherry.

FLOORING: It may look like one piece of vinyl, but this rugged radial rubber floor tile comes in 18-inch squares and can withstand the heaviest kitchen traffic. In fact, this tile is usually used to surface airports, supermarkets, and department store aisles. For this kitchen, we chose a low embossed circular design.

WINDOWS/DOOR: No curtains or shutters cover up this contemporary window. Only spice jars dot the ledge over the sink.

LIGHTING: We added overhead interest to cover the standard ceiling fixture. A diffuser grid made with 1x2s nailed to a ¾-inch plywood frame hangs from the ceiling like a pot rack.

ACCESSORIES: Bright posters, cookgear, and colorful dishes are all that's needed to personalize this kitchen. ■

Buying information, page 203

TABLE SETTINGS

Caring for pewter

Richly textured pewter is as popular today as it was in colonial times. In fact, pewter was a favorite of the ancient Egyptians. It's a beautiful addition to tables of any era, adapting not only to colonial-style table settings but also to contemporary schemes. With proper care, your pewter will last long enough to become a piece of history, too.

Today's pewter

As a result of the Bicentennial, pewter is widely available and enjoying a revival in popularity. Today's pewter products are tarnish-resistant and completely lead-free. Many pieces have a lustrous buffed satin finish. Others—often reproductions of museum pieces—have a darker finish.

Because pewter is a soft metal alloy, it is easily bent. Washing it by hand (rather than in your dishwasher) will prevent malformations. Use warm water and liquid soap or detergent for washing. Rinse and dry with a soft cloth.

Heirloom pewter

If you have older pewter pieces that are tarnished, clean them with pewter polish or use fine steel wool that has been moistened with metal polish. Rub in a circular motion, following the shape of the object. You may have to polish as long as a half hour to get pewter completely clean. After polishing, wash the pewter again and dry it thoroughly with a soft cloth until no black comes off on the cloth. Complete buffing is necessary for a shine that lasts.

If corrosion has created holes in the pewter, the surface can be treated and soldered by an expert. But check prices first, as this work may be costly. Never store corroded pewter with other pewter objects. ■



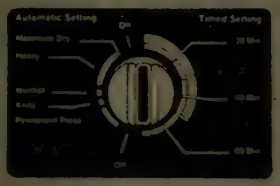


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The JCPenney Mark of Quality. It's more than just a symbol. It means that the critical components of this laundry team have been tested by electronic equipment. You'll know you are buying a truly reliable machine for your money.

And we service what we sell.



When you buy it from us we keep it working. Ask about our Assured Performance Plan for unlimited service at a small yearly charge.

White Fresh Avocado Almond

At stores with major appliance departments. Prices slightly higher in Alaska, Hawaii and Puerto Rico.

JCPenney

Concept House builders list

The last of three Concept Houses, cosponsored by Better Homes and Gardens® and the Armstrong Cork Company, appears on page 90.

The following builders are duplicating one or more of the three houses and invite you to visit them.

COLORADO
Grand Junction
Centre Construction Co.—Village Nine
FLORIDA
Orange Park
Toney Homes—Oak Hollow
NORTH CAROLINA
Fayetteville
United Realty —Hillendale West
NORTH DAKOTA
Bismarck
Carlson Homes—Prairie Hills
Dickinson
Carlson Homes—New Haven
PENNSYLVANIA
Lancaster
Evans Construction—Mill Mar and Centerville Heights
SOUTH CAROLINA
Hartsville
Marion M. Gandy Co.—Club Colony
VIRGINIA
Reston
Gulf Reston, Inc./Katz—Upper Lakes Drive

In addition, this group of builders has incorporated the interior ideas and concepts of these houses into their own designs:

CALIFORNIA
Alta Loma and Cucamonga
Lesny Development Co.—Shadow Peak
Riverside
Republic Development Co.—Mockingbird Canyon
Vacaville
Lewis Homes—Grammercy Park
COLORADO
Westminster
Pinecrest Homes—Cotton Creek
FLORIDA
Longwood
Hunters Point, Inc.—Hunters Point
ILLINOIS
Schaumburg
Levitt Homes, Inc.—Sheffield Ridge
NEBRASKA
Omaha
Pacesetter Homes, Inc.—Millard Highlands South
NEW JERSEY
Howell
U.S. Home Corp.—Glen Arden
Manchester Township
Investors Development Corp.—Holly Oaks
NORTH CAROLINA
Chapel Hill
Fitch Creations, Inc.—Fearington
OHIO
Columbus
M/I Homes—Woodside Green
PENNSYLVANIA
Grove City
Cornelius Sales and Construction, Inc.—Glenwood Acres
TEXAS
Dallas
Centennial Homes, Inc.—Camelot
Houston
Ryland Homes—Atascocita Trails, Fairwood, Sterling Knoll, Autumn Run, Timber Lane ■

Some houses were never meant to be painted.



Architect: Architecture Workshop - Moscow, Idaho. John Anton Berg—Designer

The most beautiful thing you can do for your home is to preserve and protect it against sun, rain and harsh climates with Olympic Stain.

Olympic's penetrating protection lets your wood breathe. So, we guarantee it against cracking, peeling and blistering. Your home receives lasting protection no matter how wet or how dry the weather gets. That's why architects specify Olympic more than any other stain.

Available in 66 beautiful semi-transparent and solid colors. Please follow easy label directions. For more information, consult the Yellow Pages for your Olympic dealer or write: Olympic, 2233 112th Avenue N.E., Bellevue WA 98004.



My self-propelled Hoover makes vacuuming so easy, I've got more time and energy for my family."



Diane Anderson

"It makes vacuuming almost effortless.

As a former home economist and a busy homemaker, I appreciate things that make my life easier. My washer and dryer, mixer, dishwasher and my self-propelled Hoover.

The Power Drive makes vacuuming my shag carpeting incredibly easy because it's self-propelled. And no matter what type of carpet I'm cleaning, the Power Drive adjusts automatically to the right carpet height without bending or stooping. I don't have to push it or pull it. A vacuum that's this easy to use is a joy. Because it saves me time and energy that I can spend on my family."



The Power Drive™ gets out deep-down dirt.

With the exclusive Hoover® all-steel agitator, the Power Drive gets out dust and grit that ordinary vacuum cleaners can find hard to reach. Other features like full-time edge cleaning, easy bag changing and the lint-seeking headlight make the Power Drive one of the most convenient cleaners you can buy.



The Hoover Power Drive is versatile, too.

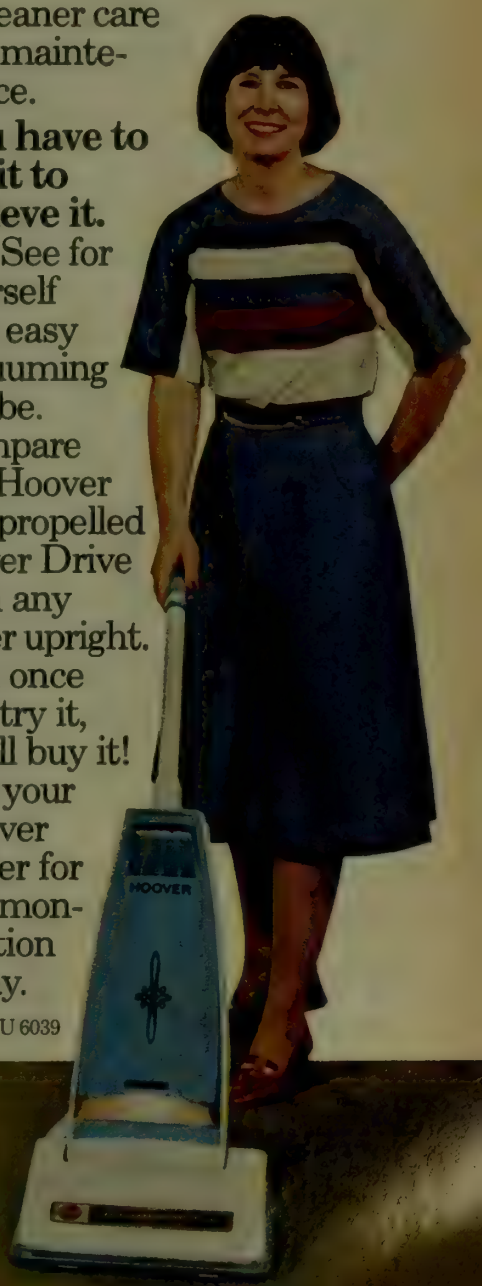
One twist of the dial and the Power Drive cleaner becomes a canister, with handy tools and attachments that make dusting draperies and cleaning upholstery simple. And in addition, you get Hoover's great service. Under Hoover's extensive service program, certified service stations are conveniently located to provide professional cleaner care and maintenance.



You have to try it to believe it.

See for yourself how easy vacuuming can be. Compare the Hoover self-propelled Power Drive with any other upright. And once you try it, you'll buy it! Ask your Hoover dealer for a demonstration today.

U 6039



America Trusts Hoover® to take good care of its homes.

®Hoover is a registered trademark of The Hoover Company

Introducing The Most Important New Kitchen Accessory In Ten Years!



The Miracle Separator

A great new multipurpose gourmet unit that saves you time, money, and calories!

Now you can separate fats or grease from gravies, soups & sauces in seconds with just the touch of your finger. The scientifically designed shape combined with the unique Fingertouch™ valve eliminates the need for time consuming spooning or refrigeration. Fats are easily separated and dispensed. Foods taste better and are healthier!

The exclusive design also lets you: Clarify butter fast · Separate several egg whites at once · Pour pancake batter without mess · Dispense syrup or other liquids with drip-proof accuracy · Funnel with complete control · Strain meat or vegetables · Measure with both English and Metric systems · Many other uses. One Miracle Separator replaces a whole kitchen drawer full of inexact devices!

Made of high impact styrene and dishwasher safe, the Miracle Separator is a delight to use and comes with complete instructions. Get yours today at this special introductory price and **save between 33% and 70%** off comparable models.

Quantity discounts available for cooking schools. Write for further details.

SPECIAL OFFER $3.99 ONLY

Culinary Faire, Ltd. Dept. **S3**
9000 Sunset Blvd.,
Los Angeles, Calif. 90069

Please send me _____ Miracle Separators at $3.99 each, incl. 50¢ for postage and insurance, for a total of $_____. Calif. residents please add 6% sales tax.

☐ **My check or money order is enclosed.**

Name_____

Address_____

City_____ State_____ Zip_____

Call our TOLL FREE telephone number for rapid credit card charge service (Minimum order, 2 units). (800) 325-6400. In Missouri call (800) 342-6600.



CORNMEAL SPECIALTIES AND MICROWAVE CASSEROLES

For a change of pace, do you like to use cornmeal for your breads or coffee cakes? Are you an expert at concocting casseroles that cook in your microwave oven? Send us your recipes—you could win next November. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipe pages next November. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Cornmeal Specialties

Any quick or yeast bread made with cornmeal qualifies—from popovers and coffee cakes to doughnuts and rolls. Do you marble jam in a corn bread loaf? Tips: **cornmeal-pecan loaf, bacon and cornmeal waffles, or maple corn sticks.**

Microwave Casseroles

You could win with a one-dish meal, stew, or main-dish pie prepared in the microwave. Have you converted a conventional-oven favorite to microwave cooking? Hints: **yogurt-chili bake, cheeseburger casserole, or quick-style moussaka.**

THIS MONTH'S WINNERS

(See recipes on pages 153 and 154)

Cooks-of-the-Month

Sheila Jerdan, Salem, Mass.
Ms. Carmela M. Meely, Walnut Creek, Calif.

Runners-up

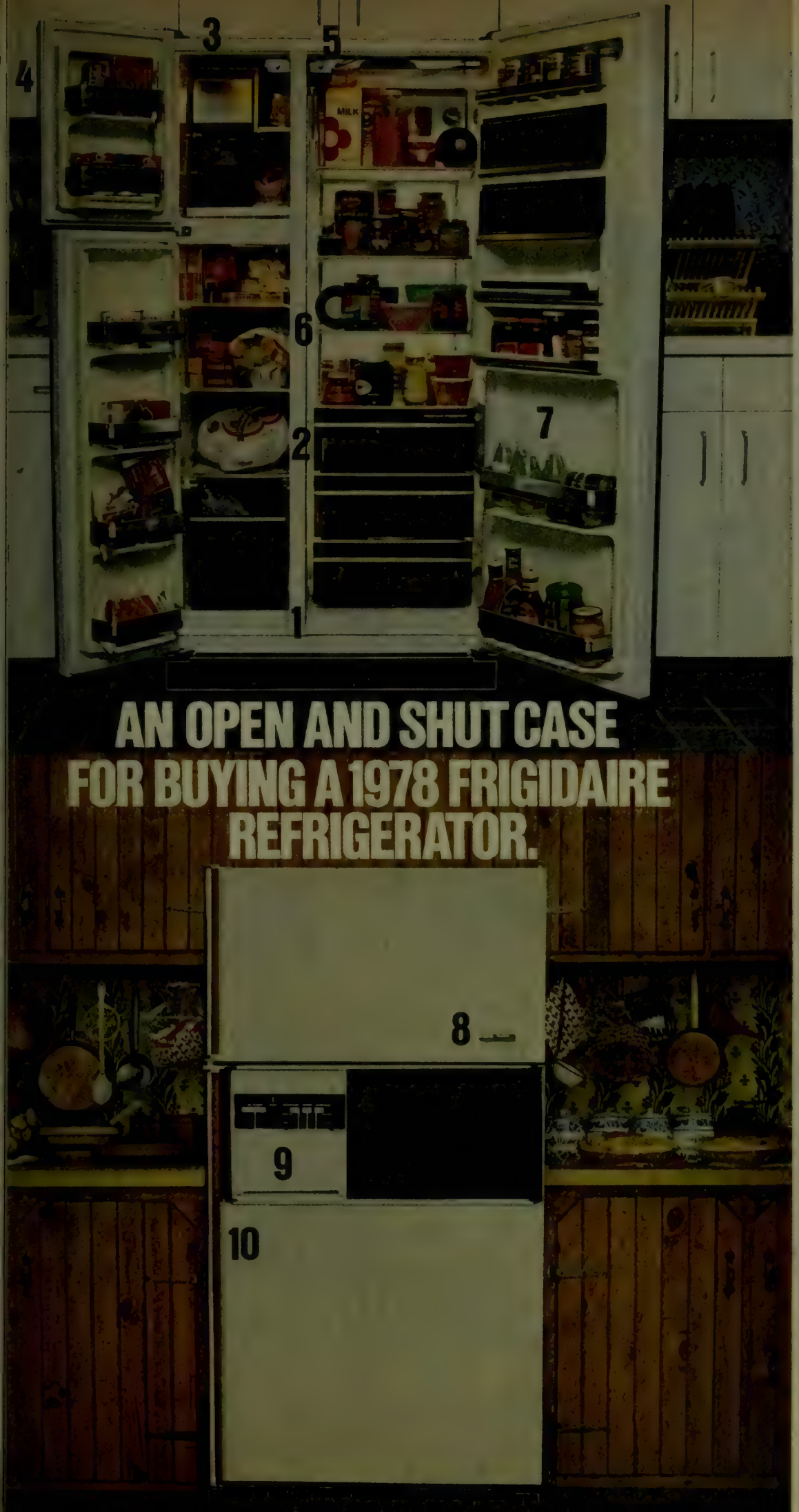
Mrs. George C. Cook, Santa Ana, Calif.
Mrs. Milly Ann Fries, Gower, Mo.
Mrs. Florence Rein, Brooklyn, N.Y.
Mrs. Nell Thomas, Lancaster, Pa.

Honor Roll

Jana Blake, Davis, Calif.
Mrs. Betsy Christiansen, Stone Mountain, Ga.
Bunny Colvin, Honolulu, Hawaii
Janet Donavan, Madison, Wis.
Laura Getschmann, Bremerton, Wash.
Mrs. John J. Gossage, Springfield, Va.
Marty Hardy, Kenmore, N.Y.
Ruby Branch Kassner, Vicksburg, Miss.
Dorothy Klein, Virginia Beach, Va.
Ms. Carley Lindsay, Iowa City, Iowa

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "November Cornmeal Specialties" or "November Microwave Casseroles."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, April 30. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7804 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



AN OPEN AND SHUT CASE FOR BUYING A 1978 FRIGIDAIRE REFRIGERATOR.

1 Our new Elite Line 3 door, 100% frost-proof refrigerator boasts a whopping 20.3 cubic feet.

2 The Food-Life Preserver section. It features an Unwrapped Food drawer, vegetable Hydrator and seven-day Meat Tender.

3 This optional automatic, solid-state ice maker makes sure there is party-size ice when it's needed.

4 This small door means you won't have to open the big door every time you want ice cubes.

5 An Electri-Saver Switch can help you save energy.

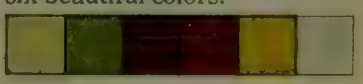
6 Because your food comes in all sizes and shapes, you need these fully adjustable, tempered-glass shelves.

7 Nothing could be finer than to have our one-piece liner. It's a snap to clean.

8 Frigidaire's gorgeous 20.0-cubic-foot Refreshment Center refrigerator.

9 You can get ice, ice water and two kinds of juice, or other beverages, right through the door. It even has an activated charcoal filter that helps take impurities out of your water.

10 The Elite Line has chrome stripping, the look of Burma teak, and smoked-onyx compartments and comes in six beautiful colors.



Not only do we offer a lot of features. We also offer a lot of refrigerators. Twenty-two, in all.

From compact models to the five new full-size models that make up the Elite Line.

So drop by a Frigidaire appliance dealer, soon.

Because open or shut, a Frigidaire refrigerator is worth looking into.

FRIGIDAIRE GM

WHY SETTLE FOR LESS?

Look for our Elite Line among our many refrigerators and other appliances at your local Frigidaire dealer.

New Marlboro Lights 100's

Lighter in taste. Lower in tar.
And still offers up the same quality
that has made Marlboro famous.
Also available in king size.

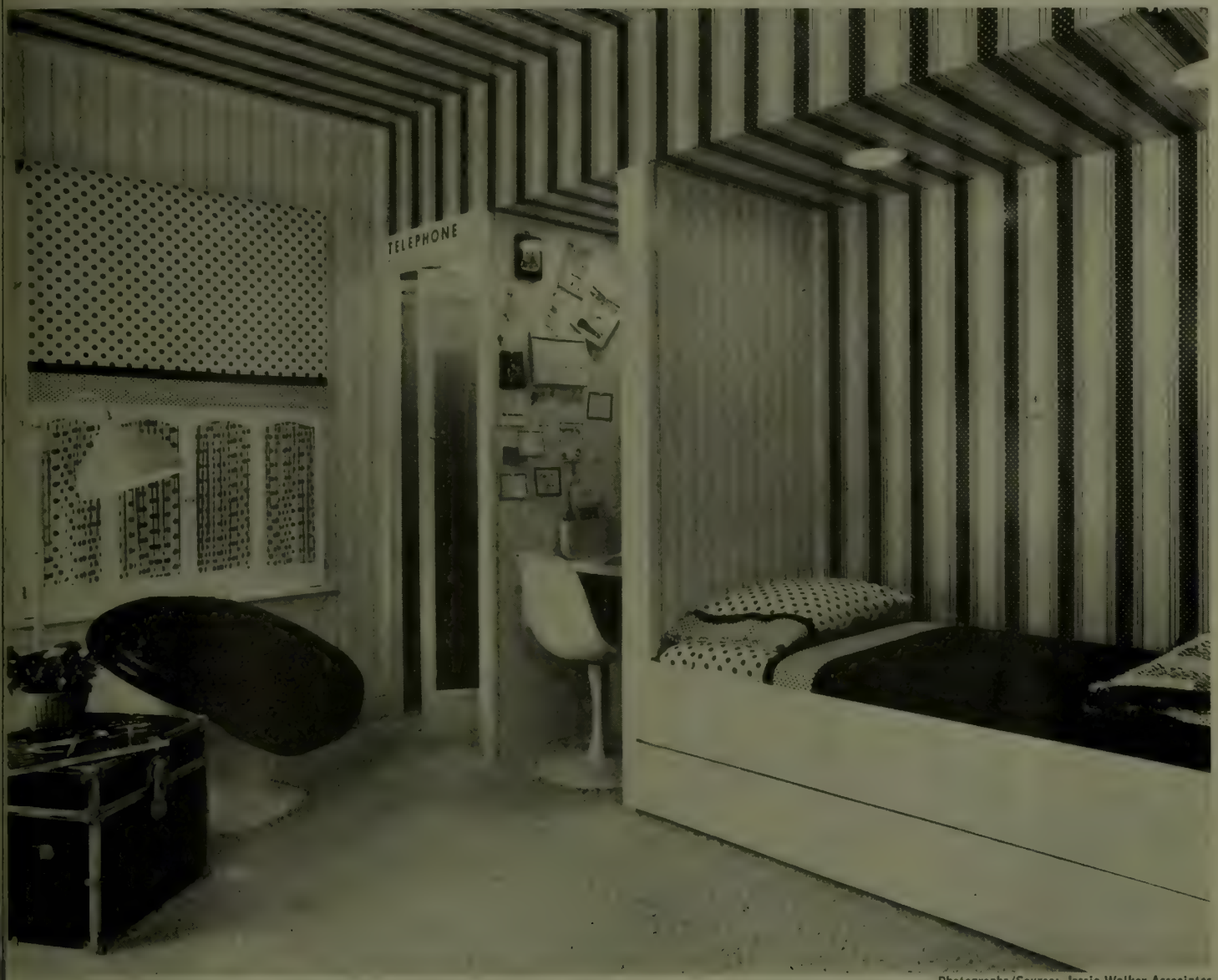


The spirit of Marlboro in a longer low tar cigarette.

Kings: 12 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

GROWING-UP BEDROOMS



Photographs/Source: Jessie Walker Associates

Has your child been hounding you to banish the babyish look from his or her bedroom? If so, here are two good ways to grow. Both rooms are youthful in character, but neither gives away the occupant's age.

Right: When two children of different ages and interests must share the same room, a supergraphic is a good decorative solution. Ageless in appeal, this arrow design was painted in a room shared by 11- and nine-year-old boys. In addition to providing strong decorative impact, the bold supergraphic visually unites the wall-hung chest of drawers with the rest of the room. A round plastic table serves triple duty as an easy-to-clean snack surface, a desk, and a sturdy game table.



Above: A gregarious 13-year-old girl lives in this room. At her request, childish frills and flounces were replaced with a sophisticated mix of stripes and polka dots on the walls, ceiling, window, and bed. A long wall of built-ins was designed to accommodate three of this teen's activities—talking on the phone, studying, and entertaining overnight guests. When needed, an extra mattress pulls out drawer-fashion from beneath the space-saving bed. Important conversations are held in the privacy of a telephone booth that was purchased at an auction and refurbished with paint. ■



©Sears, Roebuck and Co. 1978



Make a big, bold, beautiful statement!

Sale March 26 thru April 22, 1978
(Most items on sale)





Say it big with a Sears sofa pit
Sale $1,199 Save $300

Breathtaking. A living room all by itself. Made from three independent sofas, Pit group shown fits in a 7½-foot by 12½-foot area. All pieces are on sale individually. Sofa pit with sleep sofa is only $150 more on sale.

Acrylic-polyester velvet cover, treated with SCOTCHGARD® Brand Fabric Protector. Choose from six colors and save.

Sofa pit	reg. $1499	Sale $1199
Sleep-sofa pit queen size	reg. $1649	Sale $1349
Sofa with arms	reg. $ 550	Sale $ 450
Armless sofa	reg. $ 399	Sale $ 299
Armless sleep-sofa queen size	reg. $ 549	Sale $ 449
Ottoman (not shown)	reg. $ 139	Sale $ 119

Say it boldly with a storage wall
Sale $219 to $399

Solidly built with oak frames and finished with pecan veneer sides, shelves and doors. Masonite pressboard back panels patterned to complement. Adjustable floor levelers.

Each unit is 6 ft. high and 17½ in. deep. Buy as many as you need to fill your wall.

Wall unit, all shelves 24 in. wide	reg. $239.95	Sale $219.00
Wall unit, glass and wood doors 24 in. wide	reg. $319.95	Sale $289.00
Wall unit, shelves and wood doors 48 in. wide	reg. $449.95	Sale $399.00

Say it with a contemporary rug
Sale $279.99 8½ ft. x 11½ ft.
Sale $159.99 5½ ft. x 8½ ft.

Regularly $349.99 and $199.99. Save on all sizes. Hand-hooked with different textures of soft modacrylic yarns. Deep, dense cut pile and loops. Several color choices.

Say it again from your $14.88 chair

Commander's chair *includes* orange cover!

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii

Pure & Simple

Sale prices good from March 26 thru April 22, 1978



©Sears, Roebuck and Co. 1978

Say it with Swirlaway draperies

Sale $14.99 unlined, 48 in. x 84 in.
Sale $21.99 lined, 48 in. x 84 in.

These fashionable draperies come unlined to let light filter through or lined with 100% polyester, semi-sheer batiste for privacy. Five colors. Reg. $19.99 unlined, $26.99 lined. All other sizes are on sale, too.

Say it through Smoke Rings drapery rods
Sale $10.99, 30 in. to 52 in. size, reg. $13.99. All sizes on sale. Brass and chrome finish.

Say it with durable stoneware

Sale $49.99 to $54.99 45-piece sets

Both handpainted patterns, floral "Pamela" and striped "Concentrics," are dishwasher safe. Both have oven-to-table-to-freezer durability. Reg. $59.99 to $69.99. Accessory pieces at regular price.

Say it with curtains to match
Sale $2.99, 68 in. x 24 in. size, reg. $3.99. Coordinate with both ironstone sets. 50% cotton, 50% polyester. All sizes are on sale.

Say it with a smashing dining room set
5-piece set $499 at regular price. Available on special order. Glass table is 42 in. x 64 in. Chair seats are 100% nylon treated with SCOTCHGARD® Brand Fabric Protector. Chrome-plated steel. Natural wicker table and chair accents.

Say it strongly with Topnotch sofas
Loose cushions of polyurethane foam on back and sides. 100% olefin cover.

Sofa	reg. $399.95	Sale $299.00
Demi sofa	reg. $299.95	Sale $249.00
Sofa sleeper	reg. $499.95	Sale $399.00
Sofa sectional	reg. $599.95	Sale $499.00
Sleeper sectional	reg. $699.95	Sale $599.00

Say it with style and Bac Bac tables
Sale $89.88 each. Save $10. Choice of 5 tables. Woven reed matting under glass. All wood products. Hickory engraved finish.

Say it brightly with a swirl lamp
Sale $29.99. Save $10.00. Potter's wheel design. Natural-tone, pleated fabric shade.

Say it with shag carpeting
"Rainbow Radiance." Sale $6.99 sq. yd., reg. $8.99. 100% nylon pile. 17 color choices.

Say it with patterned carpeting
"Overture." Sale $7.99 sq. yd. Reg. $8.99. 100% DuPont™ nylon pile. Foam backed for easy installation. 14 color choices.

Say it again from your $14.88 chair
Commander's chair includes orange cover! Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978





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Say it wall-to-wall with modular bedroom furniture

Sale $99.88 Choice of 3 stack pieces

All 16 versatile, modular pieces are on sale. Modules are all sized to be interchangeable for decorating flexibility. Solid oak frames. Pecan veneers. Brass-finished hardware. All pieces priced on this page can be seen on the next six pages.

Stack pieces:		
Two drawer	reg. $119.95	Sale $ 99.88
Bookshelf	reg. $119.95	Sale $ 99.88
Two door	reg. $119.95	Sale $ 99.88
Hi-rise bookcase headboard		
full/queen	reg. $319.95	Sale $287.00
5-drawer chest	reg. $169.95	Sale $152.00
Master chest	reg. $299.95	Sale $269.00
Shaving mirror	reg. $ 49.95	Sale $ 44.88
Platform bed*		
queen	reg. $199.95	Sale $179.00
Wardrobe		
chest*	reg. $299.95	Sale $269.00
Light bridge*		
full/queen	reg. $139.95	Sale $125.00
Panel headboard*		
full/queen	reg. $ 79.95	Sale $ 71.88
Panel headboard*		
twin	reg. $ 69.95	Sale $ 62.88
Drop-lid desk*	reg. $299.95	Sale $269.00
Folding chair*	reg. $ 49.95	Sale $ 39.88
Wall mirror*		
full length	reg. $ 89.95	Sale $ 79.88
Cheval mirror		
kit*	reg. $ 69.95	Sale $ 62.88

*special order only

Say it with a Parallels bedspread

Sale $29.99 full size, throw style

Sale $39.99 queen size, platform style

Cozy pile almost one-half inch thick. Machine washable. 100% acrylic pile knitted to a backing of 100% polyester. Platform style shown on Sears platform bed. Also available in throw style. Save $10.00 on all sizes.

Say it with Custom one-inch blinds

Save 20% on any size. Custom fit, trim, tapeless one-inch Coronet blinds. 75 colors. Sears Decorator Consultant will help you choose in your own home at no charge. Just $52.80 for the 48 in. x 60 in. size.

Say it again from your $14.88 chair

Buy a bunch! Commander's chair *includes* orange polyester, vinyl-coated, slip-on cover! Sturdy hardwood. Clear varnish finish. Folds easily for carrying and storage.

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978




Only at Sears

Say it with a Custom bedspread
Sale $125 full size

Save $25 on all sizes and colors of these Custom Shop quilted bedspreads. 100% cotton sateen, treated with SCOTCHGARD™ Brand Fabric Protector. Outline quilted. Jumbo cord hems. Fluffy polyester fiberfill. Matching drapery fabric and woven wood shades, 20% off.

Bedspread full size	reg. $150.00	Sale $125.00
Drapery fabric, per yard 54 in. wide	reg. $ 7.00	Sale $ 5.60
Woven wood shade, all sizes on sale 48 in. x 60 in.	reg. $ 91.00	Sale $ 72.80

Bedroom furniture shown here is priced on the preceding two pages.

Say it with brass and glass
Sale $6.99 to $69.99

Save 11 to 50%. Most come unassembled. A cinch to put together. Tempered glass. Choice of brass or chrome finish.

Etagère	reg. $89.99	Sale $69.99
End table	reg. $39.99	Sale $29.99
Bunch table	reg. $29.99	Sale $14.99
Cocktail table	reg. $49.99	Sale $39.99
Entertainment center	reg. $89.99	Sale $69.99
Magazine rack	reg. $24.99	Sale $19.99
Table lamp	reg. $39.99	Sale $29.99
Floor lamp	reg. $49.99	Sale $39.99
Music stand lamp	reg. $16.99	Sale $14.99
Sofa arc lamp	reg. $69.99	Sale $59.99
Chair arc lamp (not shown)	reg. $49.99	Sale $39.99
Cylinder floor lamp	reg. $19.99	Sale $16.99
Globe-on-block	reg. $ 7.99	Sale $ 6.99

Say it timelessly with a bentwood rocker
On sale for only $99.88, reg. $149.95

Unassembled, no delivery. Wood frame. Walnut finish, handwoven cane seat and back.

Say it softly with a Medley accent rug

Sale $24.99, 42 in. x 70 in. size, reg. $29.99. All sizes on sale. 100% nylon pile. Skid-resistant. Machine washable. 8 colors.

Say it with Aspen open-weave draperies

Sale $16.99, 50 in. x 84 in. size, reg. $19.99. All sizes on sale. Machine washable. 4 colors.

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from March 26 thru April 22, 1978





Say it with tasteful geometrics

Sheets
$2.79 twin size, $3.79 full size

Comforters
$21.99 twin size, $26.99 full size

How handsome, this blue and brown plaid. And how inexpensive in all sizes. Perma-Prest® muslin sheets of 50% cotton, 50% polyester.

Sheet, twin	at reg. price $ 2.79
Sheet, full	at reg. price $ 3.79
Comforter, twin	at reg. price $21.99
Comforter, full	at reg. price $26.99
Bedspread, twin	at reg. price $15.00
Bedspread, full	at reg. price $20.00
Drapery 48 in. x 84 in.	at reg. price $12.00

Say it timelessly with a bentwood rocker
On sale for only $99.88, reg. $149.95
Unassembled, no delivery. Wood frame. Walnut finish, handwoven cane seat and back.

Say it with modular bedroom furniture

Two drawer stack piece	reg. $119.95	Sale $ 99.88
Drop-lid desk*	reg. $299.95	Sale $269.00
Folding chair*	reg. $ 49.95	Sale $ 39.88
Cheval mirror kit*	reg. $ 69.95	Sale $ 62.88

*special order only

Say it happily with Uni Petite

Sale percale sheets
$6.99 twin size, $7.99 full size

Sale bedspreads
$31.99 twin size, $32.99 full size

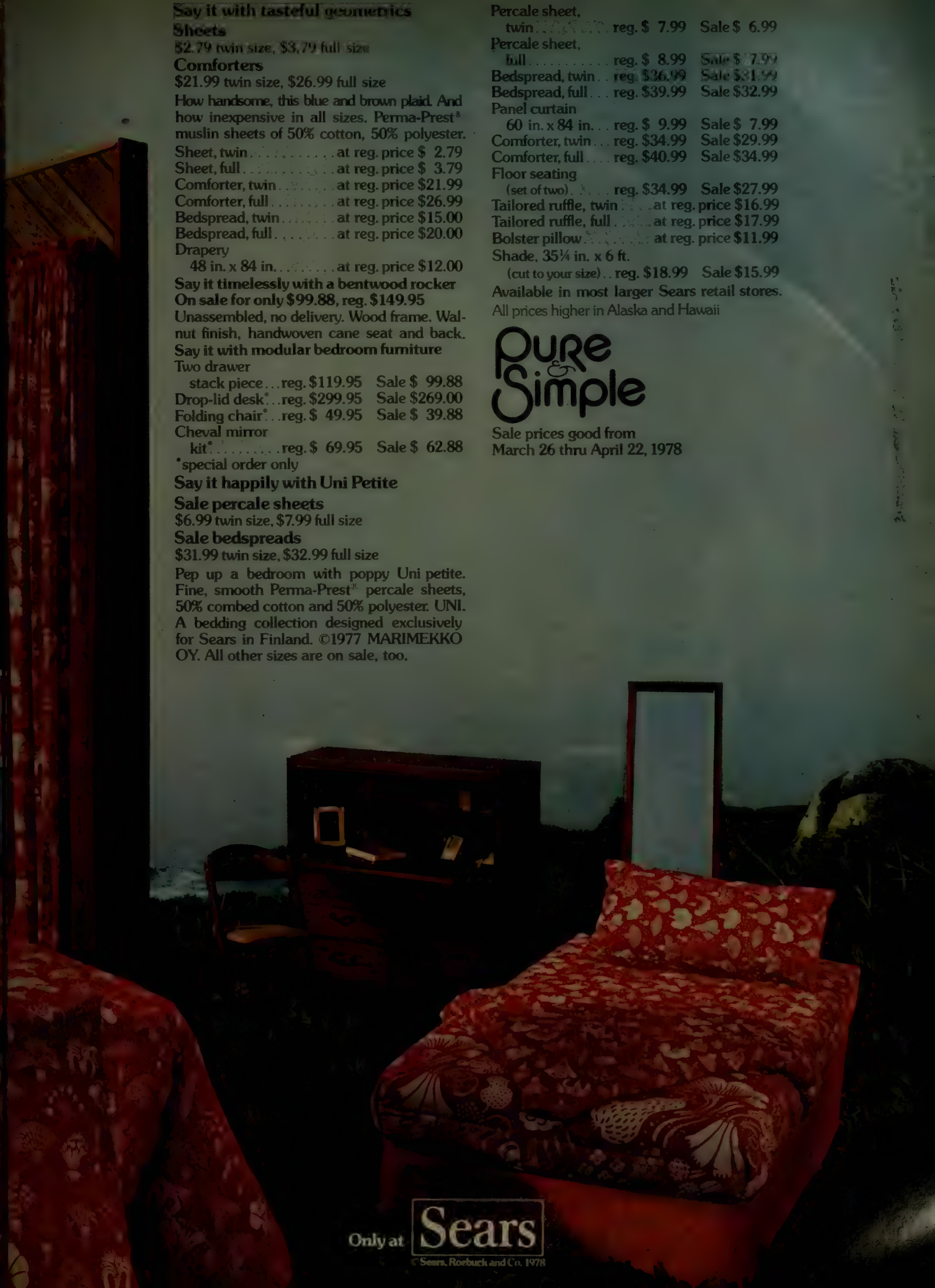
Pep up a bedroom with poppy Uni petite. Fine, smooth Perma-Prest® percale sheets, 50% combed cotton and 50% polyester. UNI. A bedding collection designed exclusively for Sears in Finland. ©1977 MARIMEKKO OY. All other sizes are on sale, too.

Percale sheet, twin	reg. $ 7.99	Sale $ 6.99
Percale sheet, full	reg. $ 8.99	Sale $ 7.99
Bedspread, twin	reg. $36.99	Sale $31.99
Bedspread, full	reg. $39.99	Sale $32.99
Panel curtain 60 in. x 84 in.	reg. $ 9.99	Sale $ 7.99
Comforter, twin	reg. $34.99	Sale $29.99
Comforter, full	reg. $40.99	Sale $34.99
Floor seating (set of two)	reg. $34.99	Sale $27.99
Tailored ruffle, twin	at reg. price $16.99	
Tailored ruffle, full	at reg. price $17.99	
Bolster pillow	at reg. price $11.99	
Shade, 35¼ in. x 6 ft. (cut to your size)	reg. $18.99	Sale $15.99

Available in most larger Sears retail stores.
All prices higher in Alaska and Hawaii

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978



Only at Sears

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Say it with a bouquet of flowers

Sale percale sheets

$6.99 twin size, $7.99 full size

Sale bedspreads

$39.99 twin size, $42.99 full size

Never has a bedroom seen so much excitement. From UNI. A bedding collection designed exclusively for Sears in Finland. ©1977 MARIMEKKO OY. Big Uni Bouquet flowers and tiny Uni Tulips. Fine, smooth Perma-Prest® percale sheets of 50% combed cotton, 50% polyester. This time with a bouquet for your bath. All other sizes on sale, too.

Percale sheet, twin	reg. $ 7.99	Sale $ 6.99
Percale sheet, full	reg. $ 8.99	Sale $ 7.99
Bedspread, twin	reg. $44.99	Sale $39.99
Bedspread, full	reg. $49.99	Sale $42.99
Drapery 48 in. x 84 in.	reg. $19.99	Sale $16.99
Panel curtain 60 in. x 84 in.	reg. $ 9.99	Sale $ 7.99
Comforter, twin	reg. $34.99	Sale $29.99
Comforter, full	reg. $40.99	Sale $34.99
Floor seating (set of two)	reg. $34.99	Sale $27.99
Tailored ruffle, twin	at reg. price	$16.99
Tailored ruffle, full	at reg. price	$17.99
Shade, 35¼ in. x 6 ft. (cut to your size)	reg. $18.99	Sale $15.99

Bedroom furniture shown is all priced on a preceding page of this collection.

Say it with supersize towels

Sale $9.59 36 in. x 70 in.

Big Uni Bouquet flowers on supersize and bath size towels. Looped on one side for absorbency, sheared for softness on the other.

And to warm up your feet, coordinating bordered bath rugs in popular sizes. 100% deep, dense nylon pile. Skid-resistant backing. Machine washable.

There's a shower curtain, too. 50% cotton, 50% polyester.

Supersize towel 36 in. x 70 in.	reg. $11.99	Sale $ 9.59
Bath size towel 24 in. x 46 in.	reg. $ 5.99	Sale $ 4.99
Bordered bath rug 24 in. x 36 in.	at reg. price	$ 9.99
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CHILDREN IN CARS

How to get them home safely

If you care about your children, you shouldn't let them ride in your car unrestrained. That seems obvious, but traffic accident statistics prove the message hasn't gotten through to lots of parents.

In a crash, a child's fragile body can become a missile. For example, if you're involved in a head-on collision at 30 mph, your car will stop moving in less than a second. But something that's loose inside the car will keep moving at 30 mph—until it hits a solid object. And that "something" could be your child.

According to the National Highway Traffic Safety Administration, the unrestrained child is more vulnerable than an adult to serious injury in an automobile accident. Small children riding loose in a car often become airborne in a collision or a panic stop and crash into the unyielding surfaces of the vehicle's interior—as well as into other passengers. Even at moderate speeds like 25 to 30 mph, accidents can fatally injure passengers of any age.

It's impossible for an adult to hold a child safely in a car. The strong force of even a minor collision can tear a child from an adult's grip. Using the same seat or shoulder belt to fasten a child and an adult is also unsafe. In an accident, the child—crushed between the adult and the belt—would probably suffer internal injuries that could be fatal.

Why is auto safety for children such a problem?

Most parents fail to realize that children's bone structure is different from that of adults; children's heads are much larger in proportion to the rest of their bodies, their critical body organs are less protected, and their center of gravity is higher.

Infants and children under four years of age should use special restraints designed to distribute crash forces over a large body area. After age four and until the child is tall enough—about 55 inches—to ensure the correct fit of an adult seat belt, he or she should sit on a firm cushion to position the lap belt at hip level rather than around the soft abdomen. But if no special restraint is available, using a standard belt is safer than allowing the youngster to ride loose.

Ideally, parents should introduce their child to a safety seat when they first bring the infant home from the hospital. From then on the child will feel comfortable being restrained. But if you let your youngster become accustomed to riding unrestrained, he or she might object at first to the confinement of a safety seat. Then you must be positive and firm. Point out an advantage to the child ("Look, now you can see out the window easily.")

What features should you look for in a child safety seat?

A lack of adequate government regulations contributes to the problem of child safety in cars. In inde-

continued

Drawing: The Hired Hand

These are the proper methods of restraining children in a car. Infant carriers, for children up to about 20 pounds, usually face the rear of the car (left). *Restraints for older children usually face forward* (center). *If your child has outgrown his safety seat—but is too short (less than 4½ feet) to wear the regular seat/shoulder belt combination—seat him on a firm cushion to boost him to the correct height for the belts* (right).



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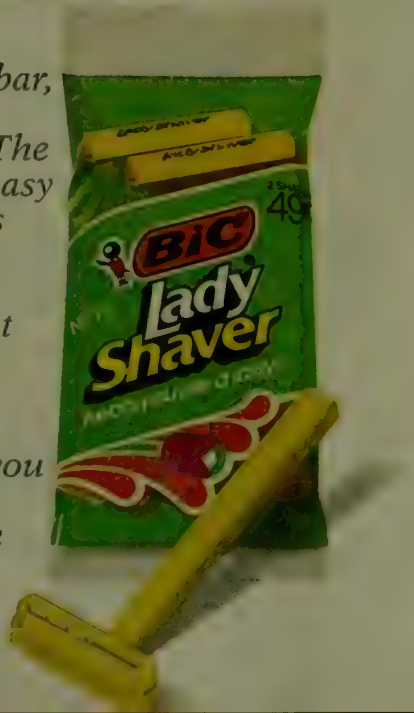
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continued

Children in cars

pendent tests, some of the restraints approved under a weak federal statute in effect since 1973 failed to adequately protect child-sized dummies in simulated crashes.

The best solution to the problem is to find a seat that's been crash-tested (the term the industry uses is "dynamically tested"). It will provide maximum protection for your child.

Two kinds of seats are available. Infant carriers (for children up to about 20 pounds) generally face the rear of the car. Restraints for older children (four to five years old; height to about 4½ feet) might resemble a traditional car seat, or consist of safety harnesses. If your child is too large for a safety seat—but too small to wear a seat-belt shoulder harness—again, place him or her on a firm cushion that allows the seat belt to ride on the hips. Use the shoulder harness if it does not fit across the face or neck.

You'll find the best selection of child safety restraints at department stores, children's specialty shops, and auto dealerships. When you go shopping, consider how easy the restraint is for you to handle. Some must be anchored to the car in a special way; others have several buckles that must be fastened each time you take a trip. Prices range up to $50.

For further information on automotive safety devices for children, you can write to these two organizations:

Action for Child Transportation Safety, P.O. Box 266, Bothell, Washington 98011. Send a stamped, self-addressed, business-size envelope and 25 cents for their folder, This is the Way the Baby Rides.

Physicians for Automotive Safety, 50 Union Avenue, Irvington, New Jersey 07111. Don't Risk Your Child's Life, *available for 25 cents and a stamped, self-addressed, business-sized envelope, compares the convenience of a number of dynamically tested child restraints.* ■

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Paul Masson Vineyards, Saratoga, Calif. © 1977

DECORATING

SHOWCASE CLOSETS

It's a simple matter to change a closet from a shut-in to a show-off. Here are two examples of closets converted to vest-pocket display cases for collectibles.



Photograph: Maris, Semel. Source: Ruth L. Grenci

Below left: A shallow under-the-stairs closet like this one doesn't offer much storage space—but it's perfect as a built-in showcase for a fragile seashell collection. Plain wood shelves were installed to match the roughhewn doors and wood paneling. The back and slanted top section of the closet are lined with mirrors, creating an illusion of depth and exposing both sides of the shells for easy viewing. The closet doors can be closed when necessary to protect the display.

Right: Removing the doors and adding wraparound shelves converted this walk-in closet into a miniature at-home museum. The intriguing array of dressup shoes, hats, evening bags, and dolls—mostly delicate antiques—is in full view but still protected. There's even room for a mini desk/work area and wicker storage chest. Scrap strips of mirror glued to the wall add reflective sparkle and give the shelving a finished look. ■



Photograph: E. Alan McGee. Design: Design Ampersand
Source: Ruth L. Grenci

A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM

Your yardstick is awkward to store and easy to lose.

SOLUTION

Glue about three flat magnets to one side of the stick with an epoxy adhesive, then slap the stick onto the blind side of your refrigerator, freezer,or range.

Mrs. J.B., Jackson, Miss.

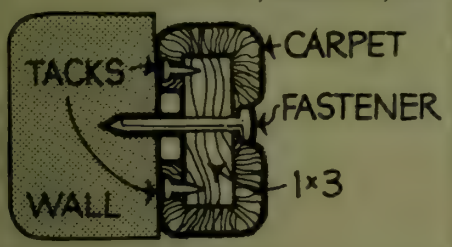
PROBLEM

Because your garage wasn't built to handle today's wide cars, the edges of your car doors take a beating when opened against the garage walls.

SOLUTION

Wrap pieces of carpet scraps around a long 1x3 or a section of 2½-inch molding, as shown, and tack the carpet to the back of the wood. Then anchor your newly fashioned door bumper to the garage wall.

E.T., Elmhurst, Ill.



PROBLEM

Whenever you try to sweep up broken bits of glass from the floor, you're never sure if you've missed a few pieces.

SOLUTION

Next time, roll a flashlight along the floor—in a complete circle—next to the point of breakage. Any remaining particles will glitter in the light.

J.S., Toledo, Ohio

PROBLEM

The narrow strips of sandpaper you use to sand dowels or spindles break before the job's done.

SOLUTION

Stick two-inch duct tape onto the back of a piece of sandpaper, then cut strips to the widths you need. The tape backing gives the sandpaper the strength it needs to last.

F.B., Dallas, Texas

PROBLEM

When backing your empty boat trailer into the water to retrieve your boat, you can't see the trailer from your van.

SOLUTION

Attach a bike flag holder to both back corners of the trailer. When ready to back the trailer into the water, simply slip the flags into their holders.

M.H., Massapequa Pk., N.Y.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

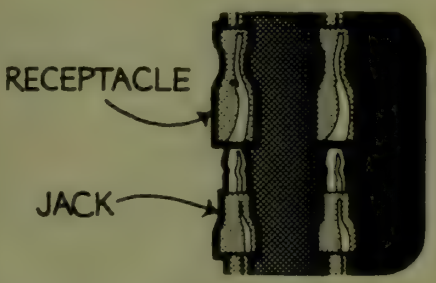
PROBLEM

You dread removing your chain-hung chandelier for cleaning; the fixture is so heavy that you have difficulty disconnecting the wires at the ceiling box.

SOLUTION

Turn off the circuit feeding the light and cut the two wires about two inches above the fixture. Crimp a fully insulated bullet-type (male-female) connector into the wiring, hooking a receptacle (female) onto each of the top two wires and jack (male) onto each of the bottom wires, as shown. Then pry open the bottom chain link so it just clears the link above it. Hereafter, to remove the chandelier, just turn off the current, pull the jacks out of the receptacles, and lift the chandelier off the chain. Depending on the type of connector you use, you may want to paint it to match the wires.

A.F., Miami, Fla.



PROBLEM

You make a real mess on the workbench or desk every time you glue or paste items, apply gasket adhesive, work on greasy parts, etc.

SOLUTION

Do your dirty work on top of an old telephone book or catalog. When a page gets messy, tear it off and start a clean one.

D.D., Frostburg, Md.

HOW TO PLAN ROOMS THAT STAY IN STYLE

If there's one thing all well-decorated rooms have in common, it's this: They endure. On these eight pages we'll show you some beautiful examples and help you plan a room that will not only *stay* in style, but will actually grow more beautiful, more comfortable, and more livable with time.





Photographs: George de Gennaro. Architect: Robert Braunschweiger. Source: Pauline Graves

KNOW YOUR STYLE

You are unique and your home should reflect this fact. Surround yourself with the things *you* love, not the things you think others will admire. Only by freely expressing your taste can you achieve an enduring room.

Architect Robert Braunschweiger and his wife are aficionados of both the old and the new. They are as fond of antiques as they are of contemporary design, and they do an excellent job of mixing the two. Firm believers that quality is more important than quantity, the Braunschweigers furnished their house with fine examples of classic design.

In the room at left, a stately grandfather clock is the tallest member of an eye-catching composition that includes an old pine schoolmaster's desk, a collection of Japanese prints, and an ultramodern ribbon chair. Showcased on an old Persian rug, the chair is a piece of sculpture as well as something to sit on. Note how the serenity of the background adds emphasis to each object in the room.



To show off their collection of contemporary posters, *above*, the Braunschweigers covered one wall of this room with 1x8-inch tongue and groove pine, installed diagonally. Then to emphasize the elegance of the antique armoire, they painted another wall red.

At left, shelves made of 1x12s were designed by the Braunschweigers to house an assortment of books, art work, and accessories. A 38-inch space between two banks of shelves was reserved for a pair of impressive wooden doors purchased by the Braunschweigers in Spain. **Buying information, page 203.**



Photographs: Maris/Semel. Design: Gayle Jolluck, Ltd. Source: Ruth Grenci

TAKE YOUR TIME

Impatience is the downfall of many a decorating scheme. A room that has been slapped together in haste usually *looks* slapped together. Character and charm are most often found in a room that has evolved with time.



Here's proof of how decorating patience pays off. The couple who purchased this colonial house started off with very little furniture, but the pieces they did have were good. Rather than do a rush job of filling in the gaps, they bided their time and sought out furnishings and accessories they knew they'd love for years to come. The result is a house brimming with beauty and personal warmth.

In the living room, *opposite,* the woodwork was painted gray to bring out the best of the colonial architecture. What looks like an American primitive painting hanging over the fireplace is actually a primitive-style portrait of the homeowners' daughters. Adding a touch of whimsy to the room is an old rocking horse hung on the wall, and an antique weathervane tucked in the corner.



One of the owners' favorite pieces of furniture is the handsome hutch, *left.* Called an "Irish chicken hutch," it was used in bygone days for penning live chickens before dinnertime. Now the hutch is used as a show-off spot for Early American collectibles.

The same color scheme used in the living room is repeated in the dining room, *above.* Here, however, wallpaper was chosen in lieu of paint, and simple gray shutters instead of the swag and cascade treatment used on the living room windows.

Buying information, page 203



Photographs, Fred Lyon. Design: Elaine Prolass/Muriel Hebert. Source, Helen Heitkamp

BUY THE BEST YOU CAN AFFORD

Good decorating doesn't depend on how *much* money you spend, but on how wisely you spend it. If you stick with classic designs and steer clear of fads, you can't go wrong.



For Jay and Elaine Protass, decorating has meant a slow process of accumulating quality things that can easily adapt to change. The couple refuse to acknowledge such labels as "living room" or "bedroom" furniture. Both Jay and Elaine believe—and rightly so—that if a piece has classic lines, it will look and function well in virtually any room of any house. Much of the furniture in their living room, *above and left,* has been used in other rooms of this house and in an earlier house as well. The Welsh dresser next to the love seat, *left,* is typical of the versatility of classic pieces. A bookcase now, the dresser has been used in the past for china display.

An 18th-century desk is one of the most moved pieces in the Protass house. It has been used as a nightstand in a bedroom, has done a tour of duty in the living room, and now, *right,* is the key visual element in the hallway, where it serves as a spot for letter writing or gazing out the window.

Buying information, page 203







Photographs: Jim Hedrich, Hedrich-Blessing. Design: Pamela Hughes of The H. Chambers Co. Source: Eileen Daymler Leubecker

KNOW WHEN TO STOP

A sure way to ruin a room scheme is to overstuff it with frills and furnishings. To keep things clean and uncluttered, choose only furniture pieces you *really* need, and use just a few favorite accessories.

The lean, spare look of these two rooms may not be for everyone, but these interiors make a point. They show how elegant a room can be when stripped of excess furniture and accessories.

In the living room, *above*, the owners have intentionally kept furnishings to a minimum. The result is timeless, almost Oriental in its simplicity.

Even though you may not want quite this clear-the-deck look, any room will benefit from some paring down. One way to simplify a scheme is to rotate your accessories and show only a few carefully chosen ones at a time. Displayed sparingly, they'll become more important, and the periodic change will help give the room a fresh new look.

Part of this room's beauty (and its look of spaciousness) is due to a background that's as natural and unadorned as the furniture. Soft off-white covers the walls, and the old floor is painted with white deck paint.

The owners converted the bay window area into a comfortable sofa substitute by building in a seating platform topped with a canvas-covered foam slab. In the niches flanking the window, they've placed two tall dried weed arrangements. (This shows the dramatic effect of using one or two large accessories, rather than a miscellany of small ones.)

To maintain the trim, architectural look of the room, the family built in stereo speakers at the top of the niches behind a facade of 1x2s spaced one inch apart. Similar screening below camouflages an old radiator and storage.

Seating couldn't be simpler. Four large floor pillows, covered to match the window seat cushions, line up on a natural sisal rug. The low-profile coffee table, looking for all the world like a costly contemporary design, is actually a wooden skid purchased from a warehouse.

In the dining room, *left*, sleek, contemporary chrome chairs make the family's marvelously ornate old oak table look even more special. Backgrounds are again simple and noncompetitive—to keep the emphasis on the furniture itself.

Buying information, page 203



Combining Plants For Nonstop Color

Steven Coulter and Douglas A. Jimerson

This year, why not turn your yard into an all-season flower show? You can do it easily by combining plants that provide continuous color from early spring to frost. For example, use drifts of early-, mid-,and late-flowering perennials with annuals or shrubs. You can show off annuals alone, or use them to brighten an all-evergreen foundation planting. And don't forget roses; there's a size and color to boost any planting scheme. Check here for ideas and get ready to plant!



Opposite

One way to jazz up a small, out-of-the-way garden corner is to add a collection of space-saving annuals and perennials. Along the patio edge, Swiss Giant pansies, Topper snapdragons, Blue Boy cornflowers, Pacific Beauty calendulas, Fairy Bouquet linarias, Canterbury bells, sweet william, and marguerites rub shoulders with perennnial favorites iris and daylily. All enjoy full sun.

Above

Add a touch of elegance along a drive or walkway by teaming tree roses with low-growing annuals. Miss American Beauty holds center stage and is flanked by two pink floribundas called Rose Parade. Fibrous begonias Gin, and Royal Carpet sweet alyssum combine with the roses to give an eye-catching display of color.

If pink is not your color, you can choose tree roses in white, red, or yellow. In a yellow setting, try adding some yellow portulaca, Golden Triumph celosia, or dwarf calliopsis. In a red garden, use Cherry Buttons zinnias, Scarlet Midget salvia, or Comanche petunias.

Right

A heavily wooded or small north-facing lot needn't put a crimp in your gardening plans. Here, a small clump of blue felicia provides edging for shade-loving impatiens and fibrous begonias. An evergreen podocarpus and pink fuchsia provide backup color in a hidden brick planter. For a more dramatic effect, add potted red or pink-veined caladiums. In cold climates, replace podocarpus with ivy.



Make Perennials The Backbone Of Your Flower Garden

For dependable garden color, choose perennials that bloom at the same time and complement each other in height and color. To plan your plant partnerships, study blooming seasons, size at maturity, and flower hues before you plant. Assign tall-growing perennials spots behind the medium-sized plants; save the front-of-the-border for the low-growers. To bolster the color, mix in long-blooming annuals and bulbs.

Tall (over 30 inches) background perennials include delphinium, daylilies, hardy lilies, and heliopsis. For mid-border, choose from bee balm, phlox, veronica, baby's-breath, and astilbe. And for the edging, try cushion chrysanthemums, dwarf iris, pinks, or Silver Mound artemesia.



Few planting combinations look as fresh and cool in midsummer as white Alaska shasta daisies massed against the graceful spires of blue delphinium. Delphiniums are commonly available in white, pink, blue, and violet.

Above

You can always count on iris for big springtime color. Here, a Rare Wine iris lends subtle contrast to a pure white gas plant (dictamnus). A pink form of gas plant is also commonly available, if you prefer. Iris come in a full range of colors and need only be divided every three or four years to keep them from overcrowding. Gas plants are easily started from seed but will not flower for several years. For quicker results, buy nursery transplants. Plant iris and gas plant in a sunny location. Cover both with a two- to three-inch layer of leaves or straw during the winter. Remove this covering in early spring.

Right

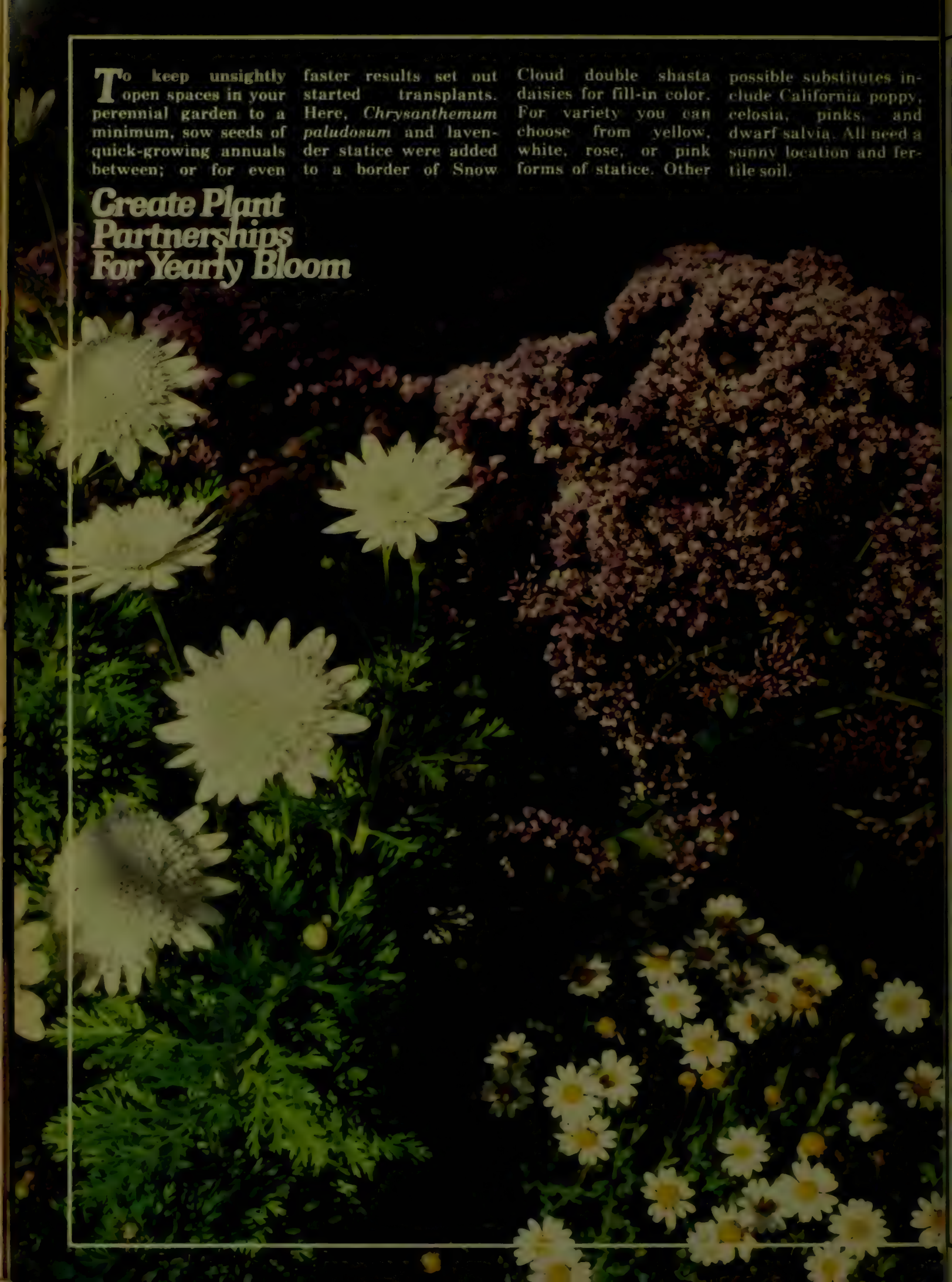
For a refreshing change of pace, why not create a small rock-garden retreat with low-growing perennials? Here, white fleabane and Miss Willmott potentilla (cinquefoil) join forces in a charming arrangement. Both prosper in a sunny location with light sandy soil. Be sure to divide the fleabane every three or four years to keep it in blooming condition. Potentilla is also available in white, yellow, and orange varieties. Start new plants from cuttings.



Sources: Pauline Graves, Barbara Cathcart, Bonnie Maharam

Create Plant Partnerships For Yearly Bloom

To keep unsightly open spaces in your perennial garden to a minimum, sow seeds of quick-growing annuals between; or for even faster results set out started transplants. Here, *Chrysanthemum paludosum* and lavender statice were added to a border of Snow Cloud double shasta daisies for fill-in color. For variety you can choose from yellow, white, rose, or pink forms of statice. Other possible substitutes include California poppy, celosia, pinks, and dwarf salvia. All need a sunny location and fertile soil.





Designer: Barry Ferguson





Landscape design: Allan Kinkead

Top

For a dazzling summertime display, add daylilies to a bed of yarrow and coneflower (rudbeckia). You only need to divide these low-care perennials every three or four years to keep them blooming and in good health. Daylilies come in many heights and colors; shades of yellow, peach, and red are the most popular. Yarrow is available in both white and rose-purple.

Above left

A front-yard garden needn't shout with color to be an attention getter. This understated pairing combines white McKana's Giant columbine and the fuzzy-leafed stachys or lamb's ears. If you'd like to brighten the plan, use blue columbine or blue love-in-a-mist. All need full sun and grow to 20 inches tall in a well-drained location.

Above right

For a border planting that can't be beat, try mixing lavender violas and orange and yellow nemesia varieties with a luxuriant stand of both blue and white linaria varieties. All need a cool, moist, fertile garden location.

Photographs: George de Gennaro, Fred Lyon, Maris/Semel, William Hopkins

DINING-OUT SPECIALTIES YOU CAN MAKE AT HOME

By Nancy Byal

Peking Duck, Tandoori Chicken, Bulgogi, and Baumkuchen are four foods with extraordinary names and equally extraordinary tastes. Unfortunately, each of the authentic recipes calls for a special piece of equipment or a formidable technique. As a result, these delicacies have been limited to elegant restaurants and highly trained chefs.

Now we've adapted the recipes so you can make and enjoy these special foods at home. Three prominent restaurants and a pastry shop each showed us how they prepare their specialty. In our Test Kitchen, we translated the ideas to your cooking tools and techniques. We think you'll agree the results rival the excellence of the originals.

PEKING DUCK
AN ORIENTAL CLASSIC



ONE



TWO



THREE



Praise to the unknown culinary genius who first created Peking Duck! What distinguishes this age-old Chinese dish from any other roast duck is the extra crispy skin which is usually served apart from the meat.

To achieve this characteristic crispness, the Chinese use special techniques and a special type of bird. It's an Imperial Peking duckling, a force-fed bird with unique configuration. As with all dressed ducks sold in Chinese markets, the bird's head and neck are left intact. The duckling is stuffed with some flavor enhancers such as Chinese parsley and gingerroot. Sometimes air is mechanically pumped through a small hole in the bird's neck to create a space between the skin and meat.

So that the skin never touches another surface, the bird is suspended from the neck on an S-shaped hook. A syrup, consisting of starch and malt sugar or honey, is poured over the bird several times **(one)**. Then the bird is left to hang-dry in a cool place. Finally, the bird is placed in a large kiln-type oven where it roasts above a wood or gas fire to an even-all-over, reddish brown color **(two)**.

There's as much ceremony to serving and enjoying Peking Duck as there is to preparing it. The meat is carved and the skin separated from the body so that the carved bird can be reassembled on a platter to approximate its original shape **(three)**. To eat the duck, you sandwich a piece of the skin (with or without meat), green onion, and a plum or hoisin sauce between two pieces of steam buns, or roll the mixture up inside a paper-thin Chinese pancake.



THE HONORABLE ADAPTATION



ONE



TWO



THREE

For our do-it-at-home **Peking Duck,** we've modified the technique but not the taste of this exceptional entrée. Hanging time is important to assure crisp skin, so start the bird (any domestic duck will do) drying two to three days before you plan to serve it. Make up **Chinese Pancakes** and **Peking Sauce** ahead and refrigerate. There's no need for an air pump or a kiln oven, but you will need a jelly bag stand (or alternate rack; see recipe), a chopstick or skewer, a bowl, and a grill with rotisserie attachment.

Suspend the duck from the jelly bag stand and pour the starch syrup over **(one)**. To chill-dry the bird, adjust refrigerator shelving to allow sufficient height for the stand and bowl.

A few days later, the bird is ready to grill on the spit **(two)**. Before serving, reheat the pancakes and sauce. Then let our drawing and step-by-step cutting directions guide you through carving and serving Peking Duck pseudo Oriental-style **(three)**.

Recipes begin on page 148

Tandoori Chicken

THE TANDOORI TRADITION



ONE



TWO



THREE



Photographs Lyon Photographed at Taj of India, 825 Pacific, San Francisco

Tandoori Chicken and Naan, a flatbread, were once prepared only in northwest India where they originated, but over the years they have become favorites throughout India. The foods are cooked in a clay oven, called a tandoor, which accounts for their intriguing flavor and appearance.

In northwest India, the large jar-shaped tandoor is common to almost every household. Due to the intense heat created by a charcoal fire at the base of the oven, the tandoor is usually buried neck deep in the ground or is set at ground level and insulated.

The chicken—traditionally skinned and either whole or halved—marinates in a well-spiced red yogurt mixture. The exact seasoning blend varies from cook to cook but always includes an edible red coloring. Deep crosscuts in the chicken help the flavors penetrate **(one)**. A mixture of lemon juice and salt is worked into the slits, then the marinade is added **(two)**. After standing at least 12 hours, the meat is placed on skewers and inserted vertically into the hot oven **(three)**.

NAAN BREAD

This traditional flatbread is baked directly on the tandoor wall which accounts for the pleasingly crisp crust and soft, chewy interior. The Naan dough must be prepared just before the chicken finishes cooking. Flour, leavening, and liquid are expertly worked by hand till a smooth soft dough forms.

Small portions of the dough are quickly rolled then hand-patted into ovals **(one)** and slapped onto the inside wall of the tandoor **(two)**. In only a few minutes, the bread is bubbly, flecked with brown, and teardrop-shaped (because of the force of gravity on the dough). Each baked portion of bread is pulled out of the tandoor with a special metal hook and served piping hot along with the chicken. Torn pieces of Naan bread serve as convenient carry-alls for the traditional hot Indian chutneys and piquant condiments.



ONE



TWO

A TASTY TAKEOFF



ONE

You can substitute a conventional oven for a tandoor and produce **Tandoori Chicken** and **Naan** that challenge the originals. Skin, slit (**one**), and marinate (**two**) the chickens as in the classic, then roast the birds in a conventional oven. For Naan, roll the



TWO



THREE

balls of dough into teardrop shapes and bake on baking sheets (**three**). Each piece of bread is chewy inside and crusty outside. **Cachumber** is the serve-with salad.

Recipes begin on page 148
Buying information, page 203

BULGOGI
A KOREAN CUSTOM



ONE



TWO



THREE



Photographs Hedrich Blessing, Lyon. Photographed at Fuji Ya, Minneapolis.

One of the most popular dishes in Korea is Bulgogi, paper-thin slices of beef seared table-side in an unusual dome-shaped pan.

In Korea, beef is very expensive, so Bulgogi is reserved for restaurant meals and special-occasion home dining. The meat (beef rib eye is preferred) is very thinly sliced **(one)** then briefly marinated **(two)**. The uncooked meat is painstakingly arranged on a platter and presented with ceremony, as befits a work of art **(three)**.

At the table, the beef is cooked to each person's liking. The Bulgogi pan is centered on the table atop a hibachi or electric hot plate and strips of beef are arranged atop the dome. The curved shape offers more surface area than a conventional pan does, so the meat cooks quickly without simmering. The juices that collect in the "moat" surrounding the dome are served, too. Rice and one or more Korean relishes are the traditional accompaniments.

AN EASY EXPEDIENT



ONE

Made-at-home **Bulgogi** is an easy and elegant entrée. In place of the Bulgogi pan, use a charcoal-fired hibachi for an outdoor dinner or a portable electric grill for an indoor meal.

Beef round steak or flank steak are the flavorful (and less expensive) meat alternatives. Partially freeze the uncut meat, then thinly slice it diagonally **(one)**.



TWO

Marinate the meat in soy sauce, sherry, and sesame seed. The authentic recipe uses whole sesame seed, but to release maximum flavor, crush the seeds with a mortar and pestle **(two)**. Before grilling, pat excess marinade from each slice. Serve rice, **Bean Sprouts Namul,** and **Kimchi** alongside.



THREE

Recipes begin on page 148
Buying information, page 203

BAUMKUCHEN
A SPINDLE SPECIALTY



ONE



TWO



THREE



FOUR



Photographs by Lyon Photographed at Fantasia Confections, South San Francisco

It's hard to believe that sophisticated Baumkuchen, a popular German dessert, began so unassumingly. The German word "Baumkuchen" means "tree cake" and the name fits. The cake's outer configuration resembles a tree trunk, while the inner layers look like the rings of a tree. Legend has it that gypsies first made this kind of cake by applying cake batter to a log "spit" over an open fire.

Today, the making of Baumkuchen is mechanized and in this country is largely confined to a few ethnic bakeries. The cake-baking machine, specially designed in Europe, consists of a trough for the batter, a long, tapered, wooden spindle for the cake, and a succession of vertical gas burners that are directly behind the spindle.

Incredible as it may seem, a skilled baker can build 20-plus layers of cake in only 45 minutes. First, the spindle is wrapped with paper to prevent the cake from sticking, and the open-face "oven" is preheated. Next, a buttery rich batter is applied along the length of the rotating spindle **(one)**. In a few minutes, the "core" is lightly browned and baked. Again and again, coats of batter are baked on until only a few layers remain to be added. In between the last three or four cake layers, grooves are made in the cake using a long rake-like instrument with evenly spaced pastry brushes attached **(two)**. The cake-laden spindle is then set into a special rack to thoroughly cool.

By rotating the spindle (without heat) the baker can paint on the thin frosting **(three)**. Usually a vanilla or chocolate glaze is used. One cake spindle yields four or five individual Baumkuchens. The cake is scored in sections and each portion is then removed from the small end of the spindle **(four)**.

Wedges of the "tree cake" may be served with fresh strawberries and whipped cream.

A SURPRISING FACSIMILE



ONE

This home-scaled **Baumkuchen** is designed to give you show-stopping returns for minimum effort. Using a springform pan and oven broiler, you create successive horizontal cake layers in about the same time it takes a professional baker to bake his cake.



TWO

Spread and quickly broil one thin layer of the batter at a time in the springform pan **(one and two)**. Fifteen to 17 layers later, let the cake cool in the pan. Then remove and cut the cake in wedges. Spoon and spread the thin glaze, as you would for petits fours, and let it dry **(three)**.



THREE

Recipes begin on page 148
Buying information, page 203

begins on page 140

Dining-out specialties

PEKING DUCK

Instead of using the jelly bag stand, you can hang the duck by adjusting your refrigerator shelves and tying the duck directly to the shelf. Place a bowl on the shelf under the duck then pour the cornstarch mixture over the duck as directed—

1 4- to 5-pound duckling
1 quart warm water
¼ cup vinegar
1 tablespoon honey
⅓ cup cornstarch
½ cup cold water

• • •

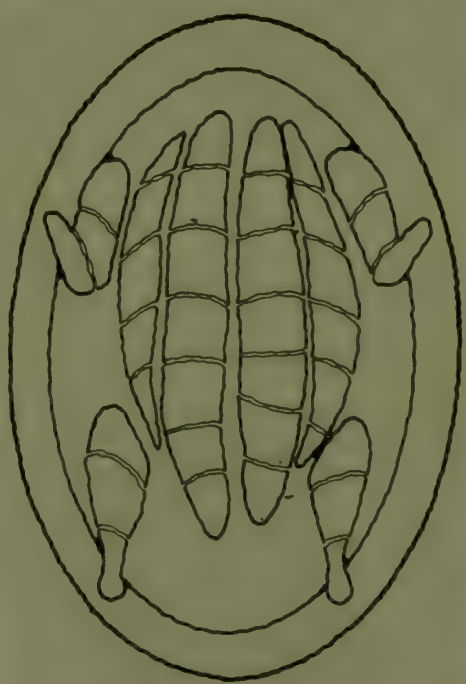
¼ cup hoisin sauce
1 tablespoon water
2 teaspoons sugar
1 teaspoon sesame oil
1 recipe Chinese Pancakes (see recipe following)
Thinly sliced green onion

Pat duck dry inside and out with paper toweling. In medium saucepan combine the 1 quart water, the vinegar, and honey. Stir together cornstarch and the ½ cup cold water. Add to vinegar mixture; cook and stir to boiling. Set jelly bag stand on medium-sized bowl. Lay chopstick or skewer across top of stand. Tie back legs of duck to center of chopstick so duck hangs over bowl. Pour cornstarch mixture over duck at least four times. Drain off liquid in bowl. Refrigerate duck on the jelly bag stand, uncovered, 48 hours. Remove duck from stand. Balance duck on grill spit. Arrange *medium-hot* coals at back and sides of firebox. Place a foil drip pan in front of coals and under spit. Attach spit. Turn on motor; lower hood. Grill over *medium-hot* coals for 2 to 2¼ hours or till done, raising hood the last 30 minutes of cooking. Meanwhile, combine hoisin sauce, the 1 tablespoon water, the sugar, and sesame oil; place in small dipping bowl. Garnish with some sliced green onion, if desired.

Remove duck from spit. With a small, sharp knife and your fingers, carefully remove crisp skin from breast, sides, and back of duck. Cut skin into 3x2-inch rectangles, scraping off any excess fat. To carve duck Oriental-style: Cut the duck, breast side up, in half lengthwise. Cut off wings and legs close to body. Cut off



backbone on each half of bird, then cut backbone into bite-size pieces and reassemble on serving platter. Cut each wing and leg into 2 or 3 pieces and arrange on each side of backbone. Chop remaining bird into bite-size pieces. Reassemble each half to its original shape. Cover



breast with skin. To serve, have each person place a Chinese Pancake flat on his plate, then spoon on the hoisin mixture and sprinkle with green onion. Duck skin (and meat, if desired) is placed in center of pancake, and the pancake is rolled up. Makes 3 or 4 servings.

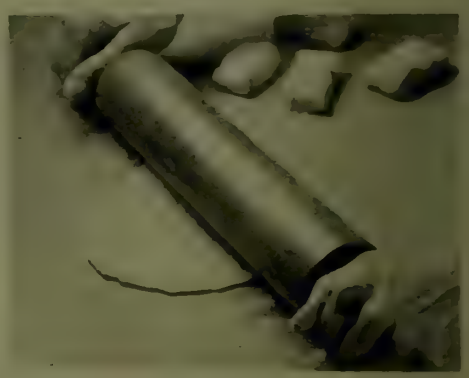
CHINESE PANCAKES

These delicate pancakes are always cooked in pairs because, when rolled out, the pancakes are too thin and fragile to cook individually—

1½ cups all-purpose flour
¼ teaspoon salt
½ cup boiling water
3 tablespoons cold water
2 tablespoons all-purpose flour
Shortening, cooking oil, *or* sesame oil

Stir together the 1½ cups flour and the salt. Pour boiling water slowly into flour, stirring constantly with a fork or chopsticks till well blended. Stir in cold water. When dough is cool enough to handle, knead in the 2 tablespoons flour 8 to 10 minutes or till smooth and elastic. Shape dough into a ball. Place the dough back in bowl; cover with damp towel. Let stand for 15 to 20 minutes.

Turn dough out onto a lightly floured surface. Form into a 12-inch-long roll. Cut roll into 1-inch pieces.

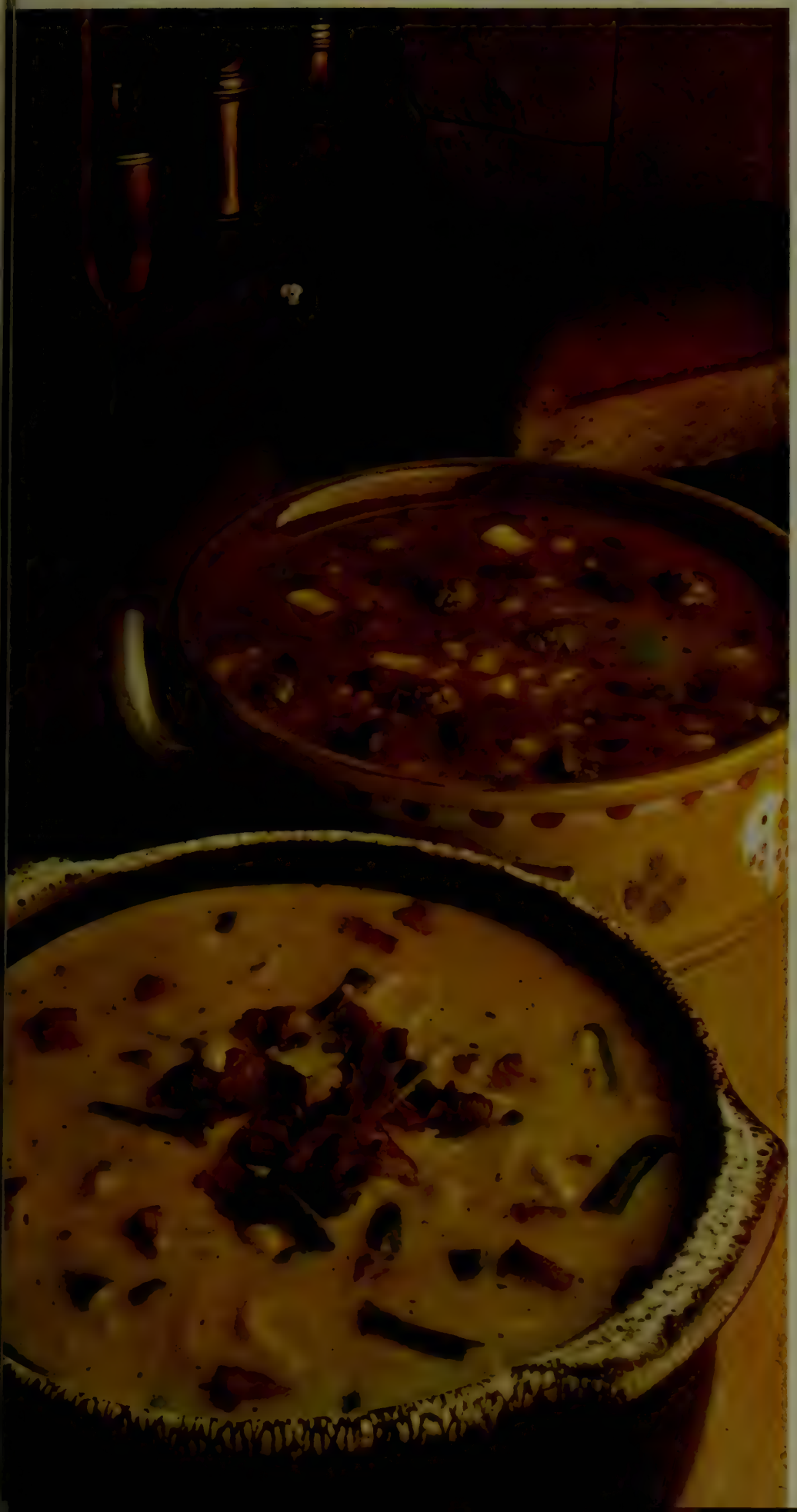


Flatten each piece of dough with the palm of your hand. To make pancake, roll each piece of dough into a 6-inch circle. Brush the entire surface of top of each pancake lightly with shortening, cooking or sesame oil.

Stack two pancakes together, greased sides together. In a heavy ungreased skillet or griddle, cook the pancake stacks over medium heat 20 to 30 seconds on each side or till bubbles appear on surface of pancake (a few golden spots will appear). Quickly remove from pan and gently separate the paired pancakes.

continued

Campbell's Soups give you a way to create memorable main-dish soups in minutes.



When you start your main-dish soups with Campbell's Soups, your family won't have long to wait. Campbell's takes care of the long, slow simmering. So you can start your hearty main-dish soups just minutes before dinnertime. They'll love the old-fashioned goodness; you'll love the double saving in time and energy.

ITALIAN MEATBALL MAIN-DISH SOUP

½ pound ground beef
¼ teaspoon salt
Dash pepper
½ cup sliced celery
¼ cup chopped onion
1 medium clove garlic, minced
¼ teaspoon Italian seasoning, crushed
2 cans Campbell's Bean with Bacon Soup
1½ soup cans water
1 cup cooked ditalini
1 can (about 8 ounces) kidney beans, undrained
1 can (about 8 ounces) tomatoes, cut up
2 tablespoons chopped parsley

Season meat with salt and pepper; shape into 24 small meatballs (½ inch). In large saucepan, brown meatballs and cook celery and onion with garlic and Italian seasoning until tender (use shortening if necessary); spoon off fat. Add remaining ingredients. Heat; stir occasionally. Serve with grated Parmesan cheese if desired. Makes about 7½ cups.



HOME-STYLE CHICKEN AND HAM MAIN-DISH SOUP

2 slices bacon
1 cup diced cooked ham
2 tablespoons chopped onion
¼ teaspoon thyme leaves, crushed
1 can Campbell's Cream of Chicken Soup
1 can Campbell's Chicken Noodle Soup
1 soup can milk
2 hard-cooked eggs, coarsely chopped
1 cup cooked cut green beans

In large saucepan, cook bacon until crisp; remove and crumble. Brown ham and cook onion with thyme in drippings until tender. Add remaining ingredients except bacon. Heat; stir occasionally. Garnish with bacon. Makes about 6 cups.





You have a way with Campbell's.

SWANSON INTRODUCES THE BEST-
THE BREAST-OF THE CHICKEN.

Tender, juicy chunks of white meat from the breast of the chicken. All the flavor of good homemade chicken, without the fuss of stewing or boning.

Use it just like tuna. Ready to serve in delicious salads, sandwiches, casseroles. Try it – you'll be surprised how good the best can taste.

SWANSON CHUNK WHITE CHICKEN... FOR A CHANGE.

SWANSON® IS A REGISTERED TRADEMARK OF CAMPBELL SOUP COMPANY

continued

Dining-out specialties





Place all the pancakes on baking sheet or in a baking dish; cover with



a dry towel or plastic wrap to keep moist. Repeat with remaining pancakes. Makes 12 pancakes.

BULGOGI

Plan this charcoal-cooked dinner as a patio activity. If you want to cook indoors, use a portable electric grill unit. Be sure to use a pad under the cooking unit to protect the table from heat—

1½ pounds beef flank steak *or* round steak

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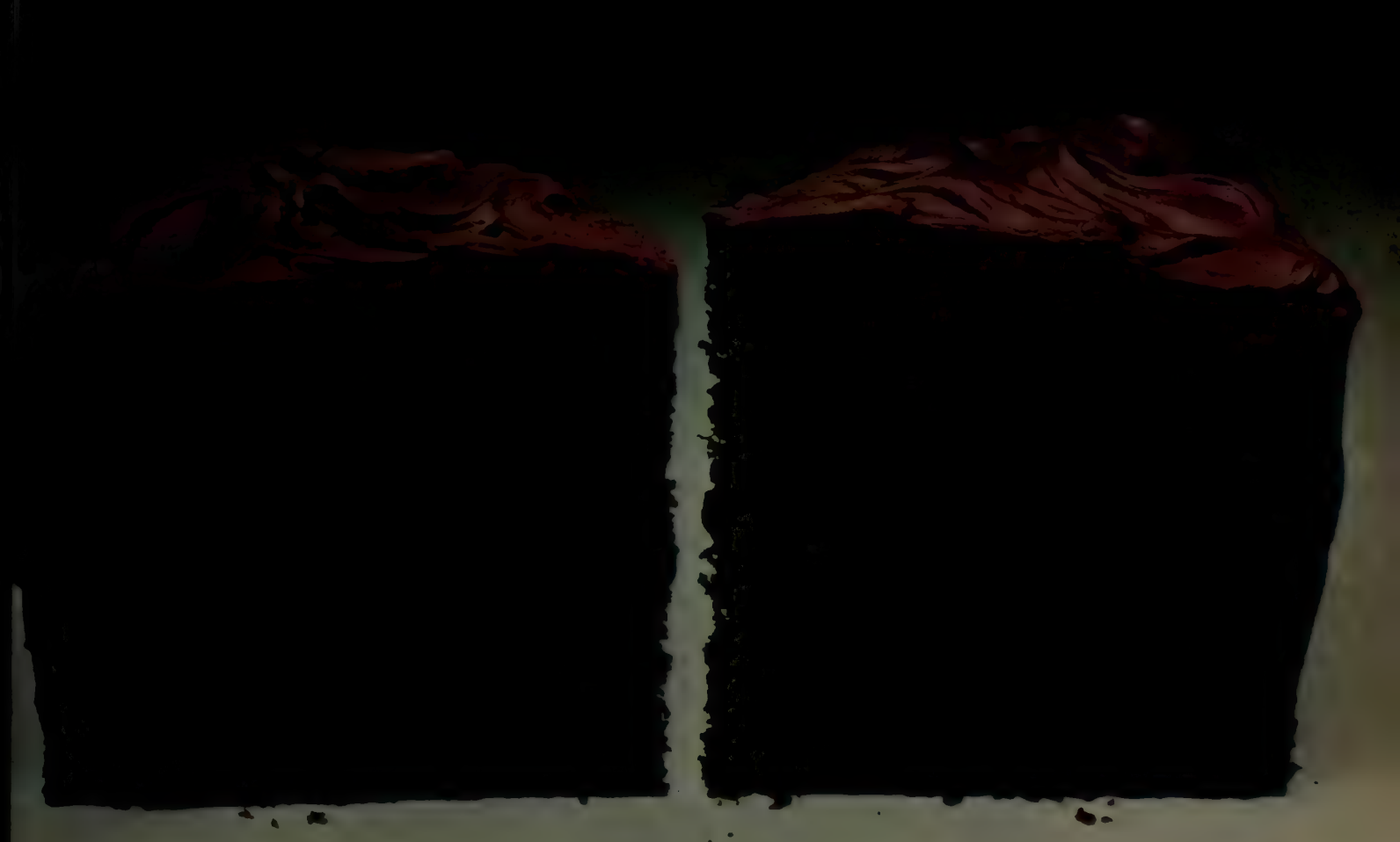
⅓ cup soy sauce
2 green onions, thinly sliced
1 clove garlic, crushed
2 tablespoons sugar
2 tablespoons sake *or* dry sherry
1 tablespoon sesame seed, toasted and crushed
1 tablespoon sesame oil
Dash pepper
Hot cooked rice

• • •

1 recipe Bean Sprouts Namul (see recipe, page 156)
1 recipe Kimchi (see recipe, page 156)

Partially freeze meat. Slice meat very thin diagonally across the grain. Combine soy, onion, garlic, sugar, sake, sesame seed, sesame oil, and pepper in large shallow dish. Add meat, spooning marinade over meat to coat well. Let stand at room temperature 15 minutes. Drain, reserving marinade; pat meat dry with paper toweling. At tableside, grill meat over *hot* coals on hibachi about 1½ minutes on each side. Serve reserved marinade in small individual sauce dishes alongside. Serve with rice, Bean Sprouts Namul, and Kimchi. Makes 6 servings.

continued on page 156



Which chocolate cake was baked with Hershey's Cocoa?

Surprise! It's the cake on the right.

We asked 108 women to bake up their favorite chocolate cake recipe *twice*...once using baking chocolate as called for, then the identical recipe using Hershey's Cocoa instead.

Were they surprised! The cakes made with Hershey's Cocoa were richer, moister, more chocolatey. You can even see the difference. No wonder 7 out of 10 of these women preferred Hershey's Cocoa cakes!

And with Hershey's Cocoa, there's no messy melting, no scorched chocolate, no double boilers to scrub.

Is there a can of Hershey's Cocoa in your pantry? Try it in your next cake—in cookies, fudge and frosting, too. Just use the handy formula below.

For richer, moister, better chocolate desserts—bake 'em with Hershey's Cocoa!

Hershey's Prize Chocolate Cake

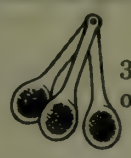
1/4 cup butter
1/4 cup shortening
2 cups sugar
1 teaspoon vanilla
2 eggs
3/4 teaspoon baking soda
3/4 cup Hershey's Cocoa
1-3/4 cups unsifted all-purpose flour
3/4 teaspoon baking powder
1/8 teaspoon salt
1-3/4 cups milk

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until light and fluffy; blend in eggs.

Combine baking soda, cocoa, flour, baking powder and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.

And use cocoa in your favorite frosting recipe, too!

How to Bake with Cocoa



3 tablespoons of cocoa

\+

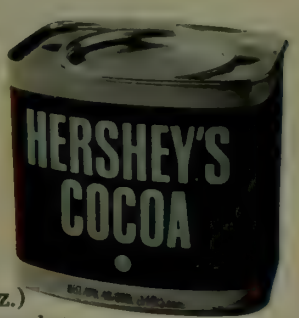


1 tablespoon of shortening or oil

=



1 square (1 oz.) of baking chocolate



Use this handy formula in all your chocolate recipes: cakes, frosting, fudge, and cookies.



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At last, decaffeinated drinkers can get perfect coffee from their automatic drip coffee makers.

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Now there's new Drip-Matic™ from the makers of SANKA® Brand... a rich blend of premium quality beans roasted and ground expressly for all automatic drip coffee makers.

Try new Drip-Matic.™ See for yourself how delicious decaffeinated coffee can be.



File under Poultry, fish, and eggs

Fish Main Dishes

Tuna-Vegetable Pie

Each wedge of this top-rated pie is a complete meal in itself—

Pastry for 2-crust 9-inch pie
1 tablespoon cooking oil
2 cups chopped cabbage
1½ cups fresh mushrooms
½ cup onion
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon dried rosemary, crushed
¼ teaspoon dried thyme, crushed
⅓ cup milk
1 8-ounce package cream cheese, softened
2 hard-cooked eggs, sliced
1 9¼-ounce can tuna, drained and flaked

Line a 9-inch pie plate with *half* the pastry; set aside. In a 10-inch skillet heat cooking oil. Add cabbage, mushrooms, onion, and seasonings. Cover; cook over low heat, stirring occasionally, for 10 minutes or till vegetables are tender. Remove from heat. Blend milk into cream cheese; stir into cabbage mixture. Set aside. Arrange egg slices in bottom of piecrust; top with tuna. Spoon in cabbage mixture. Adjust top crust; seal and flute edges. Cut slits in top for escape of steam. Bake in 375° oven 45 to 50 minutes. Makes 6 servings.

Sheila Jerdan, Salem, Mass.



File under Salads and Salad Dressings

Photographs Dieter

Canned Fruit Salads

Fruit and Nut Tropical Slaw

Serve this first-place slaw with roast ham or pork—

1 8¼-ounce can pineapple slices
1 tablespoon lemon juice
1 medium banana, sliced (1 cup)
3 cups finely shredded cabbage
1 cup thinly sliced celery
1 11-ounce can mandarin orange sections, drained
½ cup chopped walnuts
¼ cup raisins
1 8-ounce carton orange yogurt
½ teaspoon salt

Drain pineapple, reserving 2 tablespoons syrup. Cut up pineapple; set aside. Combine the reserved syrup and lemon juice. Coat banana slices with 1 tablespoon of the juice mixture; set remaining juice aside. In large bowl combine pineapple, banana, cabbage, celery, oranges, nuts, and raisins. Blend the reserved juice mixture with the yogurt and salt. Add to cabbage mixture; toss lightly to coat. Cover and chill. Makes 8 to 10 servings.

Ms. Carmela M. Meely, Walnut Creek, Calif.



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Blueberry-Sour Cream Salads

You can use one 6½-cup mold in place of the individual molds—

1 15-ounce can blueberries
1 6-ounce package lemon-flavored gelatin
1 cup dairy sour cream
2 cups unsweetened pineapple juice
1 large banana, chopped
Leaf lettuce
Mayonnaise *or* salad dressing

Drain blueberries, reserving syrup. Add water to the reserved syrup to equal 1¼ cups liquid. In saucepan combine reserved liquid and gelatin. Heat to boiling, stirring till gelatin is dissolved. Gradually blend the hot mixture into the sour cream. Stir in the pineapple juice; chill till partially set (consistency of unbeaten egg white). Fold in banana and blueberries. Turn into twelve ½-cup molds or one 6½-cup mold. Chill till firm. Unmold onto lettuce-lined plates. Serve with mayonnaise. Makes 12 servings.

Mrs. George C. Cook, Santa Ana, Calif.



Gooseberry Salad

A sweet-sour salad filled with gooseberries, cheese, celery, and nuts—

1 16-ounce can gooseberries
Water
1 3-ounce package lime-flavored gelatin
1 3-ounce package lemon-flavored gelatin
2 tablespoons sugar
2 cups water
1 teaspoon vinegar
1 cup chopped celery
½ cup shredded cheddar cheese (2 ounces)
½ cup chopped pecans
Leaf lettuce

Drain gooseberries, reserving syrup. Add water to syrup to make 1½ cups liquid. In a saucepan combine syrup mixture, gelatins, and sugar. Heat and stir till gelatin is dissolved. Add the 2 cups water and the vinegar. Chill till partially set (consistency of unbeaten egg white). Fold in gooseberries, celery, cheese, and pecans. Turn into a 6½-cup mold. Chill till firm. Unmold onto lettuce-lined plate. Makes 10 to 12 servings.

Mrs. Milly Ann Fries, Gower, Mo.



Wild Rice Shrimp Creole

This hearty stew is surprisingly quick and easy—

½ cup chopped onion
⅓ cup chopped green pepper
¼ cup butter *or* margarine
1 28-ounce can tomatoes, cut up
1¾ cups water
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic salt
¼ teaspoon dried rosemary, crushed
¼ teaspoon paprika
1 6-ounce package long-grain and wild rice mix
1 pound shrimp, peeled and cleaned
Bottled hot pepper sauce

In 3-quart saucepan cook onion and green pepper in butter or margarine about 5 minutes or till tender. Add *undrained* tomatoes, water, and seasonings. Stir in *both* packets from rice mix. Cover; simmer 20 minutes. Add shrimp. Cover; simmer 10 minutes more. Pass hot pepper sauce. Makes 6 servings.

Mrs. Nell Thomas, Lancaster, Pa.



Sole Mediterranean

1 pound fresh *or* frozen sole fillets
1 16-ounce can tomatoes, cut up
½ cup chopped onion
¼ cup chopped green pepper
¼ cup chopped celery
½ teaspoon garlic salt
½ teaspoon dried oregano, crushed
1 beaten egg
¼ cup milk
1 medium eggplant (16 ounces), peeled and cut into ½-inch slices
½ cup fine dry bread crumbs
⅓ cup cooking oil
¼ cup grated parmesan cheese

Thaw fish, if frozen. In 2-quart saucepan mix next six ingredients. Simmer, uncovered, 20 minutes. Combine egg, milk, and ½ teaspoon *salt*. Dip eggplant into egg mixture, then in crumbs. In skillet brown eggplant in hot oil. Drain on paper toweling. Arrange eggplant in a 12x7½x2-inch baking dish. Sprinkle fish with *salt;* arrange atop eggplant. Pour tomato mixture over all. Cover; bake in 375° oven 30 minutes. Uncover; sprinkle with cheese. Bake 2 or 3 minutes. Makes 4 servings.

Mrs. Florence Rein, Brooklyn, N.Y.

A FEW OF THE THINGS YOU CAN DO WITH DINTY MOORE® BEEF STEW.



STEW 'N DUMPLINGS

1½ lb. can
Dinty Moore® Beef Stew
1 cup biscuit mix
2 tbsp. snipped parsley
⅓ cup milk

Heat stew to bubbling in saucepan. Stir mix, parsley and milk together to soft dough. Drop dough by spoonfuls onto hot stew. Cook uncovered 10 min.; cover and cook 10 min. longer. Serves 3.

DINTY MOORE® BEEF PIE

1 cup shredded Cheddar cheese
½ tsp. caraway seeds
1 pkg. pie crust mix
1½ lb. can
Dinty Moore® Beef Stew

Combine cheese, caraway seeds and pie crust mix. Prepare pastry for two-crust pie as directed on package. Fit bottom crust loosely into 8-inch pie pan. Pour stew into pastry-lined pan. Cut top crust into strips, criss-cross over filling to make lattice top, seal and flute edges. Bake in hot oven (400°F) 30-35 min. until golden brown. Cool slightly before serving.

What do *you* do with Dinty Moore® Beef Stew? If you have a favorite recipe, Dinty Moore would like to know about it. Please send it to:

Dinty Moore
Box 800
Austin, MN 55912



Our hearty combination of beef, fresh potatoes, carrots and meaty gravy is delicious alone – or any way you serve it.

Hormel

continued from page 150

Dining-out specialties

BEAN SPROUTS NAMUL

Because both Kimchi and this condiment are peppery hot, they always should be eaten in small amounts with rice—

8 ounces fresh bean sprouts
2 green onions, bias-cut
3 tablespoons soy sauce
2 tablespoons sesame oil
2 tablespoons vinegar
1 clove garlic, crushed
¼ teaspoon salt
¼ teaspoon ground red pepper

In saucepan blanch bean sprouts in boiling water for 1 minute. Drain well. Combine bean sprouts and green onion. Stir together soy sauce, sesame oil, vinegar, garlic, salt, and pepper. Toss with sprouts mixture. Cover and chill. Serve with Bulgogi and hot cooked rice. Makes 4 cups.

KIMCHI

For more color contrast, use bok choy as pictured in place of traditional Chinese cabbage—

1½ to 2 pounds Chinese cabbage *or* bok choy, cut in 1½-inch pieces
4 cups water
½ cup salt
4 ounces daikon (Oriental white radish), peeled and cut in thin strips (¾ cup)
¼ cup carrot cut in thin slices
2 *or* 3 green onions, bias-cut in 1½-inch lengths
2 teaspoons shrimp *or* anchovy paste
2 cloves garlic, crushed
½ teaspoon ground red pepper
½ teaspoon grated fresh gingerroot
¼ teaspoon sugar

In large bowl combine cabbage, water, and salt. Let stand 4 hours. Rinse well; drain, leaving some water clinging to the leaves. In bowl combine drained cabbage, daikon, carrot, and green onion. Add remaining ingredients; mix well. Press into a 1-quart jar. Secure lid. Let stand in cool place (60° to 70° F.) for 2 to 3 days. Serve with Bulgogi and hot cooked rice. Makes 4 cups.

TANDOORI CHICKEN

Removing the chicken skin allows the flavorful marinade to penetrate into the meat—

2 2½- to 3-pound broiler-fryer chickens
2 tablespoons lemon juice
1½ teaspoons salt
2 tablespoons boiling water
1 teaspoon thread saffron, crushed
1 cup plain yogurt
3 cloves garlic, minced
2 tablespoons finely chopped fresh gingerroot
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon paprika
½ teaspoon cayenne
½ teaspoon red food coloring (optional)

• • •

2 tablespoons butter *or* margarine, melted
1 recipe Naan (see recipe, page 158)
1 recipe Cachumber (see recipe, page 158)

Skin chickens. Pat cavity and out-

continued

Presenting the GE toaster that broils and bakes.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

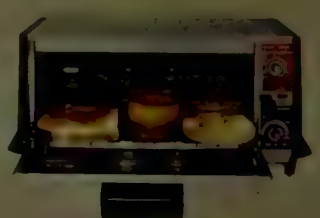
The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

GENERAL ELECTRIC



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Now, compared to this bacon and egg breakfast



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- more iron
- 80% of the protein
- 50% less fat.



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COUPON EXPIRES FEBRUARY 28, 1979

7¢ General Mills 65L

continued

Dining-out specialties

side of chickens dry with paper toweling. Cut deep slits in thighs, drumsticks, breasts, and wings. Combine lemon juice and salt; rub over chickens, pressing salt mixture into slits. Place chickens in large deep bowl. In a small bowl pour the boiling water over crushed saffron; let stand 10 minutes. Drizzle saffron water over chickens. Combine yogurt, garlic, gingerroot, cumin, coriander, paprika, cayenne, and food coloring; mix well. Rub yogurt mixture over chickens, pressing mixture into slits. Cover and marinate in refrigerator 24 hours. Place chickens on rack in shallow roasting pan. Brush melted butter or margarine over chickens. Roast, uncovered, in 400° oven for 15 minutes. Reduce heat to 350°; roast 1 hour more. Place on platter with Naan. Garnish with green pepper rings and lemon wedges, if desired. Serve with Cachumber. Makes 8 servings.

NAAN

You can mix the dough together about two hours before you plan to shape and bake the bread—

4 cups all-purpose flour
1 tablespoon sugar
1 tablespoon baking powder
¾ teaspoon salt
¼ teaspoon baking soda

• • •

1 egg
1 cup milk
3 tablespoons butter *or* margarine, melted

In mixing bowl stir together flour, sugar, baking powder, salt, and baking soda. Make a well in dry ingredients. Combine egg and milk; add all at once to dry mixture. Stir just till dough clings together. Turn dough out onto a buttered baking sheet. Knead dough gently 10 minutes or till dough forms a smooth, soft ball. (As you knead the dough, keep it from sticking to your hands by moistening hands lightly with some of the melted butter or margarine, using a total of 2½ tablespoons.) Place dough in a lightly greased bowl, turning once to grease surface. Cover and let rest in a warm place for 2 hours.

Divide dough into 8 equal portions. Place each portion of dough, one at a time, on lightly floured surface. Moisten hands with some of the remaining melted butter and pat dough to flatten into an oval, teardrop shape. Roll each teardrop till about 9 inches long and 6 inches wide at the base. Place two or three teardrops on ungreased baking sheet. Bake in 450° oven 6 to 7 minutes or till lightly browned. Remove from baking sheet. Repeat with remaining dough. Serve hot with Tandoori Chicken. Makes 8.

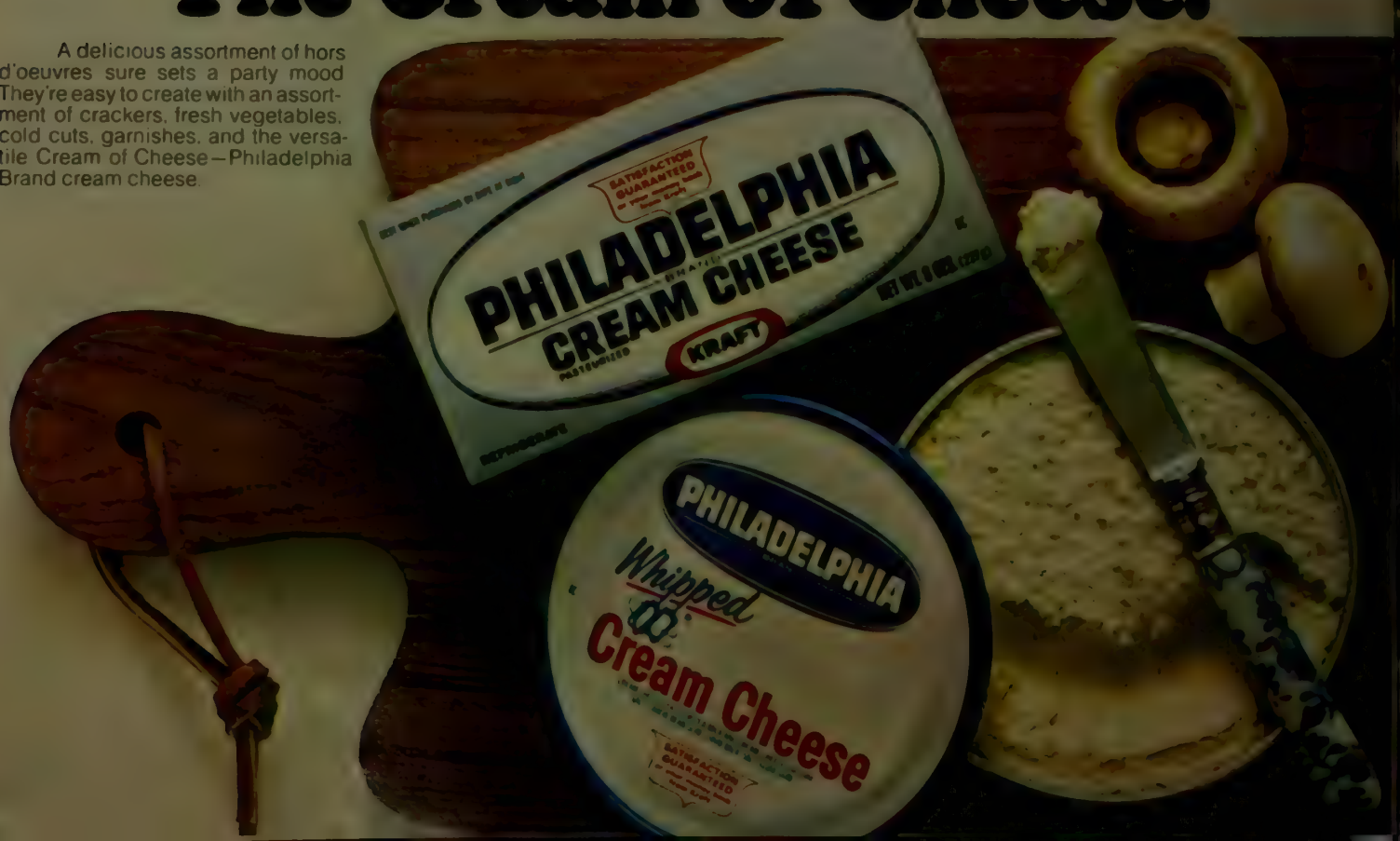
CACHUMBER

A palate-pleasing accompaniment salad to serve with a spicy entrée—

1 medium onion, very thinly sliced and separated into rings
12 radishes, quartered
2 large tomatoes, cut in wedges
1 large cucumber, sliced
1 medium green pepper, cut in rings

The Cream of Cheese.

A delicious assortment of hors d'oeuvres sure sets a party mood. They're easy to create with an assortment of crackers, fresh vegetables, cold cuts, garnishes, and the versatile Cream of Cheese—Philadelphia Brand cream cheese.



¼ cup lemon juice
Salt
Pepper
Cayenne

Arrange vegetables on platter. Sprinkle with lemon juice. Season lightly with salt, pepper, and cayenne. Cover; chill. Serve with Tandoori Chicken. Makes 8 servings.

BAUMKUCHEN

Use a standard-size mixer to ensure thorough beating of the eggs—

10 egg yolks

• • •

¾ cup butter, softened
¾ cup granulated sugar
2 teaspoons finely shredded lemon peel
1 teaspoon vanilla

• • •

1 cup all-purpose flour
½ cup cornstarch
¼ teaspoon salt

• • •

10 egg whites
¼ cup granulated sugar
1 recipe Vanilla Glaze
1 recipe Chocolate Glaze

In small mixer bowl beat egg yolks at high speed on electric mixer till thick and lemon-colored, about 10 minutes; set aside. In large mixer bowl beat butter till light and fluffy; gradually beat in the ¾ cup sugar. Add lemon peel and vanilla. Beat in egg yolk mixture. In large mixing bowl stir together flour, cornstarch, and salt; stir in butter-egg mixture. Wash beaters and the large mixer bowl thoroughly. In large mixer bowl beat egg whites to soft peaks (tips curl over); gradually add the ¼ cup sugar, beating to stiff peaks (tips stand straight). Fold into egg yolk batter.

Grease an 8-inch springform pan. Spread *⅓ cup* of the batter evenly in the bottom of the pan. Place under broiler 5 inches from heat and broil about 1 minute or till top is light brown (it may be necessary to give pan a half turn for even browning). Do not overbrown. Remove from broiler. Spread another ⅓ cup batter on top of first layer. Broil as before, turning, if necessary, for even brownness. Repeat spreading batter and broiling to make 15 to 17 layers in all. Cool in pan 10 minutes. Loosen cake and remove sides of pan; cool completely. Cut into 12 wedges. Place wedges on wire rack with waxed paper underneath. Spoon and spread Vanilla Glaze evenly over *half* the wedges; let dry thoroughly. Spoon and spread Chocolate Glaze over remaining wedges; let dry. Makes 12 servings.

To make Vanilla Glaze: Combine 2 cups sifted *powdered sugar* and 1 teaspoon *vanilla* in a small bowl. Stir in enough *milk* (about 2 tablespoons) to make the glaze of spooning consistency.

To make Chocolate Glaze: In small saucepan melt 1½ squares (1½ ounces) *unsweetened chocolate* and 2 tablespoons *butter* over low heat, stirring constantly. Remove chocolate mixture from heat. Stir in 1½ cups sifted *powdered sugar* and 1 teaspoon *vanilla* till crumbly. Blend in 2 tablespoons *boiling water*. Add additional *boiling water* (about 1 teaspoon) to make the glaze of spooning consistency. ■

The Cream of Hors d'oeuvres.



STEP-BY-STEP COOKING

HOMEMADE STRUDEL



Strudel making can be fun, especially if you invite some helpers to come over and join in the dough-stretching. Follow these easy steps, and you'll be able to bake a flaky, fruit-filled strudel any European pastry maker would envy!

BASIC STRUDEL

3 cups all-purpose flour
½ teaspoon salt
½ cup butter *or* margarine
1 beaten egg
⅔ cup warm water (110° to 115°)
¾ cup butter *or* margarine, melted
1 recipe Apple *or* Walnut-Raisin Filling
1 beaten egg white
Powdered sugar

Step 1: Stir together flour and salt; cut in the ½ cup butter or margarine till crumbly. Mix together beaten egg and water; add to flour mixture. Stir well. Turn onto lightly floured surface; knead 5 minutes. Divide dough in half. Cover; let stand at room temperature 1 hour. Cover table, at least 3 feet square, with a clean, floured sheet or tablecloth. On the sheet roll *half* the dough to a 15-inch square. Brush with 2 tablespoons of the melted butter; let stand, covered, 10 minutes.

Step 2: Starting from middle of the square, *carefully* work underneath dough, using backs of hands to gently stretch till dough is *paper thin* and about 30 inches square.

Step 3: Trim uneven edges of dough. Brush dough with *¼ cup* of the melted butter. Beginning 4 inches in from one side of dough, spoon *half* the desired filling in a band about 4 inches wide across dough.

Step 4: Using sheet as a guide, gently lift and fold the 4-inch piece of dough over filling. Slowly and evenly lift cloth beneath filling, rolling dough into tight roll. Seal ends.

Step 5: Place on lightly greased large baking sheet; curve slightly to form crescent. Repeat with remaining dough and filling.

Step 6: Brush tops of strudels with beaten egg white. Bake in 350° oven for 40 to 45 minutes. Remove from pan; cool on rack. Sift powdered sugar over tops. Makes 2 strudels.

APPLE FILLING

⅔ cup sugar
2 teaspoons ground cinnamon
6 cups very thinly sliced peeled tart apples (about 6 medium)
½ cup dried currants

In bowl combine sugar and cinnamon; mix well. Add apple and currants; toss gently to mix. Use *half* the filling for each strudel.

WALNUT-RAISIN FILLING

2 tablespoons butter *or* margarine
1½ cups soft bread crumbs (2 slices bread)
1½ cups chopped walnuts
1½ cups raisins
¾ cup apricot jam, sieved
¾ cup candied orange peel
¾ cup sugar

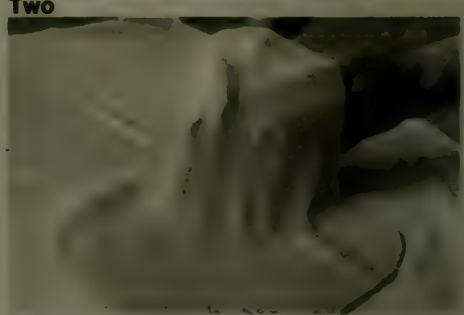
In small skillet over medium heat, melt butter or margarine. Add bread crumbs. Cook, stirring occasionally, till crumbs are golden brown. Remove from heat. Stir in walnuts, raisins, jam, orange peel, and sugar. Use *half* the filling for each strudel.■

Photographs: Dieter

One



Two



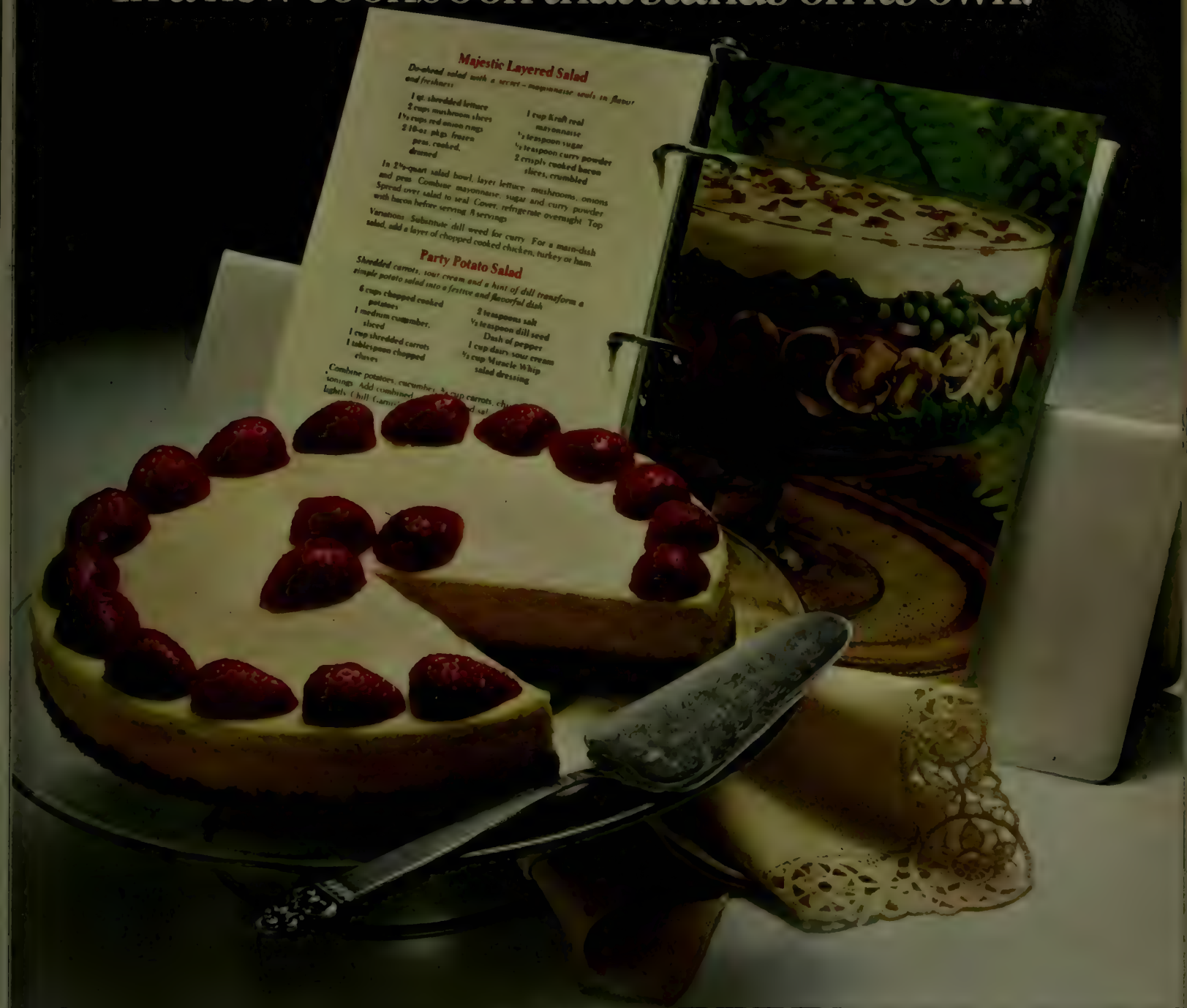
Three



Four



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STEP-BY-STEP COOKING

BISMARCKS



STEP 8



STEP 9



STEP 10

Photographs: Dieter

As any coffee klatcher can tell you, bismarcks are ball-shaped doughnuts filled with lots of creamy filling. Next time you crave these delicacies, why not make your own? It's easy, if you follow these step-by-step directions.

BISMARCKS

For a quick and easy filling, pipe or spoon 2 teaspoons of your favorite jelly or jam into each doughnut—

3 to 3½ cups all-purpose flour
2 packages active dry yeast
¾ cup milk
⅓ cup granulated sugar
¼ cup shortening
1 teaspoon salt
2 eggs
Shortening for deep-fat frying
1 recipe Chocolate *or* Butterscotch Filling

• • •

Sifted powdered sugar

Step 1: In large mixer bowl combine *1½ cups* of the flour and the yeast.

Step 2: In saucepan heat together milk, sugar, the ¼ cup shortening, and the salt just till warm (115° to 120°), stirring constantly till shortening almost melts. Add to dry mixture in mixer bowl; add eggs.

Step 3: Beat at low speed with electric mixer for ½ minute, scraping sides of bowl. Beat 3 minutes at high speed. By hand, stir in enough remaining flour to make a moderately soft dough.

Step 4: Turn dough out onto lightly floured surface. Knead 5 to 8 minutes or till smooth and elastic. Shape into a ball. Place in lightly greased bowl, turning once to grease entire surface.



Step 5: Cover; let rise in warm place 45 to 60 minutes or till dough is almost double.

Step 6: Punch dough down; turn out onto lightly floured surface. Divide dough in half. Let rest 10 minutes. Roll each half ⅜ inch thick. Cut with a floured 2½-inch cookie cutter, rerolling trimmings.

Step 7: Cover; let rounds of dough rise in warm place 30 minutes or till dough is very light.

Step 8: Fry in hot deep fat (375°) about 1 minute per side. Drain on paper toweling.

Step 9: With a knife, cut a wide slit in the side of each bismarck.

Step 10: Fit a decorating bag with a medium writing tube. Fill the bag with desired filling. Insert tube into the slit in each bismarck and squeeze in about 2 teaspoons filling.

Step 10 A: *Or,* using a spoon, insert 2 teaspoons of desired filling into each bismarck.

Step 11: Roll bismarcks in powdered sugar. Makes 24.

CHOCOLATE FILLING

½ cup granulated sugar
2 tablespoons all-purpose flour
¼ teaspoon salt
1 cup milk
1 square (1 ounce) unsweetened chocolate, cut up

• • •

1 beaten egg
1 tablespoon butter *or* margarine
1 teaspoon vanilla

In small saucepan combine sugar, flour, and salt. Add milk and chocolate. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Gradually stir *half* of the hot mixture into the egg; return to remaining hot mixture in pan. Cook and stir till just bubbly. Remove from heat. Stir in butter or margarine and vanilla. Cover surface with clear plastic wrap. Cool without stirring. Makes 1¼ cups filling.

BUTTERSCOTCH FILLING

Prepare Chocolate Filling *except* omit chocolate and substitute an equal amount of packed *brown sugar* for the granulated sugar. *Increase* the butter or margarine from 1 to 2 tablespoons. ■

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Squeeze™ Parkay margarine. The convenient way to spread that delicious Parkay flavor on everything you make. From vegetables and popcorn, to toast and muffins. Tastes creamy delicious. Spreads smooth and so easy.

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AB-15



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KRAFT

Help for buyers of faulty appliances

A no-go appliance can seriously disrupt the functioning of a busy household. And when the balky machine still won't work after several trips to the dealer, the annoyance and inconvenience are compounded. But fortunately help is at hand for the beleaguered buyer of a "lemon" household appliance.

A consumer action organization—the Major Appliance Consumer Action Panel (MACAP)—has been formed to follow through on legitimate consumer complaints. It's sponsored by the Association of Home Appliance Manufacturers and the National Retail Merchants Association, but it operates independently. Panel members serve voluntarily and are employed in fields other than the appliance industry. Engineering, law, consumer affairs, and home economics are among the fields represented.

MACAP reviews consumer complaints about major appliances, servicing, and manufacturers. Members can judge fairly because they have no loyalties to manufacturers.

Most problems that are presented to MACAP are successfully resolved. Occasionally a manufacturer is found at fault and is persuaded to correct the problem; in other cases, the consumer may need more instruction in using the appliance.

One woman, according to MACAP files, complained that her washer vibrated so violently her son had to sit on it when she used it. "My problem," she wrote, "is that my son is going into the navy. . ."

Another complainant said her refrigerator wouldn't stop making ice cubes.

A "newfangled" oven that "burned food" was given a clean bill of health. What was faulty was the lady's own oven thermometer, not the oven's thermostat. Her temperature adjustments caused the poor baking results.

The appliances reviewed by MACAP are: dishwashers, food waste disposers, ranges, refrigerators, freezers, laundry appliances, dehumidifiers, room air conditioners, water heaters, compactors, and gas incinerators. If you have a problem with these appliances:

1. Discuss the matter with your dealer and ask for his help or advice.
2. Contact your servicing agency, if different from the dealer.
3. Write the manufacturer.
4. If the results from the above sources are unsatisfactory, contact MACAP, 20 North Wacker Drive, Chicago, Illinois 60606. Provide pertinent information such as the date, your name and address, kind of appliance, model number, serial number, date of purchase, name and address of the appliance dealer, and the firm responsible for servicing the appliance. Be sure to outline the problem or complaint completely and clearly. ■

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EASY CREPE DESSERTS





Photographs: Dieter

If you've dismissed crepes as too fancy for everyday fare, take a second look. This versatile dessert pancake can be dressed up or down to make a variety of easy and delicious desserts, from home-style Cranana Crepes a la Mode (left photo, back) or Fruit Cocktail Crepes (left photo, front) to elegant Apricot-Almond Rolls (right photo, back) or Crepes Nesselrode (right photo, front).

DESSERT CREPES

Use half of the crepes fresh. Then layer the remaining crepes with two sheets of waxed paper between layers. Overwrap the crepes in foil and freeze. To thaw crepes, let them stand at room temperature about one hour before using—

1 cup packaged pancake mix
1¼ cups milk
2 eggs
1 tablespoon sugar
1 tablespoon cooking oil

In bowl combine all ingredients in the order listed; beat with rotary beater till well blended. Heat a lightly greased 6-inch skillet. Remove from heat. Spoon in about 1½ tablespoons batter; lift and tilt skillet to spread batter evenly. Return to heat; brown crepes on one side only. (Or cook on inverted crepe pan according to manufacturer's directions.) Invert pan over paper toweling; remove crepe. Repeat with remaining batter to make about 24 crepes, greasing skillet occasionally.

CRANANA CREPES A LA MODE

Lemon sherbet accents each serving of cranberries and bananas—

1½ cups fresh or frozen cranberries
1 cup sugar
¼ cup water

• • •

1 tablespoon cornstarch
1 tablespoon cold water
3 small bananas, sliced (1½ cups)
12 Dessert Crepes
Lemon sherbet

Thaw cranberries, if frozen. In saucepan combine sugar and the ¼ cup water. Heat and stir till water is boiling and sugar is dissolved. Add cranberries. Cook about 5 minutes or till skins pop. Blend cornstarch with the 1 tablespoon water. Stir into cranberry mixture. Cook and stir till thickened and bubbly. Remove from heat. Stir in bananas.

Spoon about 3 tablespoons of the fruit mixture on the unbrowned side of each Dessert Crepe; fold over two opposite edges of crepe so they overlap atop filling. Place, seam side up, on dessert dish. Top each crepe with a small scoop of sherbet. Makes 12 servings.

FRUIT COCKTAIL CREPES

You can fill the crepes and make the sauce ahead, then refrigerate them separately. Just spoon on the sauce at dessert time—

1 17-ounce can fruit cocktail
1 tablespoon cornstarch
1 tablespoon sugar
¼ teaspoon ground nutmeg
1 4½-ounce carton frozen whipped dessert topping, thawed
12 Dessert Crepes

Drain fruit, reserving syrup. In small saucepan combine cornstarch, sugar, and nutmeg. Stir in reserved syrup. Cook and stir till thickened and bubbly. Stir in fruit. Cover; chill well.

Spoon 2 rounded tablespoons whipped topping onto the unbrowned side of each Dessert Crepe. Fold crepes in half; fold in half again, forming a triangle. Place on a plate. Cover with clear plastic wrap. Chill till serving time.

To assemble, place 2 crepes on each dessert plate. Top with about ⅓ cup of the chilled fruit sauce. Makes 6 servings.

APRICOT-ALMOND ROLLS

Pass the whipped cream topper because it melts quickly on the warm crepes—

½ cup whipping cream
1 tablespoon apricot brandy
12 Dessert Crepes
¾ cup apricot preserves
¼ cup slivered almonds, toasted

In mixing bowl combine whipping cream and brandy; beat till soft peaks form (tips curl over). Chill till serving time.

To assemble, spread unbrowned side of each Dessert Crepe with 1 tablespoon of the apricot preserves.

continued

Make a better salad with Bac*Os® and Avocado.



Slice into the buttery cool of a luscious California Avocado. Then bring on the Bac*Os. Their bacon-like flavor enhances every sort of salad. Nutlike, delicate avocados and crunchy Bac*Os. Savor their flavors in your next salad.



Rice. Add to that a little mayonnaise, some pickles, onion and pimientos, serve on lettuce leaves and you've got a salad that's both new and different...a delicious alternative to potato salad without the peeling and dicing. And to make a quick and easy main dish from these same basic ingredients, you just add meat, fish or poultry.

So tonight, take the rice out of your cupboard and treat the family to our Classic Rice Salad...a good-tasting, economical dish that's easy—once you get the rice out.

Classic Rice Salad

3 cups cool cooked rice
¼ cup diced pimientos
1 teaspoon salt
¼ teaspoon pepper
1 cup mayonnaise
1 teaspoon prepared mustard
½ cup each finely chopped onions and sweet pickles
4 hard-cooked eggs, chopped

Blend all ingredients thoroughly. Chill. Serve on lettuce leaves and garnish with tomatoes and ripe olives. For variety, add 8 ounces peeled, deveined cooked shrimp; or 1 can (9 ounces) tuna, flaked; or 1½ cups finely chopped cooked chicken, turkey, beef or pork. Makes 6 generous servings.

For more recipes, send for our free booklet, *"Quick and Easy Rice Salads for any Occasion!"* Write to: Rice Council of America, Dept. B, Box 22800, Houston, Texas 77027

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Rice

Rice Council of America

continued

Easy crepe desserts

Roll up crepe. Place crepes, seam side down, in a 13x9x2-inch baking dish. Bake, covered, in 375° oven about 15 minutes or till crepes are heated through. To serve, place two crepes on each dessert plate. Pass whipped cream topper and almonds. Makes 6 servings.

CREPES NESSELRODE

This elegant dessert takes its name from Count Nesselrode, the French chef who first combined egg custard, rum, and candied fruit in a unique dessert—

¼ cup raisins
2 tablespoons rum

• • •

⅓ cup sugar
1 tablespoon all-purpose flour
1 tablespoon cornstarch
¼ teaspoon salt
1½ cups milk
1 slightly beaten egg yolk
1 teaspoon vanilla
½ cup whipping cream
½ cup finely chopped mixed candied fruits and peels
½ cup chopped pecans, toasted

• • •

12 Dessert Crepes
Candied cherries

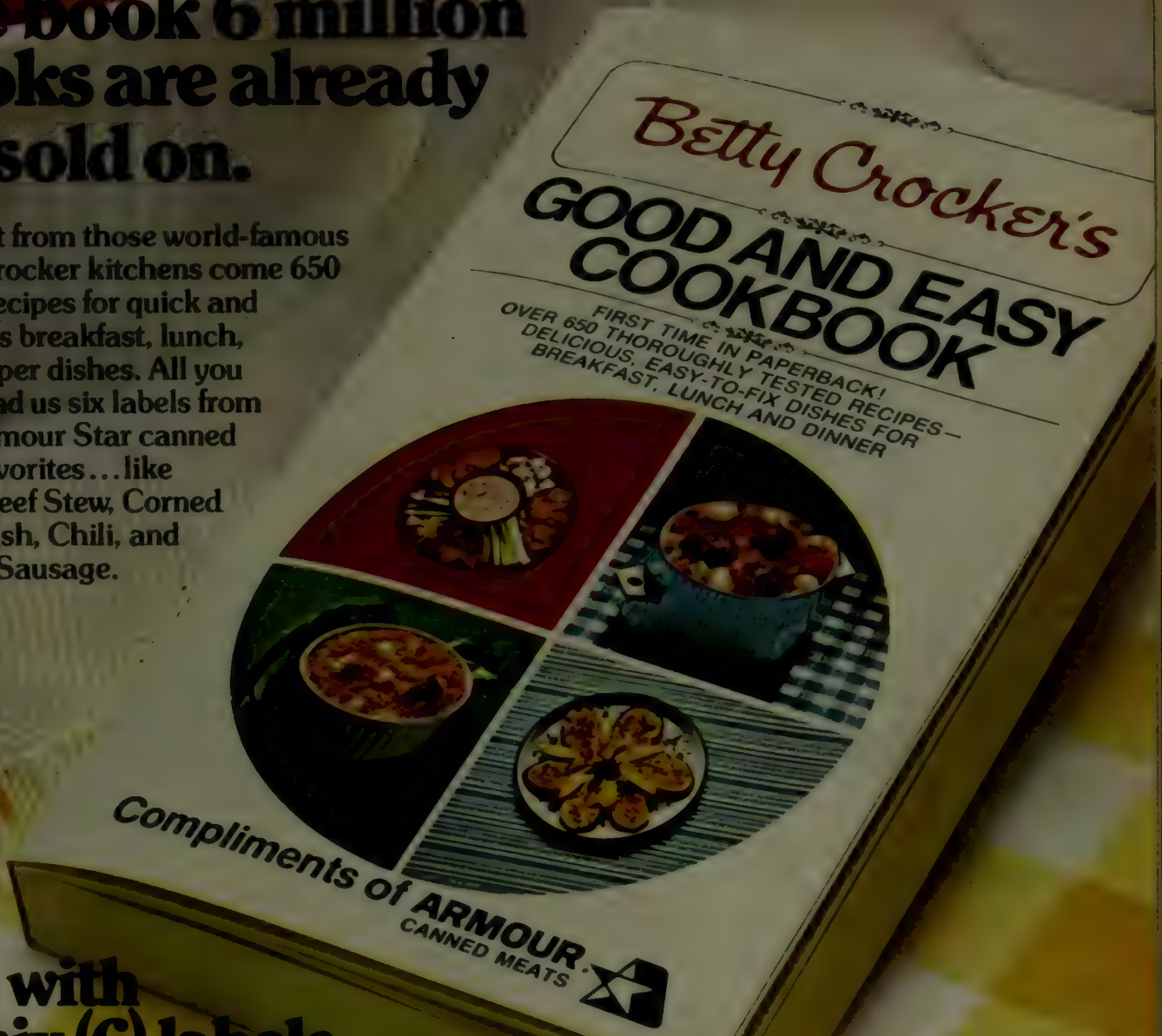
Soak raisins in rum for 1 hour; set aside. In small saucepan combine sugar, flour, cornstarch, and salt. Gradually stir in milk. Cook and stir till mixture thickens and bubbles. Cook and stir 2 to 3 minutes longer. Stir *half* the hot mixture into egg yolk; return all to hot mixture. Cook and stir till mixture just bubbles. Remove from heat. Stir in vanilla. Cover surface with waxed paper or clear plastic wrap. Cool without stirring. Whip cream to soft peaks (tips curl over); fold into cooled custard. Stir candied fruits and peels and the pecans into custard mixture. Cover with clear plastic wrap and chill.

To assemble, spoon about ¼ cup custard filling on the unbrowned side of each Dessert Crepe. Roll crepe around filling to make a cornucopia shape. Place one crepe on each dessert plate. Garnish each serving with a whole candied cherry. Makes 12 servings. ■

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Betty Crocker and Armour... two names that deserve the number one spot on every cook's kitchen shelf!

HE COOKS

ITALIAN SAUSAGE WITH SAVOY CABBAGE





Photographs: de Gennaro

"Being married for 40 years to a great Italian cook prompted me to try some cooking on my own," writes James Anhalt, Sr., M.D.

Teaching family medicine at the University of California in Irvine leaves James little time for hobbies, but he and his wife Ernestine enjoy weekend retreats at their nearby farm/cottage. It's there that they entertain guests with special dishes such as Italian Sausage with Savoy Cabbage to head the menu. The spicy meat and vegetable stew, a longtime family favorite, is a hand-me-down recipe from Ernestine's mother.

According to James, cooking for family and friends is not only fun in itself, it also yields gratifying results—namely, good fellowship and good conversation.

ITALIAN SAUSAGE WITH SAVOY CABBAGE

If crimped leaf savoy cabbage is not available in your area, you can use green cabbage in its place—

- **2 pounds link Italian sausage**
- **2 cups dry red wine**
- **1 clove garlic, minced**
- **½ cup finely chopped onion**
- **2 tablespoons finely chopped salt pork**
- **1 16-ounce can stewed tomatoes, cut up**
- **1 cup water**
- **1 medium head savoy cabbage, coarsely chopped**
- **Salt and pepper**

Using fork, prick sausage casing several times. Cut sausage into 3-inch pieces. Place sausage in large mixing bowl; add wine and minced garlic. Set sausage aside to marinate for 30 minutes.

Drain sausage, reserving marinade. In large saucepan or Dutch oven cook sausage, onion, and salt pork till meats are browned and onion is tender. Add the reserved wine marinade. Cover and simmer 20 minutes. Stir in *undrained* tomatoes, water, and cabbage. Cover and simmer 20 minutes more, stirring occasionally. Season to taste with salt and pepper. Ladle into individual soup bowls to serve. Serve with crusty Italian bread, if desired. Makes 8 to 10 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.

Dole Pineapple in its own juice. No extra heavy syrup, no sugar added–just juice.



(And what a luscious dessert it makes with ginger ale and whipped cream!)

CASTLE & COOKE, INC.

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You're off to a fast and delicious start with this sassy sauce because it starts with hollandaise mix. Try one of our creations or cook up whatever pasta you please.

Photographs: Dieter





Steaming green spinach noodles and strips of Canadian bacon are tossed with a spunky **Mustard Sauce** *for* **Pasta Benedict Platter.**



Create **Pasta Vegetarian** *using julienne strips of carrots, parsnips, kohlrabi, or celeriac* (pictured), *teamed with mostaccioli and* **Mustard Sauce.**

MUSTARD SAUCE

You can also prepare the hollandaise sauce mix as is to toss with hot pasta—

¼ cup dry white wine
2 tablespoons tarragon wine vinegar
1 tablespoon finely chopped shallots
½ teaspoon dried tarragon, crushed
½ teaspoon dried chervil, crushed
Dash white pepper
1 1⅛-ounce envelope hollandaise sauce mix
1 tablespoon butter *or* margarine
⅔ cup water
2 tablespoons Dijon-style mustard

In small saucepan combine wine, vinegar, shallots, tarragon, chervil, and pepper. Bring to boiling; boil, uncovered, till reduced to 2 tablespoons liquid. Add sauce mix to mixture in saucepan. Blend in butter or margarine. Gradually stir in water; mix well. Cook and stir over medium-low heat till sauce thickens. Stir in mustard. Makes about 1 cup sauce.

For Pasta Benedict Platter: Cut 6 ounces Canadian-style bacon in julienne strips; cook in 2 tablespoons *butter or margarine* till heated. Toss with Mustard Sauce and 6 ounces hot cooked *pasta*. Makes 4 servings.

For Pasta Vegetarian: Cut 6 ounces *celeriac* in fine julienne strips (2 cups); cook, covered, in 1 tablespoon *butter or margarine* till crisp-tender. Toss with Mustard Sauce and 6 ounces hot cooked *pasta*. Makes 4 servings. ■

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New MELLOW ROAST™ found a way for you to enjoy rich, full-flavored coffee taste – but without the bitterness. MELLOW ROAST does it by starting with three kinds of rich, robust coffees; then blends in roasted grain to take away the bitter edge. MELLOW ROAST Coffee and Grain Beverage – Ground or Instant.



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One nibble is never enough



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FOOD

Hot peppers— handle with care

Fresh hot chili peppers can add zest to food, but there are penalties for careless handling. The released oils can burn your eyes and skin for several hours.

The secret to painless pepper handling is to avoid direct contact. Wearing rubber gloves is the most foolproof method. In any case, thoroughly wash your hands with soap and water after you have worked with the peppers and keep your hands away from your face. Here are some additional pointers:

• Remove the outer skin of hot chilies. The easiest way is to place the whole peppers on a broiler tray.



Photographs: Dieter

Broil two inches from the heat about 15 minutes or till the peppers are blistered. Turn the peppers often with a fork or with gloved hands.

• Transfer the hot peppers to a paper or plastic bag. Close the bag and let the peppers stand till they're cool enough to handle. The steam contained in the bag helps loosen the skin. Remove the peel



with a paring knife and discard.

• To use the peppers, cut them in half, remove the seeds, then rinse. ■

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The Waring Food Processor can do two food processes—like grating and mixing—at the same time. Unfortunately, Cuisinart can do only one.

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Waring believes you deserve all these things when you pay for a quality food processor. Cuisinart, don't you agree?

The Waring Food Processor

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Some foods look so fresh, so perfectly prepared, you can see how good they're going to taste. Like Home Pride® Butter Top bread. It looks and tastes like real bread should. The secret's in the split. That's where we bake real butter right into Home Pride Butter Top White and Wheat.



We split the top, add pure creamery butter...



...and let it bake right in.



Home Pride Butter Top Bread.

© 1978, Continental Baking Co.

FOOD

SPECIAL DIETS

FAT-controlled casseroles

If you're on a fat-controlled diet, chances are you've been missing luscious creamy dishes made with cheese. Here's good news. You can buy cheese "analogs"—imitations made with vegetable oils—that look and taste very much like real dairy cheese. Here are two recipes using the "American cheese" version.



Buying information, page 203 Photograph: Dieter

MACARONI AND CHEESE DELUXE

- 1½ cups macaroni
- 2 tablespoons cooking oil
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- Dash pepper
- 2 cups skim milk
- 8 ounces American cheese substitute, cubed (2 cups)
- ¼ cup finely chopped onion
- 1 medium tomato, sliced
- Salt
- Green pepper rings

Cook macaroni in boiling salted water according to package directions; drain. In saucepan blend oil, flour, the ½ teaspoon salt, and pepper. Add milk. Cook and stir till mixture bubbles. Add cheese substitute and onion, stirring till melted. Stir in drained macaroni; turn into ungreased 1½-quart casserole. Sprinkle tomato with salt. Arrange tomato and green pepper atop. Bake, uncovered, in 350° oven for 30 to 35 minutes. Makes 4 to 6 servings.

CHICKEN-BROCCOLI STRATA

- 8 slices white bread, halved diagonally
- 4 ounces American cheese substitute, sliced
- 1 10-ounce package frozen chopped broccoli, cooked and drained
- 2 cups diced cooked chicken
- 1¾ cups skim milk
- ¾ cup frozen egg substitute, thawed
- 1 tablespoon instant minced onion
- ½ teaspoon dry mustard
- ¼ teaspoon salt

Arrange *half* the bread in bottom of 8x8x2-inch baking dish. Layer with cheese substitute slices, broccoli, and chicken. Arrange remaining bread atop. Combine remaining ingredients; pour over bread. Cover; chill 2 to 24 hours. Bake, uncovered, in 325° oven for 55 minutes. Let stand 5 to 10 minutes before cutting. Makes 6 servings. ■

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during this Kenmore refrigerator sale

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ONE LOOK inside this big 17.0 cubic foot Kenmore shows why it adds up to a lot of convenience—and a terrific value at $429.95.

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This Kenmore has deep door shelves—a neat way to store big items like king size bottles. And a porcelain-on-steel interior for easy cleaning.

Get the space you need, the features you want, and famous Kenmore dependability.

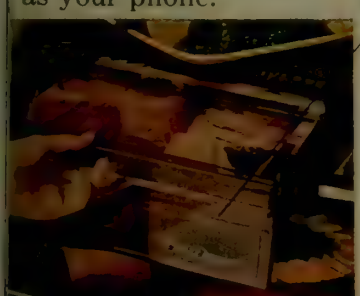
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FOOD

Cactus salad for a change

A prickly pear cactus leaf may look inedible, but actually it makes a tasty addition to any menu. To see for yourself, try this recipe for a traditional Mexican salad. You can also serve chilled, cooked cactus strips with an oil and vinegar dressing. Look for fresh cactus leaf at a supermarket produce department that offers specialty foods.



Photographs: Dieter

CACTUS SALAD

Cooked and chilled, cactus tastes like Italian-style green beans—

2 prickly pear cactus leaves
2 green onions, sliced
1 teaspoon salt
½ teaspoon chili powder
Tomato wedges
Mexican *or* farmer's cheese



Cut out thorns from cactus; do not peel. Cut cactus leaves in 2 x ¼-inch strips. In 3-quart saucepan combine cactus strips and green onion; add enough water to cover. Stir in *½ teaspoon* of the salt. Bring to boiling. Reduce heat. Simmer, covered, 15 to 20 minutes or till tender.

Drain cactus and rinse well with cold water; drain again. Combine cactus, chili powder, and the remaining salt; cover and chill. On lettuce-lined plate, arrange cactus with tomato; crumble a little cheese atop. Makes 10 to 12 servings. ■

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Better Business Bureaus:

HOW CONSUMER ARBITRATION WORKS

If you're bogged down in a dispute over shoddy goods, workmanship, or service, one recourse is to take your complaint to the Better Business Bureau for arbitration. Over 100 of the nation's 143 Bureaus now offer arbitrative services. The procedure involves minimal paper work, and it's fast, free, and informal—unlike the usual courtroom procedure. Arbitration decisions are binding, however, so be sure you're ready to accept the results. Here's how it all works:

The majority of disputes handled by the Better Business Bureaus involve questions of bungled auto repairs, with slipshod home repairs and defective goods next in line. The average dispute that comes to arbitration is for about $250, though you can bring any size claim you like to the Bureau's attention.

Whatever your complaint, you'll need copies of contracts, receipts, and estimates, and a concise statement of your claim. Once you bring that data to the Bureau people, they'll look at your charges, contact the business involved, and try to resolve the problem.

In almost four out of five cases, the BBB is able to straighten out the dispute with those preliminary procedures. If not, both parties are asked to submit to consumer arbitration (when it's available).

Unfortunately, you are out of luck if your business adversary refuses to submit to arbitration. However, the BBB will send you a letter stating that the business has refused to submit to arbitration. You can use this letter as evidence if you decide to file in small claims court. Or, you might get an attorney to write the adversary, advising him that if he won't submit to arbitration, you'll start legal proceedings. Remind the opponent that arbitration would be faster, easier, and less expensive.

Some complaints should not be submitted to arbitration—for example, instances of clear-cut legal violations; cases where the dollar stakes are exceptionally high; or situations where either party wants the right of appeal, or wants to set a legal precedent, or wants damages beyond the sum in dispute.

Choosing the arbitrators

When you and your adversary have signed statements agreeing to abide by the arbitration, the Bureau will send each of you a brochure explaining the process. Included is a list containing short biographies of five volunteer arbitrators.

Aside from their arbitration training, the BBB arbitrators have no connection with the Bureau, and they come from all walks of life. Many are retirees, homemakers, ministers, academicians, and (in some states) lawyers. Altogether, there are about 7,000 BBB arbitrators in the U.S.A.

You and your opponent rank your choices of arbitrators in first, second, and third priority. You may cross off any unacceptable names. (Arbitrators are trained to disqualify themselves if they see that the case poses any possible conflict of interest for them.) On the same form, you'll indicate what day and time are convenient for your hearing.

In most Bureaus, only one arbitrator becomes involved. (In Kansas and Georgia the Bureaus require a panel of three; a majority vote decides the case.) The Bureau selects the arbitrator from the list you and your opponent have screened, sends him or her the particulars of the dispute, and sets a time and place for the hearing.

The hearing

An arbitration hearing is informal and simple. It may be held at the Bureau, at your adversary's business, or on the site of repairs in question—and the Bureau personnel will arrange any inspection of a work site, if required. They'll also provide, at no cost to either party, unbiased experts to testify at the hearing.

Arbitration hearings are confidential. Unlike court proceedings, they are not a part of public record. Unless both parties agree otherwise, reporters and other media representatives may not attend the hearing.

You may bring to the hearing any witness you want or any person who will help present your case. (If that's an attorney, the expense could defeat the cost-saving advantages of arbitration.) Have in hand all pertinent documents such as receipts, contracts, estimates, articles in question, and photographs. If building codes are an issue, bring a copy of your local building regulations.

Don't get lost in legal maneuvering, however. For one thing, court rulings in similar cases are not considered as binding precedent in arbitration. Say you have signed a legal contract committing yourself to certain payments. If the arbitrator feels you haven't received fair value, he can find in your favor anyhow. However, arbitration cannot change government rules about things such as interest rates, shipping charges, etc.

Arbitrators are trained to question both parties closely to elicit all the facts. You and your business adversary may also question each other.

Arbitration awards

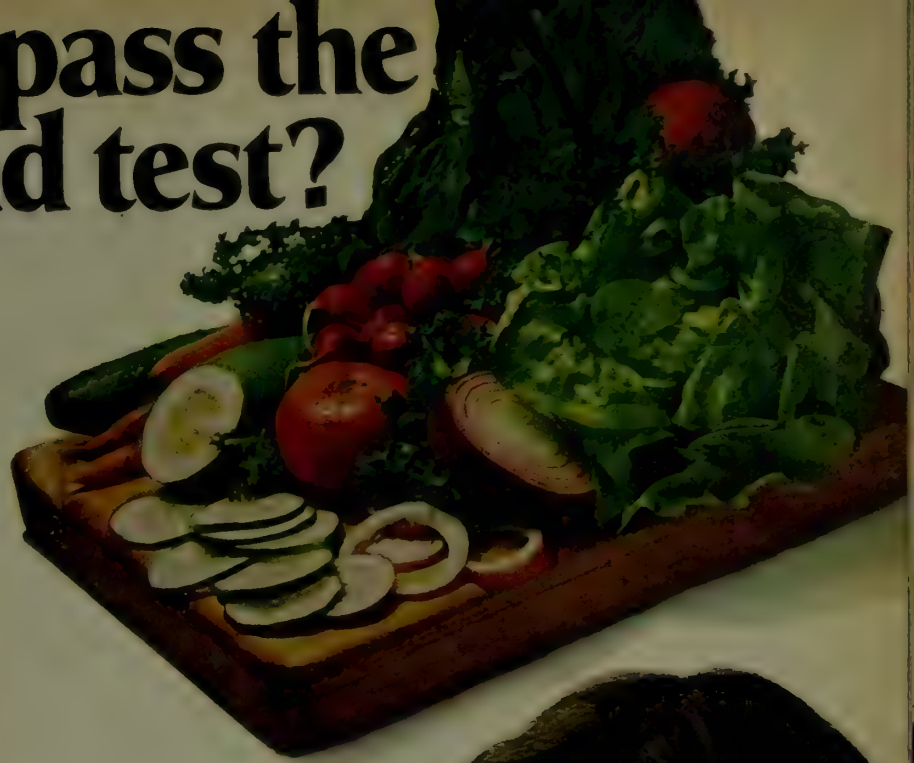
Often, the arbitrator makes his decision on the spot, especially when it's obvious that a roof leaks or a swimming pool won't hold water.

When the hearing is adjourned, the arbitrator retreats for a few moments to write up his findings. If he needs more time to consider the facts, the Bureau will send both parties his decision within seven days, via registered mail. The average time to resolve a case, from first complaint to award, is about 18 days.

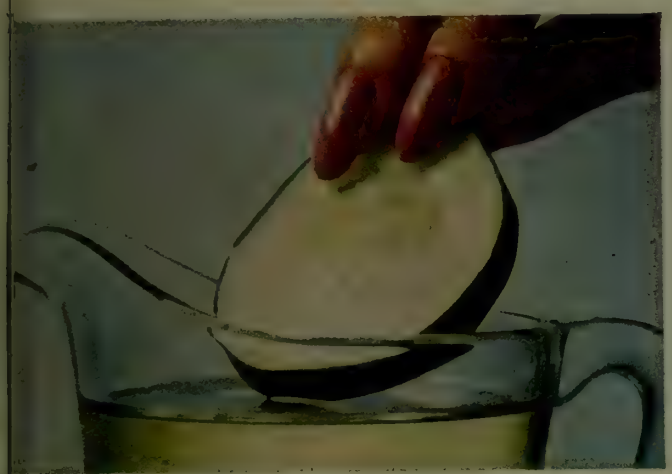
The arbitrator can find for the consumer, reduce the consumer's claim, order the work redone, split the decision, or find for the business. If it's clear the consumer has lost faith in

continued

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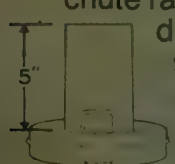
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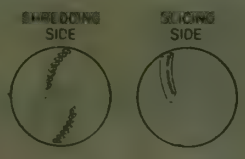
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GENERAL ELECTRIC

continued

Consumer arbitration

the business, the arbitrator can order an action award, where the work is to be redone by another firm at the adversary's expense.

Since consumer arbitration began six years ago, about 40 percent of the 5,000 cases arbitrated have been decided in favor of consumers. Another 40 percent have resulted in split decisions. For every case arbitrated, nine have been settled before the hearing.

Binding decisions

The arbitrator's findings have the same force of law as a judgment by a judge and jury. Should your adversary decide not to honor the award, take the decision to the court that has jurisdiction over the adversary's business.

The judge will sign the arbitrator's decisions and then enforce it as if it were a ruling from that court. If things go that far, you won't have to pay for the collection phase.

To get an arbitrator's decision reversed—a very rare occurrence—a party to an arbitration would have to prove in court that there was bias on the part of the arbitrator.

Arbitration more common

Many small claims courts are referring cases to consumer arbitration, while still keeping jurisdiction over the case. For example, Whirlpool and B. F. Goodrich, nationwide, and Montgomery Ward, in the Chicago area, have pre-committed their customer-company rifts to consumer arbitration. The Federal Trade Commission and the attorneys general in Texas, Louisiana, and Ohio are requiring compulsory BBB arbitration for companies with a high volume of customer complaints. The Seattle, Oakland, and Youngstown (Ohio) Bureaus require that firms seeking BBB membership must precommit their customer disputes to arbitration. Furthermore, The National Council of Better Business Bureaus is instituting a nationwide campaign to get more businesses to pre-commit to arbitration. ■

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EDUCATION Margaret Daly

Learning a foreign language- and liking it

Learning a foreign language is not what it used to be. Once it meant hours and hours of studying fine points of grammar, laboring over unlikely sentences and outmoded vocabulary, and copying translations painstakingly into a notebook.

No more. In recent years, foreign language teaching methods have undergone a metamorphosis. Whatever your reasons for wanting to learn a foreign language—business, travel, genealogy, or the challenge of learning something new—you'll find the experience less formidable than in the past.

You won't master a language in a week or two, of course. But you can gain a good command of the language, if not a full understanding, in several months, depending upon time, motivation, and interest.

Memorization and drill are still integral parts of learning a language. Still, highly motivated adults have discovered that they can sail through memorization tasks. And today there are many more aids to learning than ever before, such as tape and phonograph recordings, films, slides, and language laboratories.

What are your needs?

Is your goal mainly to read or speak the foreign language? Do you need a specialized vocabulary such as that used in engineering, medicine, banking, or a particular business? Do you wish to bone up for a vacation abroad, so you can at least read signs, order meals, and shop in the country you wish to visit? Do you hope, eventually, to read classics in their original language? Determining your personal goal will help you decide where to study the language and which method to use.

What should you look for?

Start by calling or writing a nearby college or university for catalogs describing their language courses. Check your school district's adult daytime and evening course listings.



Drawing: Hellman Design Assoc's.

And look in the Yellow Pages for foreign language instruction offered in your community.

Study course descriptions carefully to find the one that will serve your needs best. If course listings don't explain enough or answer your specific questions, call or write the institution for more information.

Ask about teaching methods. They can make a real difference to you. For example, some instructors will have you speak immediately in the new language. That's the *aural-oral* (or *audio-lingual*) approach by which you learn through repetition and imitation. Other teachers use the more traditional *cognitive code-learning method* that is based mainly upon the written word. Teachers believe language retention is better when you learn to read as you learn to speak. Some instructors combine these teaching methods.

Whatever the method, get the best teacher available. Reputation and satisfied customers may be your best clues to competence.

Above all, use the language as you're learning it; don't be afraid of making a mistake. You'll learn a language faster if you simply plunge in from the first. Just as a small child's "he goed" later becomes "he went," your early errors will soon smooth themselves out.

Where should you go?

That depends upon what's available, what your objectives are, and what your schedule is. Here are some ways you can learn a language or brush up on one you have studied in the past:

1. Enroll in a traditional college or university course. In this country, most college students who study a foreign language take courses in it for two years. For a better mastery of a language, you should continue your studies well beyond the two years. Classes are held from three to five hours a week (depending partly upon whether there's a quarter system or a semester system), often including laboratory work. Reading as well as speaking the language will be emphasized; usually some of the great literature written in the language is studied.

2. Enroll in an intensive university language course—sometimes offered during the school year, but more often held an hour or more per day from six to ten weeks in the summer. These courses may be accelerated traditional language courses (two years of language can be completed in one year). Or they may be designed specifically for those who need reading facility in a language, not necessarily speaking skills. Costs vary, but a ten-week summer session at a Midwestern university might cost less than $300.

3. Enroll in an evening college or adult education course. These are less formal and intense than traditional college courses. The instructor gives the class the basics of the language, often with the major emphasis on learning to speak. The course also might provide an introduction to life in the country where the language originated—through

continued

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sive private instruction.

5. Enroll in a correspondence course. A typical beginner's course costs about $125 for a four-hour-credit college course in a private correspondence school. A typical university correspondence course costs about $20 per credit (you pay extra for required texts and recordings). Remember, though: You must be highly self-motivated to do correspondence school work; otherwise you won't succeed. Also, if you wish to hear the language so you can learn to understand the spoken word and pronounce things correctly, you'll need recordings or time with a native speaker, in addition to the written study materials.

For more information, write:

- National Home Study Council, 1601 Eighteenth Street, N.W., Washington, D.C. 20009. Ask for their "Directory of Accredited Private Home Study Schools."
- National University Extension Association, Suite 360, One Dupont Circle, Washington, D.C. 20036. Send $1 for their "Guide to Independent Study Through Correspondence Instruction."

Both booklets are available in many public libraries.

6. Hire a private tutor. If you can find a qualified teacher-speaker of the language, you might find you can work well together on a one-to-one basis. This method can be very expensive (from $5-$10 an hour) and it also can be stressful for both tutor and pupil. Even so, for some people a tutor is the best way to learn a foreign language.

7. Study phonograph and tape recordings on your own. Make sure you draw up a learning schedule and stick to it—regardless of distractions. To test this method, try your public library's language recordings before buying your own. (Typical beginner's sets cost from $8.60 to $18.) If you decide to purchase cassettes or records, listen to them carefully to be certain the voices on them are clear, they leave enough time to repeat phrases, and the vocabulary is useful to you.

8. Study phrase books (books that give you the grammar basics of the foreign language as well as frequently used expressions) on your own. Some of the best known phrase books are published by Harper-Bantam, Berlitz, and Dover. A typical price is two dollars. Again, willpower is essential. If you want to speak as well as read the language correctly, you'll also need recordings, or someone to speak the language with you. Dictionaries can help you, too. Be certain you get up-to-date American English translations, not British. ■

(Produced in cooperation with Donna Paananen.)

continued

Learning a foreign language

slides, films, and lectures about currency, customs, and food. Some classes are especially designed for the traveler; often they meet for several hours, several times a week. Sometimes adult enrichment programs like these are free to senior citizens. Typical costs might be $40 per term.

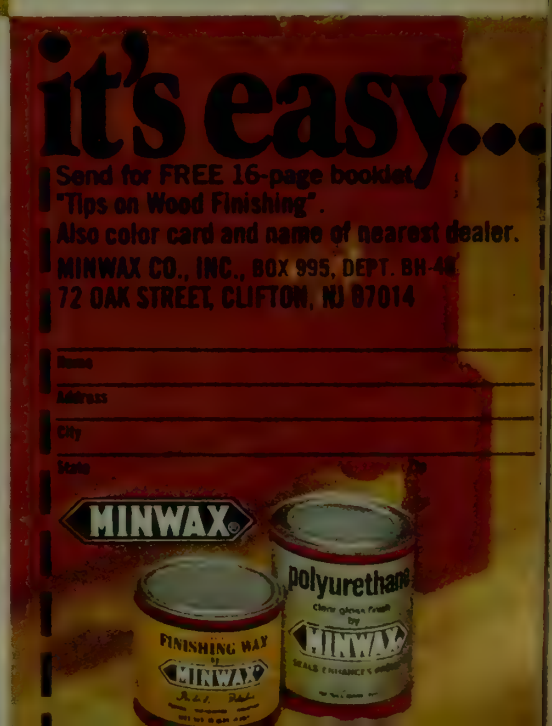
4. Enroll in a course at Berlitz or another private language school.

Berlitz has 68 schools in North America, as well as many more abroad. They emphasize the audio-lingual approach in teaching foreign languages. Best known is their "Total Immersion" method: You are immersed in the language for ten hours a day for two weeks or more, depending upon your language needs. A team of instructors is assigned to you; one even accompanies you to lunch so you are constantly speaking and hearing the language.

Berlitz is the best known of these schools, but you might want to compare costs with other private language schools in your area. To be sure of their capabilities, check with the Better Business Bureau to see if there have been complaints.

Typical prices at language schools are around $300 for a three-hour-per-week, ten-week basic group course, $130-$180 per day for intensive private instruction.





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If it's worth doing, it's worth doing right.

FARBERWARE
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KIDDE

Family-pleasing meat loaves

Nothing beats a meat loaf for paring your grocery bill while pleasing your family. Below are a few tips for making that old favorite even better.



Photograph: Sieber

SAUCY ITALIAN SQUARES

- 2 beaten eggs
- 1 15- or 16-ounce jar spaghetti sauce
- ¼ cup water
- ¼ cup chopped onion
- 2¼ cups soft bread crumbs (3 slices bread)
- ½ teaspoon salt
- Dash pepper
- 1 pound ground beef
- 1 pound ground pork
- 8 ounces bulk Italian sausage
- Hot cooked spaghetti

In mixing bowl combine eggs, *½ cup* of the spaghetti sauce, the water, onion, bread crumbs, salt, and pepper. Add ground beef, ground pork, and sausage; mix well. Pat into 9x9x2-inch baking pan. Bake in 350° oven for 1 hour. Drain off excess fat. In small saucepan heat remaining spaghetti sauce. To serve, place one square of meat loaf and some spaghetti on each dinner plate. Spoon sauce over spaghetti. Makes 8 servings.

- For a juicy and light meat loaf, thoroughly combine the crumbs, seasonings, and egg, then add the meat. Handle the meat as little as possible to avoid a compact meat loaf texture.
- For small, individual meat loaves that bake in less than half the time of a large loaf, pat the meat mixture into muffin pans; bake in 350° oven about 30 minutes.
- For slightly larger individual servings, combine one pound of meat with other ingredients and shape into four small loaves. Place in shallow baking pan and bake in a 350° oven for 45 minutes.
- If your family likes meat loaf with a crust, form the meat mixture in a loaf shape





POLKA-DOT MEAT LOAF

1 beaten egg
½ cup tomato sauce
1 cup soft bread crumbs
¼ cup chopped onion
2 tablespoons chopped green pepper
¾ teaspoon salt
Dash pepper
¾ teaspoon poultry seasoning
1 pound ground beef
8 ounces (2 cups) frozen loose-pack hash brown potatoes

In large mixing bowl combine egg, *¼ cup* of the tomato sauce, the soft bread crumbs, onion, green pepper, salt, pepper, and poultry seasoning. Add ground beef; mix well. Fold in frozen potatoes. Turn mixture into ungreased 8x4x3-inch loaf pan. Bake in 350° oven for 1¼ hours. Pour remaining tomato sauce over meat loaf. Return to oven to bake 5 minutes more. Let stand 5 to 10 minutes before slicing. Makes 4 servings.

in a shallow baking pan instead of a loaf pan. The baking time is a little less than for meat loaf baked in a loaf pan.

● For a meat loaf in the round, pat the meat mixture into a ring mold and then turn it out into a shallow baking pan. Or bake it in an oven-going aluminum mold. Fill the center of the baked ring with a dish of warmed catsup or other sauce or fill with creamed vegetables.

● To corral extra sauce on the meat loaf and to make an attractive top, press diagonal indentations into the top of the shaped loaf with the handle of a wooden spoon. Then spoon the sauce into the indentations and bake as directed. ■



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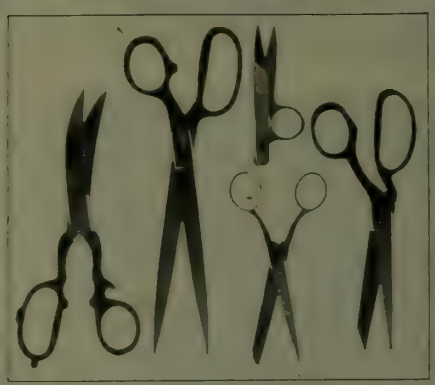
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SINCE 1824

ANY WAY YOU CUT IT

Have you ever tried to cut out a dress with kitchen shears and found the results less than satisfactory? Or used paper scissors to snip some parsley? If so, you know that having the right tool for a cutting job is just as important as having the proper-size cake pan or gelatin mold for a recipe.

The cutting tools pictured here constitute a good basic set for any household.



Kitchen shears

Shears used for kitchen chores should be sturdy enough for the many tasks they must perform. Buy a good-quality set that can pinch-hit in a jiffy for more specialized tools. Your kitchen shears should be able to cut through lobster shells, poultry bones, or tough flower stems.

Use for:

- snippng fresh herbs and certain vegetables
- cutting sticky foods such as marshmallows and dried fruits.
- cutting lobster tails or claws and other seafoods
- cutting skin from chicken
- disjointing poultry
- snipping fresh garden flowers

Kitchen shears that separate come clean easily. The shears pictured, *far left*, have a notch to cut poultry bones and even a bottle opener incorporated in the design.

Paper scissors

Paper scissors, often called stationery or office scissors, vary in design, but the slender nine- to 12-inch type, *second from left*, cuts the width of stationery with one clean stroke. Wipe paper-pulp buildup off the blades regularly.

Use for:

- cutting all paper except cardboard

Tailor's snips

The nifty little snips, *top center*, are also called quick clip or thread clip scissors. They are spring-loaded and have a one-hole handle. New to the home-sewing market, snips make quick work of loose threads on home-sewn garments. Just slip your little finger through ring handle and squeeze the blades.

Some brands come with special razor-type replaceable blades.

Use for:

- cutting threads
- ripping seams
- putting the final touches on fishing lures

Sewing scissors

Sewing scissors generally have straight blades and small ring handles. A small pair should be a part of every sewing basket.

Use for:

- grading, trimming, and notching
- snipping and clipping
- cutting threads
- ripping seams
- cutting buttonholes

A pair with five- to six-inch blades, *bottom center*, is a good working size, but it's also handy to have a pair with 3½- to 4-inch blades for cutting buttonholes.

Dressmaker's shears

Dressmaker's shears, *far right*, have a bent handle so one blade can slide parallel to the cutting surface. Since the fabric lies flat while you cut, pattern pieces stay in place and cutting is more accurate.

If possible, test the shears on several types of fabric before buying. The entire length of the blade should cut sharply and smoothly.

Use for:

- cutting out garments
- trimming heavy fabrics ■


"The Waring Steam Chef™ cooks your whole meal without you standing there. And that's good. But not as good as the meal."
Just put your meat (or chicken or fish) in the bottom part of the Waring Steam Chef, your potatoes and vegetables in the top part. Be as creative as you want with herbs and spices and seasonings. Then plug in the Steam Chef and go away. Come back in about 30 minutes and your meal will be ready. Because the Steam Chef cooks with steam, your food cooks in its own juices. No grease, no oils, no fats. Just good natural food with all the good left in. And the cooking dishes go right to the table, then on to the dishwasher. The convenience is terrific. And the broccoli is out of this world.
WARING

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Designing your own needlework

Once you've learned your embroidery or needlepoint stitches and commercial kits no longer satisfy you, it's time to begin designing your own needlework. Then you'll *know* the finished product will suit your needs exactly. Not only that, designing is satisfying and fun.



How to begin

First, decide what to stitch. Will it be a chair seat or a picture of your home? How large will it be? And where will it go? The room in which a stitchery will live can greatly influence its design and color scheme.

On a piece of paper, draw an accurate outline around your proposed project. The outline will look like an empty picture frame. Do all your drawing and sketching on sheets of tracing paper placed over this outline "frame." Then you'll be sure your finished design will be the right size and shape.

Designing methods

There are as many ways to begin designing as there are needlework designers. Here are some of the more widely used techniques.

Try tracing shapes from existing designs and rearranging them within your outline frame. Magazine illustrations, greeting card pictures, and motifs from printed textiles such as your slipcovers are good sources. A photograph of your house, a child's artwork, or a rubbing from furniture carving can also be your starting point.

Choose a pattern that is appropriate to the area where it will be placed. If you use a motif from a room's carved woodwork to inspire a pillow's border, that pillow will belong in that room. The brass grillwork on a fire screen may have a pattern that could determine your needlepoint's background. Look around the work's future home for possible designs. Then photograph, trace, rub, or sketch them.

A second design technique could be called "paper dolls." Cut out various leaves, triangles, or any shapes that appeal to you. Arrange them within your outline frame. Then trace both the frame and the shapes within it onto tracing paper. This is your design.

With this type of designing, the trick is to look not only at the shapes, but also at the background areas. These are called "negative spaces" and should be as pleasingly arranged as the objects themselves.

If abstractions appeal to you, try designing with cut or torn paper. Take a sheet of paper and cut or tear it into large and small fragments. Arrange these within your outline frame until both the shapes and the negative spaces please you. If the paper forms are cut from different colored tissue paper, their overlappings may suggest color themes.

Don't worry about doing this "correctly." What matters is that the design suits you. Then outline the frame and the forms within it on tracing paper.

Fascinating patterns can be developed by arranging ordinary household objects within your outline frame and then tracing around them. Try using rubber bands, clothespins, or cookie cutters. Let the outlines overlap. The results can be delightful.

Designs from nature

Borrowing from nature itself is the most exciting, and the most difficult type of designing. Cut a melon or a tomato in half and study its pattern. Look at shells, areas of tree bark, tire tracks in the snow, or wave lines on a beach. Sketch or photograph what you see. A camera reduces three-dimensional nature to two dimensions and makes the designer's job easier. Then eliminate nonessential details and you may have an exciting, totally original, needlework design.

Enlarging or reducing

Now that you have your pattern, it may be the wrong size for your project. The easiest way to enlarge or reduce a pattern is to hire a machine to do the job for you.

Such machines are owned by blueprinting companies. Look for local dealers in the Yellow Pages. Then ask for a "positive copy" of your design and specify the dimensions you want. This copy should not take more than a day to produce. But since all blueprint companies do not

continued

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More beautiful choices than any other. Come to Congoleum and select from over 300 different designs and colors—more designs and more colors in more widths than any other vinyl flooring. You're sure to find just what you have in mind.

Simple sponge mopping will usually keep your floor looking fresh. Congoleum Vinyl Dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use. For complete maintenance and warranty information, see your local Congoleum retailer or write to Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.

Design shown #45057, available in 6' & 12' widths.

Only Congoleum gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.



continued

Design your own needlework

charge the same price, do some comparison shopping by phoning ahead of time.

Then draw black outlines directly onto your "positive copy" around all important shapes. Leave out unimportant details. Next, draw your outline frame around the design and your pattern is complete.

Transferring the design

Here's how you transfer that pattern to cloth or canvas. Use masking tape to fasten the design, whether on tracing paper or "positive copy," to a glass door or window. Tape your cloth or canvas over the paper. Make sure the design is centered. Trace the blackened outlines on the fabric with a medium-toned waterproof fine-tipped pen.

Be sure that the piece of cloth or canvas that you use is three to four inches larger than your design. This unworked border aids in blocking and finishing later.

But designing doesn't stop when you transfer the pattern to cloth or canvas. Choosing colors and textures is a large part of the design process.

Color choices

When making your selection, always match your colors under natural light. Artificial light tends to distort your color perception. Easy color schemes are those that match the room, the fabric, or the picture that inspired you.

Keep in mind that light-colored tints tend to make shapes look large, while darker tones make the same shapes look smaller.

Use complementary colors wisely. These color pairs are red and green, blue and orange, and yellow and purple. When complements are side by side, they make each other appear brighter. So if your red strawberry looks dull, put a green leaf next to it. But if the berry is too red, keep green away.

Picking the yarn

Make contrasts work for you when choosing yarns and stitches. Play highly piled, rough stitchery shapes against flat, smooth areas. Or put glossy fibers next to dull, soft ones.

The shinier the fiber and the rougher the stitch texture, the more the area will be noticed. When you want an area to attract attention, use silks or gleaming fibers, or stitches with eye-catching textures. Make the negative space quiet and unobtrusive so that your focal areas are more exciting by contrast.

The same principles of color selection and use of contrast apply if you plan to incorporate sections of appliqué or other stitchery techniques in your needlework design. Mixed-media projects can be particularly exciting to work on, and offer a unique opportunity to combine your skills in a variety of stitchery techniques. So don't be afraid to try new things. Experiment—it's half the fun of designing! ■

Written in cooperation with Mary Kay Davis.

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FMC

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Every year, innocent Americans (particularly the elderly) lose millions of dollars to confidence games and business frauds—far more than is stolen in bank robberies or from private homes. And bunco schemes are on the increase, according to a recent nationwide survey. How can you and your family learn to spot a con game? What can you do to protect yourselves?

"Something for nothing!" "Secret plan!" "A one-in-a-million chance if you act right now. . . !"

You probably think there's no way you could ever fall for such blatant attempts to separate you from your money. Yet knowledgeable, seemingly sophisticated people are defrauded every day by con artists. All it takes is the right scheme at the right time by the right operator.

Older people, especially women, tend to be most vulnerable. Loneliness, concern about retirement costs, a basic trustfulness, all contribute to older people's vulnerability. So does the fact that often their life savings are accessible in bank accounts.

But the elderly aren't the only targets of bunco artists. Studies show their swindles are aimed at all age groups, both the educated and the poorly schooled, the rich and the poor, and either sex. An attitude that "it can't happen to me" doesn't hurt the fleecers one bit. In fact, it can very well work in their favor.



COULD YOU BE CONNED?

How does the con artist operate?

Man or woman, the crook uses an approach that is pleasant and friendly. The meeting with the victim is informal and generally appears to be accidental. Usually it occurs during daylight hours. The initial topic may be something as simple as the weather or a piece of merchandise.

The primary secret of successful con artists is to appear to be respectable people. They run the gamut of ages, but the majority are in their 30s or 40s. They go first-class, often drive big, late-model cars. They're articulate people, well versed in human relations and salesmanship.

Quite simply, the con artist tries to seem as near akin to the victim as possible; the more they have in common, the quicker the rapport.

Operating locales vary with the "scam," or con game. Although most con artists team up with one accomplice or more, some prefer to work alone. They work a city for a short time, then move on to another in a hit-and-run fashion.

The number of frauds is dazzling. Here are some of the most prevalent schemes, along with some suggestions on how to foil them.

Pigeon drop

The con: The pigeon drop is by far the biggest money-maker of them all. A stranger, usually a woman, engages the victim—usually also a woman—in conversation in a public area. Shortly thereafter, yet another woman approaches and says she has found an envelope full of money. She shows the envelope and may even suggest that all three women examine its contents in private.

WHICH DOG SHOULD

If you picked this dog, you're pretty smart. You know that low-cal, low-fat Fit&Trim® dog food can help a shapely dog stay shapely.

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See your veterinarian regularly

Then she says she will consult her employer about what to do with the money. Usually, he's described as a banker or lawyer. In the meantime, the first woman engages the victim in conversation.

When the other woman returns, she reports that her boss said it would be all right to split the money three ways, since the loser probably obtained it unlawfully. But before they divide the money, she says, each person should put up money out of her own pocket as a "good faith" deposit to prove the women could repay the found money if the owner were to claim it later.

The first woman gives her accomplice money, supposedly as her share of the good faith deposit, and accompanies the victim to the bank to get her share. Once the victim turns over her own money to the accomplice, the two con women say they will deposit all of the money in a bank. The victim is to wait at a designated place for their return. They never do. The money is gone.

The cure: If anyone offers to share found money or valuables with you provided you'll give them evidence of "good faith" (usually your savings), don't give them anything. Call the police as soon as you can.

Bank examiner

The con: You are called on the telephone by a stranger posing as a bank examiner or a security or police officer. The caller tells you his organization suspects an employee in your bank of misappropriation of funds. The "official" who has called you requests you to withdraw a large sum in cash, offers to furnish transportation and then come by your home and check the money for fingerprints and serial numbers. You are warned against telling anyone what you are doing and advised that you may get a reward for your help.

After you withdraw the money, Mr. X comes by your home, checks the money, then tells you everything is fine and he will return your money to the bank. If you do not let the "examiner" redeposit your savings, he will attempt a switch of bank envelopes. If he succeeds, he'll walk off with your money and leave you a package of "dummy" money.

The cure: Pretend you believe the caller, but call the police as soon as he hangs up.

Fix-it schemes

The cons: Home improvement frauds alone cost Americans from $500 million to $1 billion a year. Here are some examples:

- *Roof repair.* Men ring your doorbell and offer to seal your roof or driveway with a name-brand product—at "bargain" prices. In reality, the compound could be paint or sealer heavily diluted with crankcase oil or kerosene, paint thinner, and solvent that will wash away in the next rain.
- *Furnace repair.* After inspecting your furnace, men posing as officials or representatives of a furnace firm will say your furnace is in very hazardous shape and it's a wonder you haven't been asphyxiated. They make minor adjustments and charge exorbitant prices.
- *Electrical repairs.* The workmen will paint old wiring black to look like new and claim it has been replaced.
- *Termite extermination.* After asking to inspect a house, men will bring in their own termite-infested board, saying it came from your house. They may spray the foundation with an ineffective liquid and pronounce the home termite free.

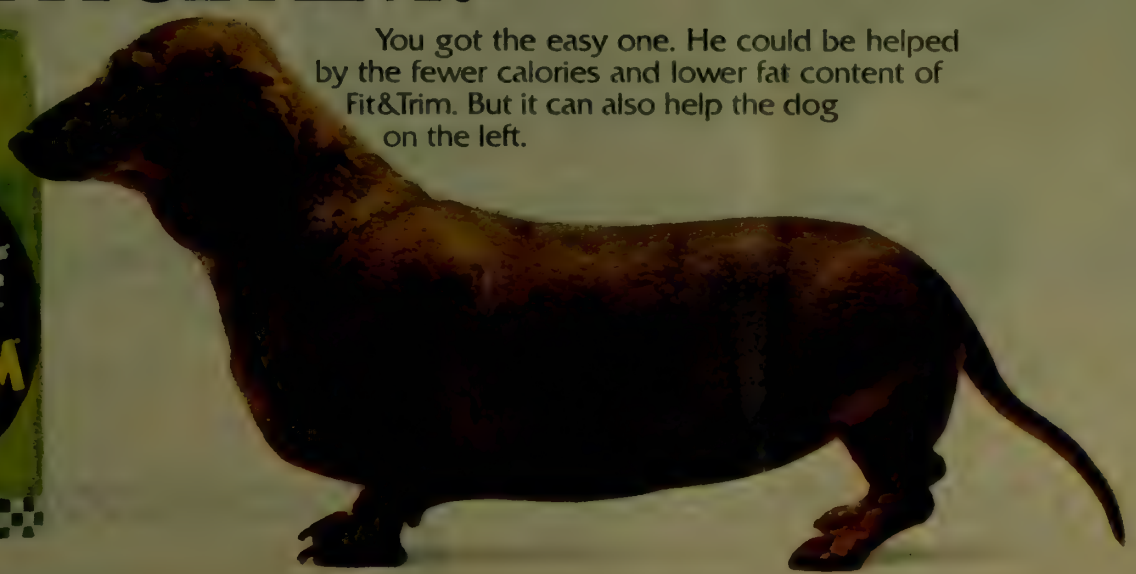
The cure: Request a written estimate from any contractor or repairman who offers to do work on your home. Tell him you want to compare his prices with his competitors'. Also ask if the repairman's telephone is listed in the telephone book. If the number isn't, firmly decline the offer. Note his description and the truck's license plate number and call the police and the Better

continued

Drawing: Hellman Design Associates

GET FIT&TRIM?





You got the easy one. He could be helped by the fewer calories and lower fat content of Fit&Trim. But it can also help the dog on the left.

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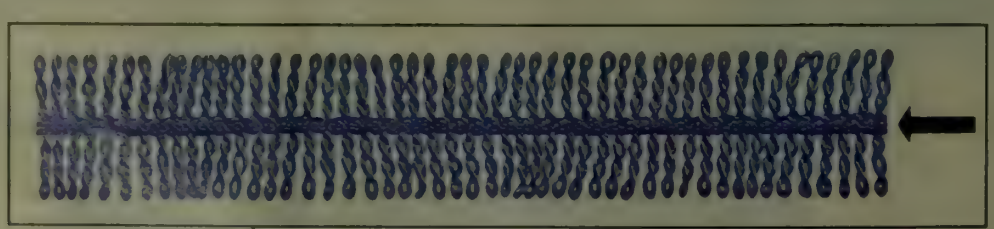


Our secret is invisible. It's locked in the weave.

You can't see our secret. But it's what makes Fieldcrest towels resist shrinking, puckering and tearing while they keep their shape through use. through laundering, through all the punishment a towel is asked to take.

Fieldcrest towels start out in life and stay just as absorbent as any towels you've ever owned. That's because only cotton touches the skin. Soft, thirsty 100% cotton. That's no secret. But—we know that cotton alone isn't enough to keep a towel young. So in the part that *doesn't* touch the skin, we lock in the polyester reinforcement it takes to help keep a towel young and bouncy and beautiful. And we do it with every towel we make.

You see, we don't think any towel should start showing signs of middle age just when it's in the prime of life. And that's our secret. Isn't it beautiful?



The loop is 100% cotton. The base (arrow) holds the secret that keeps our towels young.

the Lasting Impressions of Fieldcrest®

Fieldcrest, 60 West 40th Street, New York, N.Y. 10018

continued

Could you be conned?

Business Bureau. Usually, legitimate repairmen do not make idle stops to solicit business.

A contract will do no good, because it's only as good as the people behind it. Crooks may offer a 20-year guarantee for their work, but they won't be around to make good on the guarantee.

Any official inspector must carry proper credentials. Ask to see them and examine them carefully. If you have any doubts about them, call the appropriate agency and verify the story.

Phony inheritance

The con: Watch out for phone calls, letters, or a visit by a stranger who hints that you may inherit some money you were not expecting. Such callers usually say they have information about unclaimed money from a distant relative who has died. For a fee, they offer to send more details. After you pay the fee, you may hear nothing more about your "inheritance." If you get more details, they likely won't be worth anything.

The cure: Check the accuracy of the call with the probate court in the county where the person died.

Some general precautions

- Never discuss your personal finances with strangers.
- Seek advice. Check out and think through any proposal which involves the expenditure of cash, handing over valuables, signing over property, or signing a contract.
- Don't jump into anything involving your property or money. If the deal is legitimate, it'll be there tomorrow. Be wary of any pressure to "act immediately or you'll lose out."
- If you discover you have been victimized, call the police right away. The sooner this is done, the greater the chance of recovering your money and preventing someone else from falling into the same trap. Above all, don't be embarrassed. Be willing to testify in court to help stop this kind of crime. ■

CANADA



Manitoba

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GGG-4-78



"Sunbeam will help you whip up something delicious. They just seem to blend an extra touch of quality into everything they make."

"The Sunbeam Burst of Power Hand Mixer delivers extra power at your fingertips to help you through heavy batter."

"Just push this button for that extra power, on all five speeds."

"The Sunbeam Mixmaster Mixer has a powerful 225-watt, governor-controlled motor that even handles heavy yeast bread dough."

"The Sunbeam Burst of Power Blender gives you instant extra power on all 20 speeds at the touch of a button."

"Push the Touch Blend button, and you have instant stop-and-go blending on any speed."

"The Mix-Finder dial lets you select from 12 speeds for cakes, breads, whipping cream... or what have you!"

"With solid-state reliability and modern sculptured styling, it is a welcome addition to any kitchen."

"The bowl-fit beaters mix thoroughly and blend evenly. And dough hooks do all bread mixing and kneading."

TEFLON II

The items shown in the above advertisement are not coated with DuPont TEFLON. However, other items made by Sunbeam use DuPont TEFLON for easy, non-stick cooking, and no-scour clean-up.

"Here are three more products from Sunbeam that take a little work out of your life. Your Sunbeam dealer can show you a whole lot more... I really love Sunbeam quality."

Shirley Jones

Sunbeam Built with integrity. Backed by service.

Sunbeam Appliance Company, a division of Sunbeam Corporation. ® Sunbeam, Mixmaster, Mix-Finder, Burst of Power. © Sunbeam Corporation 1976.

SHOPPING

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

A SMALL KITCHEN THAT GREW

Page 28 (left): Lighting fixtures—Georgia Lighting Supply, Inc., 530 14th St., Atlanta, Ga. 30318. (Center): Refrigerator, dishwasher, oven, overhead vent—General Electric Co., Appliance Park, Suite 301, 2100 Gardiner Lane, Louisville, Ky. 40205. (Right): Cabinet fronts—Roughtex by U.S. Plywood Corp., 777 Third Ave., N.Y., N.Y. 10017.

NEW SPACE IN AN OLD SHAPE

Page 90 (bottom): Greenhouse—Lord and Burnham, Div. of Burnham Corp., Irvington, N.Y. 10533.

Page 91 (left): Carpeting—"Sultry," Lancaster Line, Armstrong Cork Co., Lancaster, Pa. 17604. Love seat and armchairs—Founders Furniture Ind., P.O. Box 1148, Hickory, N.C. 28601. All tables—"Commander's Choice," Thomasville Furniture Ind., P.O. Box 339, Thomasville, N.C. 27360.

Page 92 (left): Resilient floor covering—"Sundial," Armstrong Cork Co. (address above). Carpeting—"Magellan," Armstrong Cork Co. (address above). Light fixture: J. C. Penney Co., 1301 Ave. of the Americas, N.Y., N.Y. 10019. Furniture—"Naturally Yours," Thomasville Furniture Ind. (address above). (Bottom): Modular seating units—Founders Furniture Ind. (address above). All wood furniture—"Keepers II," Founders Furniture, Ind. (address above). Resilient floor—"Sundial," Armstrong Cork Co. Area rug—"Magellan," Armstrong Cork Co. (address above). Cabinets—Wood-Metal Industries, Inc., Kreamer, Snyder County, Pa. 17833. Appliances—General Electric Co., Louisville, Ky. 40225.

Page 93 (top): Dressers—"Naturally Yours," Thomasville Furniture Ind. (address above). Platform bed—Founders Furniture Ind. (address above).

A NEW ROOF

Pages 94-95: Architect Mark 25 asphalt shingles—Bird & Son, Inc., East Walpole, Mass. 02032.

KEEP YOUR KITCHEN CURRENT

Page 96: Cabinets—Sears Roebuck and Co., Sears Tower, Chicago, Ill. 60684. Flooring—Armstrong Cork Company, Lancaster, Pa. 17604. Counter—WilsonArt, 600 General Bruce Dr., Temple, Texas 76501. Sink—Elkay Mfg. Co., 2700 South 17th Avenue, Broadview, Ill. 60153.

Page 97: Flooring—Armstrong Cork Co. (address above). Counter—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.

Page 98: Flooring—Ozite Corp., 1755 Butterfield Rd., Libertyville, Ill. 60048. Counter—Wilson-Art (address above). Sink—Elkay (address above).

Page 99: Flooring: Flexo, Division of Textile Rubber Co., Inc., P.O. Box 553, Tuscumbia, Ala. 35674. Counter—Formica Corp. (address above).

HOW TO PLAN ROOMS THAT STAY IN STYLE

Page 126: Gray velour chair and ottoman—Stendig, Inc., 410 E. 62nd St., N.Y., N.Y. 10021.

Page 127 (top): Love seat and white canvas chair—H.U.D.D.L.E. 3416 Wesley, Culver City, Calif. 90230. Tubular chair—Workbench, 470 Park Ave. S., N.Y., N.Y. 10016. (Bottom): Contemporary chair—Design Research, 2 Campanelli Dr., Braintree, Mass. 02184. Bentwood chair—Thonet Industries, Inc., 1 Park Ave., N.Y., N.Y. 10016.

Page 128 (top): Chair fabric—Greeff Fabrics, Inc., 150 Midland Ave., Port Chester, N.Y. 10573.

Page 129 (top): Wall covering—Greeff (address above). China—Arabia, Inc., P.O. Box 12457, Kansas City, Mo. 64161.

Page 130 (top): Fabric on wing chairs—Brunschwig & Fils, 979 Third Ave., N.Y., N.Y. 10022. (Bottom): Roman shade fabric—Henry Calvin Fabrics, 724 Battery St., San Francisco, Calif. 94111.

Page 131: Rug (Berber wool)—Carousel Carpet Mill, Inc., One Carousel Lane, Ukiah, Calif. 95482. Wicker furniture in background—Gumps, 250 Post St., San Francisco, Calif. 94108.

Page 133: Cushion fabric and storage buffet—Herman Miller, Inc., 140 W. McKinley, Zeeland, Mich. 49464.

DINING-OUT SPECIALTIES

Page 141 (bottom left): Bowl—Sunbeam Corp., 5400 W. Roosevelt Rd., Chicago, Ill. 60650.

Page 143 (right): Plate—Fitz & Floyd "Medallion D' or," 1371 Round Table Dr., Dallas, Tex. 75247.

CANADA



Alberta

HOME ON THE RANGE

Air so fresh it tingles, a wisp of woodsmoke, pleasures of the unspoiled land. So easy to get to, next door in Canada.

EDMONTON 1978

Canada
SO MUCH TO GO FOR.



Patch cracks in walls fast. Panel walls easier.

DAP Interior Spackling Compound is ready-mixed for easy filling of fine line cracks or deep holes in walls and ceilings. Has a smooth-spreading texture. Dries quickly. Sands to a feather edge and takes paint beautifully. Contains no asbestos.

DAP Panel and Dry Wall Adhesive saves time and work in paneling a room. Reduces need for nailing. Simplifies panel alignment. Fastens paneling and wallboard to studding and furring with a tough, water-resistant bond.

DAP is a registered trademark of DAP Inc.

DAP Inc., General Offices: Dayton, Ohio 45401
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Depend on fix-up products
DAPcreates

Sears says, let your spirit soar!

Discover the glorious difference a carpet can make, with Sears Flying Colors carpeting.

$8.99 sq. yd.

Color. The decorator's secret to breathing new life into old rooms. Color. Wall to wall, high spirited color. Color so vibrant it makes a walk through your home an exhilarating experience.

Flying Colors thirty-two fresh, clean hues are as practical as they are gorgeous. Its dense Saxony plush is 35 oz. per sq. yd. of 100% nylon pile treated with SCOTCHGARD® Brand Fabric Protector.

Flying Colors is backed by the Sears Label of Confidence, the label that appears on the back of every piece of Sears floor covering. It reveals important information like fiber content, construction and wear ability...and most everything else you need to know before you make that all important purchase.

Come in and share our excitement about Flying Colors, available, right now, in most larger Sears retail stores.



Only at

Sears

© Sears, Roebuck and Co. 1978

Prices higher in Alaska and Hawaii.

BUILDING

Planning for new phone service

Moving in the near future? If you are, plan ahead so you can avoid the inconvenience of being without telephone service for even a day.

Determine your needs

Because the placement of your phones is largely a function of furniture layout, draw your rooms to scale (1/8 inch to the foot works well), and position your furniture. This exercise not only helps you determine where phones will do the most good, but it will make moving day go a lot smoother, too.

Contact the telephone company

If you're moving into a residence that has had previous service, call the business office about two weeks before you move and detail your plans. Keep in mind that during the fall most phone companies are quite busy, so allow more time then.

If, on the other hand, you're building or remodeling, ask your contractor to let you know well ahead of time when the project will be ready for prewiring. (Prewiring is done before drywall goes up, and there is no charge for this service.)

When you get the word, call the telephone company again and arrange for a rep to come out. When he or she arrives, be prepared to explain exactly where you want each telephone jack installed.

Choose from countless options

Although the options available to you vary somewhat depending on where you live, rest assured the phone company has what you need for your situation. Myriad equipment colors and styles are available, and there are services to match. You can, for example, arrange to have calls forwarded to you, place conference calls, be notified of an incoming call while you're on the phone, dial only three digits to reach frequently called numbers, and much more. ■

CANADA



Vancouver, B.C.

A TOUCH OF CLASS

Come celebrate with a toast of fine wine, the glow of candlelight and velvet. Experience Canada, for a few days or a long vacation. We're close.

Canada
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YES, CANADA!

Rush this coupon to Air Canada for our free 80-page book on vacation tours '78. It'll give you a clear idea of where you want to vacation this year: Canada.



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City_____ State_____ Zip_____
My travel agent is_____

AIR CANADA BHG 4-78

Is your economy car out of tune with the size of your family? Does your family-size car hit a sour note with your budget? If so, why not score with the Bus? The 1978 Volkswagen Bus.

The '78 VW Bus offers you a lyrical combination of room and economy. Inside, there's plenty of room for a seven piece band. Or a family of seven. And the Bus' carpeted rear luggage deck is big enough to handle up to ten flugelhorns. In fact, the Bus is 70% roomier inside than a full-sized domestic station wagon. With enough picture windows to give everyone in your family the best seat in the house. Yet for all its spaciousness, the Bus is a snap to park.

As for economy, the '78 VW Bus hums along with a quieter, peppy fuel-injected, two-liter engine that gives you 25 m.p.g. on the highway, 17 in the city with standard transmission, based on the 1978 EPA tests estimates.*

The VW Bus is hard to upstage when it comes to versatility, too. The rear seat folds down to give you more carrying space. Take out the rear seats and you can move a piano. The big sliding door is wide enough for a bass drum. And the Bus' rear hatch makes it easy to load anything from groceries to glockenspiels.

So, get on the bandwagon. Take your favorite group to your Volkswagen dealer for a test drive today. He'll show you how to get all that room and economy in one smooth vehicle. Now, isn't that music to your ears?

IT'S MORE FUN TO TAKE THE BUS.

© Volkswagen of America, Inc.

CARRY A LOAD FOR A SONG.



*Actual mileage may vary depending on how and where you drive, whether you have optional equipment such as automatic transmission, and the condition of your Bus.

AMERICA'S BEST VACATION RESORTS



PART 1: THE SOUTHERN TIER

What makes resort vacationing popular with many families is lots to do—or not do if they choose—in scenic and sometimes snazzy settings. To help you select a great one-stop vacation spot, we combed the countryside for America's best resorts. Our choices from the Southern tier are offered this month; our picks from the North will appear in May. They range from rustic hideaways to chic hangouts.

Besides ruling out resorts that simply didn't measure up, we also eliminated resorts on national park land, dude ranches and resorts specializing in a single pastime, resort "communities," and resorts with extremely short seasons.

Unless otherwise noted, quoted rates are European Plan (EP), which covers the room only. Modified American Plan (MAP) includes breakfast and one other meal (usually dinner); Full American Plan (FAP) includes all three meals. Charges for activities, gratuities, and taxes aren't figured in unless specified. Most resorts also offer money-saving package plans.

The symbols below indicate at a glance the main activities at each resort.

By Kate Keating, Barbara Humeston, George Bush, Paul Kitzke, and the Travel and Features Staff

Golf can be played at the resort or on nearby links (championship or par-three executive courses)—as opposed to a course ten miles away.

Tennis courts—outdoors, indoors, or both—are on the property and in good shape. A sagging net above broken concrete doesn't get a symbol.

Horseback riding stables with an assortment of good mounts are conveniently located either on the property or nearby. Organized rides may be offered.

Fishing—for either freshwater or saltwater catches—is available on the property or a few minutes away. Stocked ponds for kids don't get a symbol.

Swimming facilities include at least one good-sized pool—often several, indoors and out. Lake and/or ocean swimming qualify for this symbol, too.

Sand beach of reasonable proportions—not just a mini patch of gravel or sand—is available for sunning and other waterside fun.

Boating can be seriously or frivolously pursued. Sometimes you bring your own craft; usually you can rent or borrow boats from the resort.

Biking can be enjoyed in suitable terrain, with bikes for rent or for the borrowing from the resort. Legitimate bike trails may be available.

Hiking can be pursued strenuously or just for fun at the resort or on adjoining property. Guides and/or marked trails may be provided.

Downhill skiing is available on advanced slopes, beginners' runs, or both. Instruction, rental equipment, and après-ski unwinding may be offered.

Cross-country skiing is another activity that figures into cold-weather fun either at the resort or on adjoining property.

Skeet/trap ranges—for one or both of these sports—are set up on the resort property. Firearms also may be for rent.

Professional entertainment—usually musical combos—is regularly scheduled. Resorts without a symbol may feature movies, amateur acts, etc.

Recreational programs for kids are provided and supervised by responsible counselors during periods when most public schools aren't in session.

THE LODGE AT PEBBLE BEACH



PEBBLE BEACH
CALIFORNIA 93953
PHONE 408/624-3811



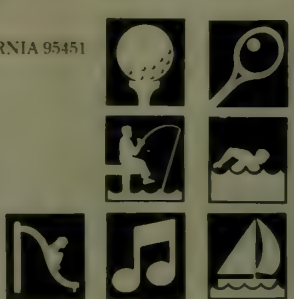
The Lodge at Pebble Beach, perhaps the most celebrated resort in California, nestles among the native Monterey pine and cypress forest on the Monterey Peninsula. Guests enjoy an unrivaled view of the surf-flecked meeting of ocean and land beyond the perpetually green golfing lawn. This elegant resort, built in 1919, offers first-class golf (one course is rated among the world's top five) and tennis (13 courts), plus a heated swimming pool, handball courts, and an equestrian center that joins a bridle-path network. You may hike or jog any of five trails (up to nine miles long) or try the fitness-testing Parcourse. Rooms in the main lodge and in separate buildings are big and comfortable; some have spectacular views. You can have music and entertainment with your meal in the dining room weekend nights, or try the elegant French restaurant of considerable reputation, or the informal Tap Room. Guests enjoy shopping and exploring close-by Carmel and the historic, picturesque town of Monterey.

Open all year. Double rooms run $60 to $90 per day; suites from $100 to $230. There's a $10 room charge for kids six through 11, who get their meals for half price; children five and younger stay free. United and Hughes Air West serve Monterey.

KONOCTI HARBOR INN



8727 SODA BAY ROAD
KELSEYVILLE, CALIFORNIA 95451
PHONE 707/279-4281



Konocti Harbor recreational village (250 rooms on 129 lakeside acres) is new enough to be cheerful but old enough for the landscaping to be well established. You'd expect a resort on Clear Lake, the largest lake in California, to be water-oriented, and it is—from hillside rooms with a view of the water to the marina at water's edge. Bring your own boat or rent crafts that range from paddle boats to motor boats, even a cabin cruiser. Or opt for a ride on a 100-passenger paddle-wheeler. For swimming, there are two large pools and two small ones for children. Indeed, the kids' program in summer includes something for all the youngsters: special facilities for miniature golf, a baseball field, a playground, a teen center, and day care for the small fry. There are eight tennis courts and a golf course (about a mile away). Choose a room, an apartment, or a cottage. Do your own cooking (a grocery store is provided), eat in a coffee shop, or dine with big-city sophistication and entertainment.

Open all year. The busy season is summer, April through mid-October, when double rooms range from $26 to $39. Kids 12 and older pay $4; under 12 stay free. California Air Commuter flies to nearby Lampson Field; San Francisco is about three hours south.

QUAIL LODGE



8205 VALLEY GREENS DRIVE
CARMEL, CALIFORNIA 93921
PHONE 408/624-1581



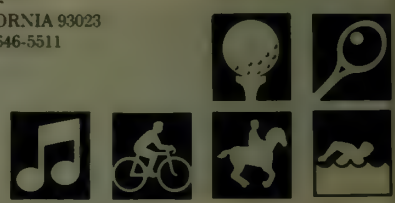
Though Quail Lodge is predominately a golf and tennis resort, most guests come just for the rural setting, which includes the greensward of the golf course, ten lakes that dot the 245-acre property, and the opulently relaxed Carmel Valley atmosphere. Quail Lodge isn't particularly well known, but its facilities are handsomely contemporary: spacious rooms in cottages, a lodge that houses a main dining room, and a clubhouse. Diversions include swimming, sunning, golfing, tennis, and biking on seven miles of paths. Guests also enjoy exploring nearby Carmel and the Monterey Peninsula. Horseback riding and ocean fishing trips can be arranged.

Open all year. Doubles run $68 to $72 a day. Kids staying with their parents pay $6. United and Hughes Air West serve Monterey.

OJAI VALLEY INN



OJAI, CALIFORNIA 93023
PHONE 805/646-5511



Southern Californians dominate the guest list at this mountain-ringed valley retreat, 14 miles inland from the sea at Ventura and a couple of hours from metropolitan Los Angeles. But the resort's oak-clad hilly setting is a restful contrast to urban hustle. The Inn is actually a country club, with a limited number of local members in addition to vacationers. Comfortable rooms are in the charming old main inn or in newer units. There are no special children's programs, but kids get the run of the grounds. Meals are served in three dining rooms.

Open all year. FAP doubles range from $68 to $100 per day. Kids eight and older pay $25; four through seven, $18; under four, $10. United, regional airlines, and Amtrak serve Santa Barbara; major airlines and Amtrak serve Los Angeles.

VACATION VILLAGE HOTEL

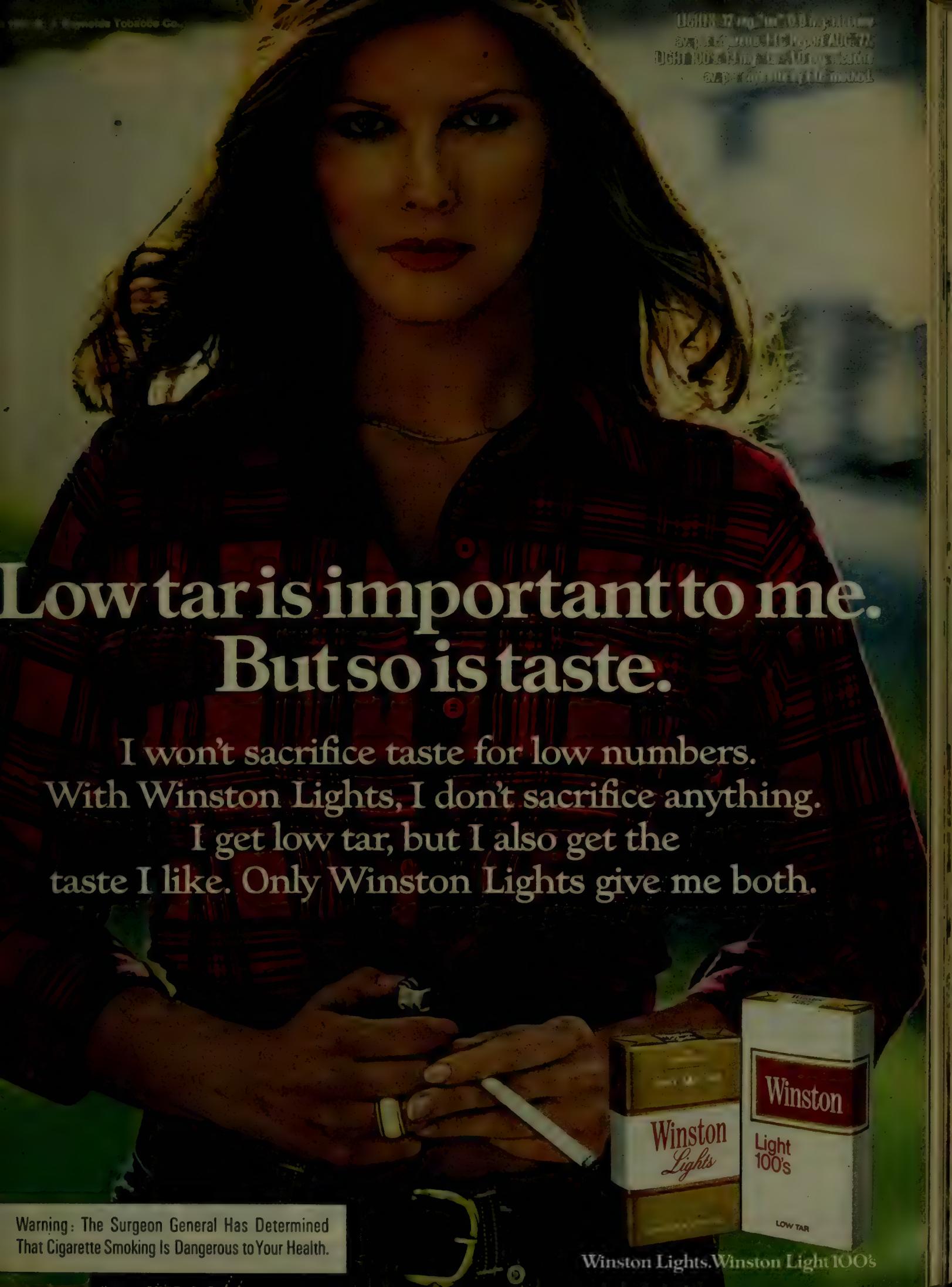


BOX 9509
SAN DIEGO, CALIFORNIA 92109
PHONE 714/274-4630



Vacation Village is a cluster of 340 lodgings in small *casitas* tucked amid subtropical gardens on an island site in Mission Bay, San Diego's extraordinary aquatic park. The Village is one of California's newer young-at-heart resorts. Kids are welcome and free to roam. You can go exploring by bike or rent small sailboats to survey the Bay. But most of all, this resort is simply ingratiating—from pavilion-dotted water gardens thronged with waterfowl to a sculptured tower you can climb for the view.

Open all year. Double rooms run $32 to $46. Kids in your room pay $4 a night. Major airlines and Amtrak serve San Diego.


Low tar is important to me.
But so is taste.
I won't sacrifice taste for low numbers.
With Winston Lights, I don't sacrifice anything.
I get low tar, but I also get the
taste I like. Only Winston Lights give me both.
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Explore BedSack®.

Bring the fresh look of youth to old mattresses and boxsprings and keep new ones looking new with BedSack® bedclothing. BedSack pampers your bed with ultrasonically quilted, fluffy 100% Kodel®. It slips on easily, snugly wraps your mattress and boxspring on top and all four sides, keeping a smooth, cozy fit even after many washings. Never needs ironing. Beautiful enough to leave bare. Explore the comfort, luxury and protection of BedSack, and give new life to your mattress and boxspring. White or pastels, with matching PillowSack™. In linen departments everywhere.



BEDSACK®

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Kodel is Eastman's trademark for its polyester fiber.

FURNACE CREEK INN AND RANCH RESORT



DEATH VALLEY
CALIFORNIA 92328
PHONE 714/786-2345



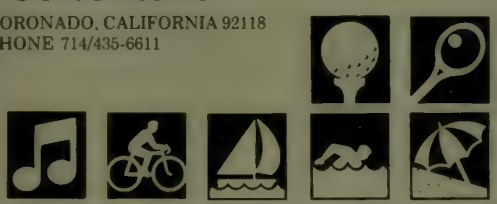
As a resort, Furnace Creek comes in two parts: the Ranch and the Inn. Both owe their existence to water—rare in the arid landscape of Death Valley. The Ranch oasis includes a date palm grove that provides fruit for the Resort's specialty, fresh-baked date nut bread, and 225 mostly motel-type, air-conditioned rooms. The Ranch is a sort of village complex for the Valley, including a cafeteria, coffee shop, steak house, cocktail lounge, post office, gas station, and well-stocked general store. An excellent museum of the borax mining industry and a historical vehicles collection also are on the grounds. Furnace Creek Inn is an elegant 70-room adobe hostelry, vintage 1927, commanding a sweeping view of the vast, empty Valley. Facilities include tennis courts and a swimming pool, with golf, riding, and biking nearby at the Ranch. Rooms are comfortably furnished and air-conditioned. Many offer spectacular views of the Valley or of a green palm oasis. At mealtime, you can choose between the dining room or a supper club with entertainment. Movies and bingo also are featured some evenings.

The Ranch is open all year. Double rooms range from $44 to $76. The Inn is open November 1 through April 30. MAP doubles run $140 to $170. Kids 12 and older pay $27 a day; six through 11, $15; under five, free. Major airlines and Amtrak serve Las Vegas (two hours away), with bus service to the Resort.

HOTEL DEL CORONADO



CORONADO, CALIFORNIA 92118
PHONE 714/435-6611



A fairyland of towers and turrets welcomes you as you approach this last grand old Victorian resort hotel west of New England on the soaring bridge across San Diego Bay. The "Del," as this resort is fondly known in San Diego, is big. The original wooden building holds 399 rooms and the property covers 33 acres. Though the resort was built 90 years ago, modern improvements have put it in better-than-ever shape, while preserving its handcrafted dignity. You can enjoy cocktails in an antique bar and dine in a lofty hall or on a sea-view terrace. So rich is the background of this hotel that it has been named a National Historic Monument. The Hotel maintains a free museum display of old-time memorabilia. Choose an updated old room of stately proportions or more modern quarters in a 200-room annex. A vast swimming pool and the beach are just out the door (this is one of only two seaside resorts on California's warm-water coast south of Point Conception). Tennis facilities include lighted courts. There's also a colorful shopping arcade and a health spa. A golf course, miles of paved bikeways, boat rentals, and fishing charters are close-by.

Open all year. Main building doubles run $45 to $100, depending primarily on the view; ocean tower rooms $50 to $80. Kids under four stay free; four years and over, $5. Major airlines and Amtrak serve San Diego.

LA QUINTA HOTEL



LA QUINTA, CALIFORNIA 92253
PHONE 714/564-4111



La Quinta, one of few resorts to offer hot-air ballooning over the desert, is unusual in other ways, too. It's the only classic (1926) resort hotel in the warm-winter low desert of the Palm Springs/Coachella Valley area. The 35-acre property, with the Santa Rosa Mountains as a stark, rocky backdrop, is part of a 1,000-acre ranch devoted to date palms and grapefruit trees. The resort caters mostly to Easterners, Canadians, and Europeans. There's a play area for children, though the resort isn't children-oriented. Chauffeured trips into Palm Springs and four-wheel-drive excursions can be arranged.

Open October through May. Doubles start at $110 FAP. Kids eight and over pay $36; under eight, $30. Major airlines serve Palm Springs (19 miles away); Amtrak goes to San Bernardino (69 miles).

THE ALISAL



BOX 26
SOLVANG, CALIFORNIA 93463
PHONE 805/688-6411



The flavor of old California lingers at The Alisal, a 10,000-acre Spanish land-grant ranch 35 miles northwest of Santa Barbara. This guest operation on a working spread is a typical dude ranch that has grown contemporary but resisted such inroads as TV and phones. A small lake about a mile away offers small-boat sailing and fishing. The emphasis, especially in summer, is on families, and there are organized day activities for kids. Rooms are in shaded cottages.

Open all year, with a two-night minimum stay. MAP doubles range from $40 to $46 per person (any age); $5 a night for infants. United, regional airlines, and Amtrak serve Santa Barbara.

SWEETWATER PARK



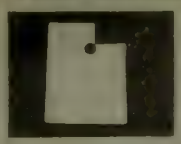
GARDEN CITY, UTAH 84028
PHONE 801/946-3306



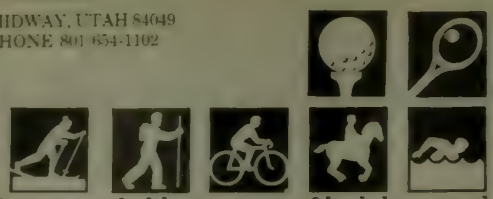
Sweetwater, on the shore of Bear Lake and flanked by the Cache National Forest, combines condominium comfort and superb scenery with outdoor fun. There's an abundance of beach and cobalt blue water. But this is more than a lake resort. There are great golf links in the foothills; trails for hiking, cycling, and horseback riding; and indoor and outdoor tennis. Condominiums offer a choice of bedroom-only units or units with kitchens.

Open mid-May to October 30 and December 15 to April 1. Doubles start at $28; one-bedroom condominiums at $44. Major airlines and Amtrak serve Salt Lake (120 miles away).

THE HOMESTEAD



MIDWAY, UTAH 84049
PHONE 801/654-1102



The Homestead, surrounded by a sweep of lush lawn and towering trees, is situated at the base of the Wasatch Mountains and overlooks quaint and quiet Heber Valley. This historic resort, noted for its hot springs, fine food, and delightful lodgings, mingles Victorian charm with the comforts of today. Stay in a historic building like the Virginia House or in the modern Valley View House. Meals are served in the original dining room. Riding, golf, and soaking in the mineral springs are popular pastimes. But a unique adventure is a trip on the Heber Creeper, an old-time steam train that chugs up Provo Canyon.

Open all year. Double rooms start at $24 a day; $34 for a room that sleeps three to four; $46 for five to six. Major airlines and Amtrak serve Salt Lake City (50 miles away).

THE WICKENBURG INN



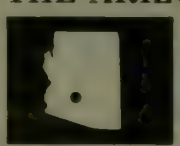
BOX P
WICKENBURG, ARIZONA 85358
PHONE 602/684-7811



The outside world is far behind when you cross the access road to Wickenburg Inn, nestled in a valley among sparsely clad desert hills. This resort is really an unusual 4,700-acre guest ranch—half of it located on a wildlife preserve—with extraordinary facilities for tennis, a well-equipped arts and crafts workshop, and a 70-horse stable. Accommodations are in the main lodge or adobe *casitas,* all furnished with antiques. Quiet evenings are livened up occasionally with cookouts, steak fries, and dancing. Television sets are available only on request.

Open all year. FAP doubles from $60 in summer to $96 in winter; casitas *cost more. Kids over 12 pay $26 in summer and $33 in winter; $20 and $23 respectively for children 12 and under. Major airlines and Amtrak serve Phoenix (60 miles away).*

THE ARIZONA BILTMORE



24TH AND MISSOURI
BOX 2290
PHOENIX
ARIZONA 85002
PHONE 602/955-6600
800/228-3000 TOLL FREE



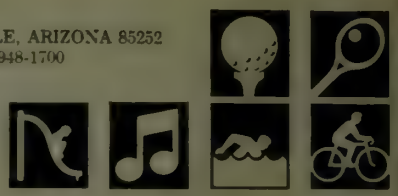
The legendary Biltmore, designed in part by Frank Lloyd Wright and owned for 44 years by the Wrigleys of chewing gum fame, is one of Arizona's oldest, most luxurious, and most architecturally interesting resorts—complete with specially designed furnishings and a grand dining hall. The resort is situated on 1,000-plus acres, including expanses of lawn and terraces, 27 holes of golf, 19 tennis courts, spa facilities, and a pool clad with majolica tile. A riding stable is nearby. Accommodations range from rooms in the main hotel to cottages and rooms in the former Wrigley mansion. There's evening dancing and entertainment.

Open all year. Doubles start at $60 December through May; $35 June through November. Kids under 18 stay free with their parents. Major airlines and Amtrak serve Phoenix.

MARRIOTT'S CAMELBACK INN



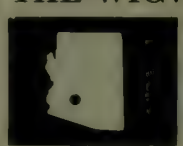
BOX 70
SCOTTSDALE, ARIZONA 85252
PHONE 602/948-1700



Camelback is Arizona's largest resort, with 413 rooms on 65 acres along the south slope of Mummy Mountain, just across the way from Camelback Mountain. This shipshape resort, with immaculately tended lawns and bright flower gardens, has an in-town Scottsdale location and is strictly Southwestern in style and atmosphere. Amenities include a pitch-and-putt golf course and putting green on the front lawn (the resort's championship course is three miles up the street), ten tennis courts, two large swimming pools (each with an adjacent whirlpool bath), and a fleet of bikes. Transportation to a riding stable is easily arranged. Each large air-conditioned room has a private patio, range unit, and refrigerator. You have a choice of seven restaurants—including the option of eating at poolside or at the golf clubhouse—and cocktail lounges, where there's nightly entertainment and dancing. During holiday periods and spring vacation, there are full recreational programs for teens and the Hopalong College offers activities for kids five to 12. Luaus, steak fries, and breakfast and barbecue trail rides also are scheduled.

Open all year. Doubles run $85 to $98 mid-January through April; $25 to $35 June through mid-September; and $65 to $75 during the seasons in between. Kids stay free in summer; otherwise, $10 a night. Major airlines and Amtrak serve Phoenix.

THE WIGWAM



LITCHFIELD PARK
ARIZONA 85340
PHONE 602/935-3811



The old-timer Wigwam is one guest ranch that made the successful transition to modern resort. Golf was the chief vehicle in achieving this goal, and the resort now has three superb 18-hole championship courses on 660 acres adjoining the resort's 65-acre site (the biggest golf resort facility in Arizona). In fact, the Wigwam is sort of a super country club, where guests also enjoy tennis and cycling on bikeways that connect with the adjoining new town of Litchfield Park. A stable of 35 horses remains as a link with the "old days." Riding instruction is available. Children are on the scene mostly during the holidays and spring vacations, when special recreation programs are available. You dine in a complex of dining and cocktail rooms with entertainment of several persuasions. The 200 comfortable cottage-type rooms, set in park-like surroundings, are tastefully decorated. The Wigwam lies about 17 miles west of Phoenix (away from other area resorts).

Open October through May. MAP doubles run $96 to $104 late January to early April; $84 to $96 other times. Kids 12 and under pay the equivalent of their age in dollars, plus $3 more. Major airlines and Amtrak serve Phoenix.

Introducing New Secret roll-on Made stronger to keep Women drier.

"If new Secret has a better wetness-stopper, why can't we use it?"

"'Cause Secret's still made for women... Sorry, fellas."



Ladies, we have a right to a strong anti-perspirant. That's why there's new, improved Secret Roll-On. It has a better wetness-stopper to keep you even drier. Nothing beats New Secret for keeping you dry.

And Ladies, Secret's soft, pretty fragrance still says it's made just for us.

New, improved Secret® Roll-On. Strong enough for a man, but made for a woman. Sorry, fellas.



Dresses designed by Peggy Martin/Chicago



New Chevy Nova.

At $3702,* it's a steal.

The new Chevy Nova Coupe's price is almost too good to be true. Because Nova's one of those rare cars that keeps its own special appeal year after year: A great combination of quality and value.

Police Nova: proven in 47 states.

Police departments all across the country have tested and applauded specially equipped Novas for their durability, reliability and overall rugged performance. They've made it the best-selling police compact in America.

Now the same people who build the Police Nova build a Nova for you. And they both have strong reputations.

16 years of experience.

Chevy Nova's a veteran. It's been dependably pleasing people for 16 years. There's been a lot of improvement along the way, and a remarkable four million sold.

Easy on gas. 26 MPG hwy. 19 MPG city.

Nova, with its standard 250 Cu. In. 6-cylinder engine and manual transmission, achieved those EPA estimates. Manual transmission not available in California, where estimates are 21 mpg highway, 15 city, with available automatic transmission. Your mileage depends on how and where you drive, your car's condition and available equipment. The Nova is equipped with GM-built engines produced by various divisions. See your dealer for details.

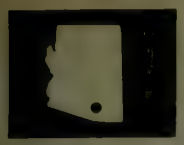
Chevy Nova. A wanted car.

*Manufacturer's suggested retail price for Nova Coupe, including dealer preparation. Available full wheel covers ($37) and white stripe tires ($36) shown. Tax, license, destination charges and available equipment are additional. Priced higher in California.

Chevrolet

SEE WHAT'S NEW TODAY IN A CHEVROLET.

TANQUE VERDE RANCH



ROUTE 8, BOX 66
TUCSON, ARIZONA 85710
PHONE 602/296-6275



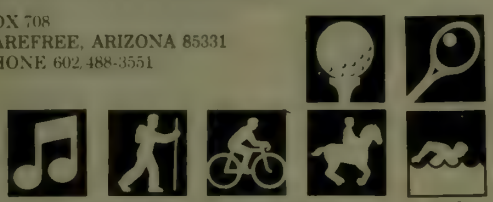
Though Tanque Verde lies just beyond Tucson, it could be in the middle of nowhere. It's isolated among saguaro-studded mountains, backed up by 1.5 million forested acres. Ranch pleasures are encouraged, along with hiking and nature walks. Horse safaris set out from an old mesquite-log corral, typical of the Ranch's antique flavor. But that atmosphere didn't inhibit modern additions. Comfortable air-conditioned accommodations are in the lodge and *casitas*. Meals usually are taken in a big, informal dining room.

Open all year. FAP doubles run $69 to $89 May through mid-December; $79 to $110 other times. Kids two and younger stay free; older youngsters pay about half the adult rate (day care included during holidays and vacation season). Major airlines and Amtrak serve Tucson.

CAREFREE INN AND RESORT



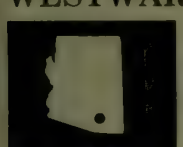
BOX 708
CAREFREE, ARIZONA 85331
PHONE 602/488-3551



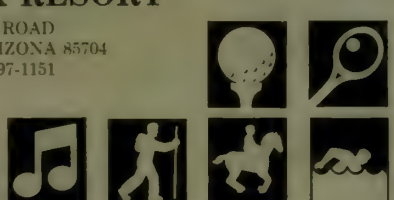
Carefree sits on the outskirts of civilization—22 miles north of Scottsdale in almost lush desert near a national forest preserve. The resort's easygoing style matches its name. Hikers can find solitude on the trails. Jeeps are also for rent. One golf course is just across the street; another down the road. From most rooms, you look out on a virtual botanical garden of desert plants growing on gently rolling terrain. The resort provides itineraries for day trips and can put you in touch with tour operators for flights over the Grand Canyon, etc.

Open all year. Doubles run $50 to $60 January through April; $40 to $50 in fall and May; lower in summer. Kids 12 and under stay free; over 12, about $9. Major airlines and Amtrak serve Phoenix, with air-taxi service to the small Carefree airport.

WESTWARD LOOK RESORT



245 EAST INA ROAD
TUCSON, ARIZONA 85704
PHONE 602/297-1151



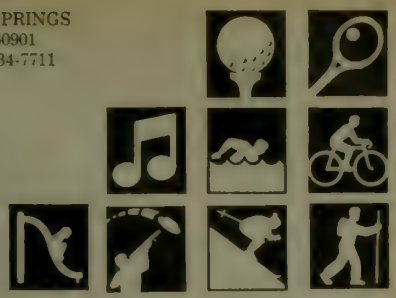
Westward Look was a guest ranch two decades ago, but it's been transformed to a choice resort, complete with red-tile rooftops and elegant dining (the continental restaurant features 47 dinner entrées). But mostly the action is outdoors, as Easterners come for the winter sun and Westerners come to enjoy the upland desert in the foothills of the Santa Catalina Mountains. There's a full-scale tennis program at the Resort. Three superior golf courses and a riding stable for exploring expanses of national forest are within a few minutes' drive. Families also enjoy area day trips, including visiting the Mexican border town of Nogales.

Open all year. Doubles start at $38 October through May; $30 June through September. Kids 12 and under stay free; 13 to 17 pay $5. Major airlines and Amtrak serve Tucson.

THE BROADMOOR



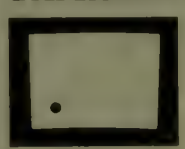
COLORADO SPRINGS
COLORADO 80901
PHONE 303/634-7711



The tradition-rich Broadmoor ranks as the grandfather of Old West resorts, but this fashionable 60-year-old leisure complex takes it's cue in atmosphere and decor from a finer, more genteel era. Three Italian Renaissance-style hotels (the newest built in 1976) fringe a small, lazy lake at the center of the carefully landscaped resort. Golf (54 championship holes) and tennis are prime pastimes, but there's also a year-round ice skating arena and a learners' ski hill. Choose dining to match your mood—posh to more casual—at nine restaurants and lounges (coats and ties after 6 p.m.). Night life ranges from happy sing-alongs to hoedowns, steak fries, ice shows, theater, dancing, and nightclub entertainment. You can splurge at over a dozen classy shops at the resort, or visit Colorado Springs (15 minutes away). Kids thrive on the well-managed children's program in summer. The resort, spectacularly situated beneath Cheyenne Mountain (and the very good Cheyenne Mountain Zoo), is near the Rockies' "front door" and conveniently close to a variety of sightseeing attractions.

Open all year. Doubles run $60 to $85 a day May through October; $45 to $65 other times. Kids under 18 stay free (rollaways $3). Major airlines fly to Colorado Springs; Amtrak serves Denver.

TAMARRON



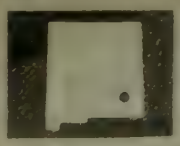
BOX 3131
DURANGO, COLORADO 81301
PHONE 303/247-8801
800/525-5420 TOLL FREE



Tamarron is as modern as the moment with all the amenities and a lively young spirit. This 600-acre pleasure spread graces a high sprawling valley surrounded by rugged peaks and a million-acre forest preserve. Soak up the scenery from the dramatic roughhewn lodge or from town houses along fairways winding through aspen and pine. Accommodations are truly first-class and particularly suited to families—even lodge units are spacious with kitchenettes and free do-it-yourself laundry. Everything is charged to your guest card via computer, and a speedy tally is ready at check-out time. Gourmet dining and lounge entertainment set the mood at night. Besides the learners' ski hill at the resort, Purgatory Ski Area awaits nearby. Sleigh rides, ice skating, spa facilities, and indoor tennis and swimming round out winter fun. Tamarron's southwestern Colorado location is near a variety of tourist attractions.

Open all year. Doubles start at $60 May through October; townhouses at $86. Kids under 14 stay free; over 14, $10. FAP and MAP rates also are available. Comparable winter accommodations run about 20 percent less. Frontier flies to the Old West town of Durango (18 miles away).

INN OF THE MOUNTAIN GODS



BOX 269
MESCALERO, NEW MEXICO 88340
PHONE 505/257-5141



The Inn of the Mountain Gods is a tranquil high-country hideaway operated by the Mescalero Apaches on reservation land. Easygoing vacationing is the style at this three-year-old resort, where you can renew body and spirit amid cool, serene acres of pine and crystal streams. Low-lying motel-style accommodations flank the main lodge A-frame, where a giant fireplace soars toward the sky. Natural materials and Indian trappings enhance the unspoiled setting. Besides amenities like lighted tennis courts and a 100-acre stocked lake (off limits to power craft), there's summer horse racing at nearby Ruidoso Downs and winter schussing at Sierra Blanca Ski Area (20 miles away). The lively In-Da lounge and leisurely Dan-Li-Ka Room offer evening wining and dining. Certainly this resort has been smiled on by the friendly mountain gods who, according to Apache legend, descend from the 1,200-foot peak that backdrops the Inn.

Open all year. April through October, doubles start at $45 (minimum two-night stay); $40 in winter. Each additional person in your room pays $4. Major airlines serve Albuquerque (190 miles away) and El Paso, Texas (125 miles), with commuter air service available to the airport in Ruidoso.

THE BISHOP'S LODGE



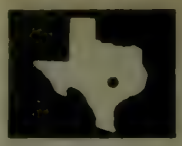
BOX 2367
SANTA FE, NEW MEXICO 87501
PHONE 505/983-6377



For active family vacationing, it's hard to top The Bishop's Lodge, a wholesome, informal retreat operated for over 60 years by a friendly family specializing in families. This ranch resort, five minutes from historic Santa Fe, sits among the green foothills in a quiet valley surrounded by national forest land. In addition to an excellent stable and other on-site amenities, there are golf and trout fishing nearby. Guests stay in comfortable multistory, adobe-style lodgings. The dining room menu bulges with choices—from gourmet delicacies to regional favorites and hearty ranch fare. Kids keep busy breakfast till almost bedtime in an outstanding children's program during summer. Organized activities include tennis tournaments, rodeo-type competitions, breakfast and lunch trail rides, bird-watching expeditions, and steak fries complete with mariachi bands. When night comes, you'll be ready to turn in early. Ancient cliff dwellings, Indian pueblos, and old Spanish towns are nearby for sight-seeing and exploring.

Open March through October. FAP doubles run $40 to $90 a person June through September 4. Youngsters over three pay $20 to $28 (children's program is included in the rate); under three, $8. EP rates spring and fall run 40 to 50 percent less. Suites also are available. Major airlines fly to Albuquerque (an hour away); Amtrak serves Santa Fe.

LAKEWAY INN AND RESORT



101 LAKEWAY
AUSTIN, TEXAS 78734
PHONE 512/261-6600



Lakeway offers a wealth of water sports, the luxury and leisure of resort living, plus a dramatic setting. The Inn is perched above the limestone cliffs that border Lake Travis. You can choose a basic room or a condominium-type suite. The adjacent Lakeway World of Tennis has made the area a mecca for tennis buffs. Among the resort's fleet of boats is a luxury yacht for lake excursions, and there's even a petting zoo for the kids. The cuisine is superb.

Open all year. Rates range from $43 to $49 for a double; $6 more for each additional person in a room. Major airlines and Amtrak serve Austin (18 miles away).

HORSESHOE BAY



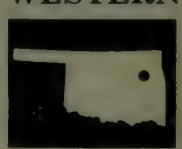
BOX 7766
MARBLE FALLS, TEXAS 78654
PHONE 512/598-2511



Horseshoe Bay is a piece of paradise that just happens to be in Texas hill country. Picture, if you will, a plush yacht-club complex engulfed in tropical plants, streams, waterfalls, and palm-bordered beaches. Actually, this lavish resort lies on the shores of Lake LBJ, where water sports are a way of life. There's even a lighthouse at the tip of one of the breakwaters. Deer and other wild creatures roam free. A 100-year-old stagecoach inn is preserved on the property.

Open all year. Rooms run $50 to $55 for two; $100 to $105 for four; $6 more a night for each additional person in the same room. Major airlines and Amtrak serve Austin (55 miles away).

WESTERN HILLS LODGE



BOX 509
WAGONER, OKLAHOMA 74467
PHONE 918/772-2545



This rustic resort on the shore of Fort Gibson Lake in Oklahoma's "Green Country" (seven miles east of Wagoner) specializes in family activities, western tradition, and country hospitality. The main lodge (101 rooms) has all the amenities you'd expect in a fine resort and is bordered by picturesque Sequoyah State Park. Unique activities include pontoon boat excursions, live poolside country and western music, and tribal dances by Cherokees. You're seldom more than a hoofbeat away from western activities.

Open all year. Doubles start at $25 a day. Additional adults in the same room pay $3; kids under 12, free. Major airlines serve Tulsa.

True. Unexpected taste

at only

5 MG TAR



© Lorillard, U.S.A., 1978

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Regular and Menthol: 5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report Aug. 1977.

"Kenmore gets up the stuff we leave behind. That's power!"



Dog hair

"The Kenmore beater brush gets the hair that comes off Curly—and that's a lot."

Gravel

"My dump truck had a little problem. No problem for the Kenmore vacuums."

Crumbs

"Special attachments get way under chair cushions. So do most of my snacks."

Thread & string

"The Kenmore collects them even better than I do."

Dirt

"Kenmore vacuums are made to tackle my specialty: problem dirt."

Sand

"Mom wonders if there's any left in the sandbox. I figure Kenmore can handle it."

The Powermate® Canister from Sears. The Good Housekeeping Institute witnessed this famous Kenmore vacuum pick up this problem dirt.*

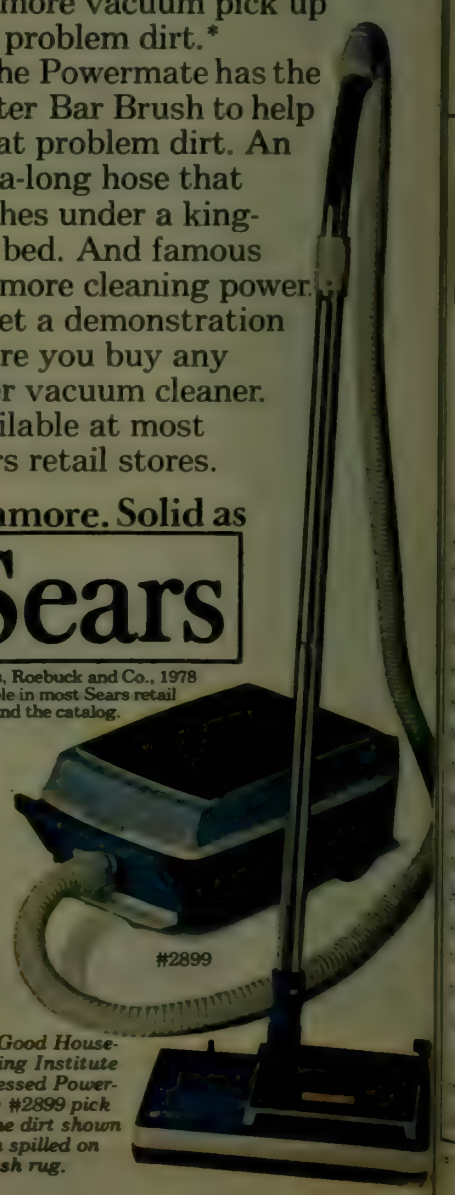
The Powermate has the Beater Bar Brush to help get at problem dirt. An extra-long hose that reaches under a king-size bed. And famous Kenmore cleaning power.

Get a demonstration before you buy any other vacuum cleaner. Available at most Sears retail stores.

Kenmore. Solid as

Sears

© Sears, Roebuck and Co., 1978
Available in most Sears retail stores and the catalog.



The Good Housekeeping Institute witnessed Powermate #2899 pick up the dirt shown when spilled on a plush rug.

SHANGRI-LA



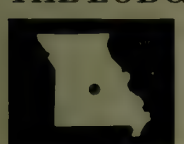
ROUTE 3
AFTON, OKLAHOMA 74331
PHONE 918/257-4204



If you visited Shangri-La a few years ago and thought it was a splendid spot, you should see it now! This resort on Monkey Island in the Grand Lake O' the Cherokees assures an unabashedly luxurious time. Among the amenities are excellent food served in a number of different settings, beautiful grounds, a superb golf course (27 holes), the Tahitian Terrace (a tropical spot complete with palm trees and waterfalls), a health spa, indoor and outdoor swimming pools, compelling modern architecture, and a mosquito-free environment. Spanking new additions include an exquisitely furnished lodge and an indoor tennis complex (bowling alleys downstairs). If you yearn for dining in high style, the new Golden Eagle Ballroom is the place. It serves 350 for dinner, then later swings with the sounds of a full big band. When your stay is over, you can take off from a 4,000-foot paved and lighted runway.

Open all year. April through October, doubles in the main lodge run $35 to $50 a day; doubles and suites at the new lodge, $45 to $150. November through March rates are ten percent lower. Each additional adult in a room pays $5; kids under 12, free. Condominiums run $85 to $150 a day in summer; somewhat less in winter. FAP and MAP rates also are available.

THE LODGE OF THE FOUR SEASONS



LAKE ROAD HH
LAKE OZARKS
MISSOURI 65049
PHONE 314/365-2381
800/392-3461 TOLL FREE
IN MISSOURI



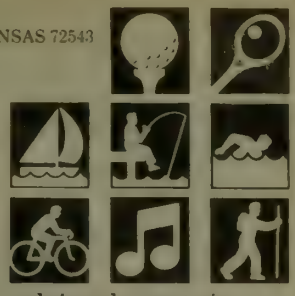
The Lodge of the Four Seasons is a friendly vacation haven on a woodsy peninsula that juts into a twisting, giant-sized lake in the heart of rugged Ozark hill country. Though the resort lies halfway between Kansas City and St. Louis, the climate is pleasantly mild. Summer focuses on the water and super golf. But the busy activities desk can line up everything from a partner for tennis (lighted courts) to trapshooting, moonlight lake cruises, even helicopter rides. When temperatures turn a bit chilly, ice skating, marshmallow roasts, spa facilities, hunting, indoor swimming, bowling, and a heated fishing dock compete for visitors' time. Landscaping—reminiscent of exotic Japanese gardens—complements the woodlands, wildflowers, and rocky shoreline. Accommodations range from roomy units in the Spanish-style main lodge to four-story, motel-type wings—some rooms here with kitchenettes and fireplaces. Dining in the romantic gourmet restaurant highlights any visit. Evenings also bring lively music and first-run films.

Open all year. Mid-April through mid-November, doubles range from $70 to $95 MAP; $50 to $65 MAP other times. Kids under 12 stay in your room free. EP and FAP rates also are available.

THE RED APPLE INN



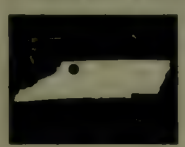
EDEN ISLE
HEBER SPRINGS, ARKANSAS 72543
PHONE 501/362-3111



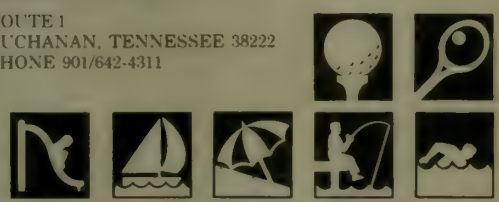
This relatively compact, widely acclaimed resort sits on a private island in Greers Ferry Lake in the heart of the Ozark Mountains. It's the perfect escape from metropolitan hassle, a place to simply enjoy the solitude or a bit of understated luxury. You won't find many children, but you will find a heavily wooded island that invites biking and hiking. The food is excellent; the decor and architecture are a Spanish-Italian blend. Coats and ties are required after 6 p.m.

Open all year. Lodge doubles start at $32; suites up to $65. Two-bedroom condominiums are $65 per day for two; three-bedrooms, $85 for four. Extra persons pay $10 a day.

PARIS LANDING INN



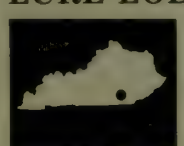
ROUTE 1
BUCHANAN, TENNESSEE 38222
PHONE 901/642-4311



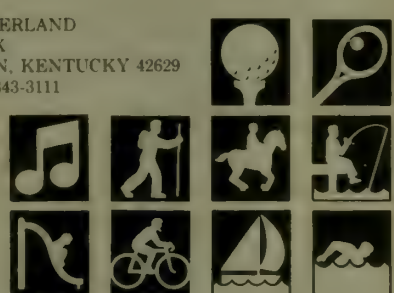
Paris Landing Inn is one of the best state-operated resorts anywhere. You get a lot for your money, including charming Inn rooms with private balconies overlooking Kentucky Lake; air conditioning; and color TV. Delicious and economical meals are served buffet style in a sunny dining room. There's no extra charge for most activities; you pay extra only for golf on the beautifully landscaped and challenging course and for fishing boat rentals. Big catches more than make up for the price. At night, there are often concerts, plays, and movies. The staff is friendly and helpful. No wonder the Inn is nearly always fully booked. Make your reservations early.

Open all year. Doubles run $25 a day. Children over 12 share your room for $3; under 12, free.

LURE LODGE



LAKE CUMBERLAND
STATE PARK
JAMESTOWN, KENTUCKY 42629
PHONE 502/343-3111



This resort, attached to a lush 3,400-acre state park, offers an alluring variety of ways to spend your vacation. Lake Cumberland, the country's fifth largest man-made lake, flourishes with boating and boasts an impressive marina. Good fishing, of course, is the byword, and wildlife is plentiful. The architecturally modern Lodge has 48 rooms, all overlooking the Lake. Cottages—the newest are A-frames with stone fireplaces—and campsites also are available.

Open all year, except the Christmas holiday season. May 26 through September 4, double rooms run $26; lower other times of year. Cottages start at $29. Kids 12 and under stay free.

KENTUCKY DAM VILLAGE STATE RESORT PARK



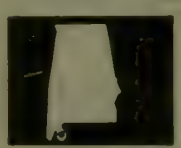
GILBERTSVILLE
KENTUCKY 42064
PHONE 502/362-4271



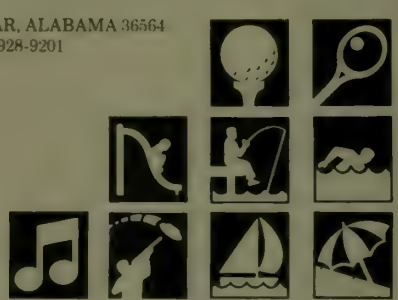
Kentuckians call Kentucky Dam Village "the star in the crown of the nation's finest park system." Dispute the last part of that statement if you wish; but as resorts go, the Village is an undeniably dazzling jewel in an exquisite setting on huge Kentucky Lake. The resort's recreational diversions include the largest marina in the state, one of the toughest golf courses in this part of the country, 225 camping sites, and bass fishing so good even inexperienced anglers have all the action they can handle. Add an airstrip, grocery store, gift shops, snack bar, and coffee shop, and you begin to realize why they call this resort a "village." The dining room features tasty and inexpensive food (buffets are common) in tandem with a lovely view of the Lake. What clinches the Village's reputation, however, is a sweeping range of accommodations—from simple living in 72 modern lodge rooms and efficiencies to more stylish house-like accommodations in spacious three-bedroom cottages.

Open all year. May 27 to September 5, double lodge rooms cost $27; rates run $5 to $7 lower other times. Cottage rates stay the same all year: from $30 for efficiencies to $59 for "executive" units. Kids 12 and under stay free; 13 and over, $3.

GRAND HOTEL AT POINT CLEAR



POINT CLEAR, ALABAMA 36564
PHONE 205/928-9201



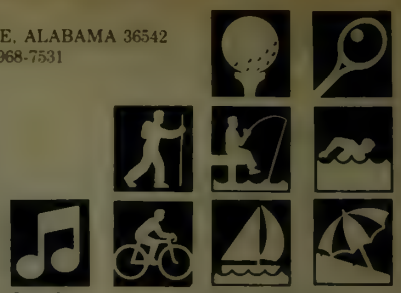
A hotel has stood on this tip of land in Mobile Bay since the 1840s. (One of Admiral Farragut's cannonballs is still stuck in an ancient wall.) Today's ivy-cloaked lodge went up in the 1930s, and yet more modern annexes and cottages since then. But the lush, Deep South plantation mood has remained unchanged: azaleas and camellias, oaks adrip with Spanish moss, swans sailing serenely in a lagoon. In keeping with such surroundings, the atmosphere is one of relaxed elegance. The service is flawless, every room spotless, and the food superb. Diversions include croquet and lawn bowling; trap and skeet; fishing in freshwater bayous, the Bay, and the Gulf. A daylong recreation program keeps the kids happily occupied; they even eat in their own dining room so you won't be disturbed while you dance between dinner courses.

Open all year. MAP double rates range from $78 to $96 March through May. Children room free if no rollaway is required. You pay only for their meals: 12 and up, $18; seven to 11, $15; six and under, $6. June through September, MAP doubles drop to $72 to $90, and EP doubles go for $40 to $58. Rates drop another notch in fall.

GULF STATE PARK RESORT



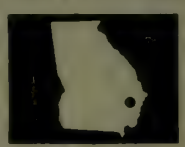
DRAWER K
GULF SHORE, ALABAMA 36542
PHONE 205/968-7531



Every room in this complex has a window wall and shady balcony right on the wide beach. You're ideally situated to watch the kids while you relax out of the sun. Next to the motel-type units, a fishing pier juts out over the Gulf. Flounders and bluefish are prime catches. The resort, a state park concession, takes advantage of park facilities, including additional tennis courts and boating on a lovely lake.

Open all year. March through November, doubles cost $34 a day; suites sleeping up to six (with kitchenettes but no utensils), $67. Kids under 12 share your room free; over 12 pay $3. Other months, doubles go for $22; suites for $43 ($99 and $175 weekly).

SAVANNAH INN AND COUNTRY CLUB



612 WILMINGTON ISLAND ROAD
SAVANNAH, GEORGIA 31410
PHONE 912/897-1612



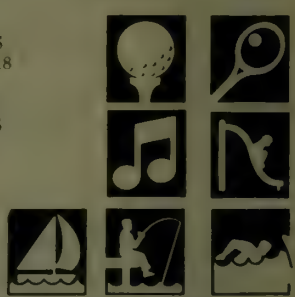
Accommodations are exquisitely furnished and decorated in this stately Spanish colonial-style establishment, which has lorded over the Intracoastal Waterway for some 50 years. You'd think you were visiting a classy friend in Europe. Facilities run the gamut from a championship golf course to a fishing pier. There's a no-extra-charge recreation program for kids five to 12. Teen-agers have their own nightclub.

Open all year. March through October, EP doubles run $34 to $38; MAP doubles, $66 to $70. Children under 12 share your room free EP, but pay $5 MAP. Over 12, room and MAP charges are $10. Lower room rates apply November through February.

PINE ISLE



DRAWER 545
LAKE LANIER ISLANDS
BUFORD, GEORGIA 30518
PHONE 404/945-8921
800/323-4455 TOLL FREE
800/942-4282 IN ILLINOIS



This new Stouffer resort in Lake Lanier Islands State Park is off to a great start with reasonable rates, good food (from snacks to gourmet fare), and fine rooms. The hotel is deep in the woods and overlooks island-studded Lake Lanier. An indoor-outdoor pool extends out on a terrace, and below there's a marina. You can play it formal or informal, depending on where you eat and how you spend the evening—bingo and movies, or cocktails and dancing.

Open all year. Doubles range from $40 to $53 in summer; $36 to $44 March through May; other months, $27 to $35. Children under 16 share your room free; over 16 pay $6.



Gaines®

All a dog knows about Top Choice® is it looks like hamburger and he loves it. It's moist and meaty so it even holds together like hamburger.

What he doesn't know is that Top Choice is better for him. With beef by-products, vegetables, vitamins, and minerals for the 100% complete and balanced nutrition hamburger doesn't have.

Top Choice chopped burger for dogs. Original. Country Style® with the taste of cheese and egg. Western Style® with the taste of liver and bacon.

TOP CHOICE®

For dogs who love hamburger. It's better for them.



Three tasty varieties.



If a rosé is just a rosé, why does Almadén make three?

All rosé drinkers are not alike. Some like rosé with a hint of sweetness. Some like it dry. And others like it in between. So to satisfy all three, Almadén makes a rosé for each.

If you're one who prefers rosé with a hint of sweetness, may we suggest Almadén Mountain Nectar Vin Rosé on the left. Fresh, light and exciting. With a rich satisfying taste—like that of fresh, ripe fruit.

If you prefer a drier rosé, you'll enjoy Almadén Grenache Rosé in the middle. A fresh, fragrant wine made from the Grenache grape. The same classic grape used in the famed Tavel rosés of France. It makes our rosé bright—with an abundance of flavor and character.

And if you like a rosé that's in-between—try our new Almadén Gamay Rosé. Made from the Gamay grape—similar to the grape used in the Beaujolais wines of France—it's a distinctively different rosé. Fresh and complex—more full-bodied than our other rosés. Unlike any you've ever enjoyed.

Whichever you prefer, serve it well chilled—with your favorite food or by itself. Either way, you'll enjoy the taste of a truly fine wine. Because at Almadén, we care for our grapes as if they were our children. And you'll taste this tradition of quality in every bottle of Almadén wine.

To learn more about wine, send a postcard for a free copy of "The grapes and wines of Almadén" to: Almadén, P. O. Box 24249 BH, San Jose, CA 95154.

ALMADÉN

CALIFORNIA ROSÉ

THE CLOISTER



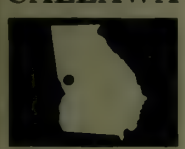
SEA ISLAND, GEORGIA 31561
PHONE 912/638-3611



At the Cloister you experience resort vacationing in the genteel tradition: afternoon tea, dinner dancing, jacket and tie (sometimes even formal dress) required in the dining room. You also have five miles of beach to explore and all the outdoor sports you could possibly fancy—from golf (36 holes) and tennis (18 courts) to deep-sea fishing and skeet and trap. The Cloister is set amid a mossy forest, and the extensive, classy guesthouse units built to keep pace with the resort's popularity haven't disturbed the serenity. A special staff takes care of children through dinner time. Teen-agers have their own rock parties, while you enjoy the more sedate night life in the old Spanish-style hotel at the center of the complex. So much is going on, you won't notice there's no TV in the room.

Open all year. Doubles, FAP only, start at $84 March through May; $74 June through November; $76 December through February. Kids over 13 pay $26; children six through 12 share your room for $16; three through five, $13; two and under, $8. Add a ten-percent service charge ($4.50 minimum per person per day). Over 300 large and luxurious vacation residences, nestled among the trees between the beach and the quiet marsh, also are for rent, starting at about $600 for a two-week stay.

CALLAWAY GARDENS



PINE MOUNTAIN, GEORGIA 31822
PHONE 404/663-2281
800/241-0910 TOLL FREE



It would take considerable ingenuity to think up activities Callaway Gardens doesn't offer. The more common resort pastimes, like golf (63 holes) and tennis (21 courts), are just the beginning. You can also learn crafts, shoot skeet and trap, attend workshops in horticulture, and relax on balmy evenings at an outdoor theater under the trees. Why, there's even a real live circus. Children in the resort's extensive recreation program may practice big-top tricks under the supervision of troupes from Florida State University's "Fly-High" Circus. The Circus, theater, and recreation program are summertime-only activities. But spring and fall lend a special magic to Callaway's 2,500-acre nature park, which includes a large formal garden with greenhouses, as well as a vegetable farm. For accommodations, you can choose between housekeeping cottages and rooms at the resort's Holiday Inn.

Open all year. One-bedroom cottages (two adults and four children) run $305 a week in summer; prices drop other months. Inn doubles start at $39 March 17 through September 3; about $30 to $35 in the fall and winter months. Kids under 12 share your room free; for youngsters 12 and over, add $4 extra.

KING AND PRINCE HOTEL



ST. SIMONS ISLAND
GEORGIA 31522
PHONE 912/638-3631



This fine old (1930s) oceanfront hotel offers one of the South's top vacation buys: a family of four can occupy a large, comfortable room with two double beds for about $36 a day. There's a 1,000-foot beach speckled with the bright sails of boats and, true to the Hotel's Spanish-colonial style, a trellised terrace framing a charming courtyard. For golf and lake fishing, you shuttle to the nearby Island Club. Despite the elegance of the surroundings and gourmet cuisine, dress is casual, even when the dinner theater performs.

Open all year. Doubles range from $26 to $60 a day. Kids under ten share your room free; ten and over, the charge is $4.

AMELIA ISLAND PLANTATION



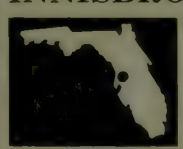
AMELIA ISLAND, FLORIDA 32034
PHONE 904/261-6161
800/874-6878 TOLL FREE



This isn't the Florida of travel posters—no splashy hotels, no bustling beaches. What you find at Amelia Island Plantation is a nature preserve of magnolia and scrub oak, rimmed by solitary sands. Yet, there's ample opportunity to be active: bike trails, tricky golf, an excellent tennis program (19 courts), and great playgrounds for kids. You stay in one of the tasteful villas or a modern inn.

Open all year. Villas start at $57 Memorial Day through mid-November; $42 in winter; $72 March to Memorial Day. Larger units also are available. All are cheaper by the week. Inn doubles cost $60 in summer; $65 in spring; $45 in winter. Children stay free.

INNISBROOK



TARPON SPRINGS, FLORIDA 33589
PHONE 813/937-3124



You've never played golf in a lovelier setting. And the courses (63 holes) are as challenging as they are beautiful; one is rated among the country's best. Innisbrook also offers a full tennis program (17 courts), and all sorts of sports gear for the asking or for a low rental. You get around the sprawling property on a tram. There's an informal restaurant and a formal dining room. Another plus: no tipping anywhere.

Open all year. Efficiencies start at $59 in May and again in October through December; $42 June through September; $85 January through April. One-bedroom apartments go for $10 more every season. Kids under 13 stay free; 13 and over, $8.

BOCA RATON HOTEL AND CLUB



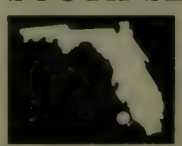
BOCA RATON, FLORIDA 33432
PHONE 305/395-3000



Of all the Gold Coast monuments erected in more pretentious times, the Boca copes best with the present. True, you still have to be in the chips to stay at this spectacular Spanish-style castle (which now has a high-rise addition). But you get a lot for your money, including a mile-long private beach. There's a great kids' program that highlights swimming and diving lessons and golf (72 holes) and tennis (32 courts) clinics.

Open all year. May 21 through September, MAP rates start at $75 per couple. October to mid-December, MAP doubles start at $80; January 3 to April 30, $110. Rollaways cost $25 a day; cribs $5.

SOUTH SEAS PLANTATION



CAPTIVA ISLAND, FLORIDA 33924
PHONE 813/472-1551



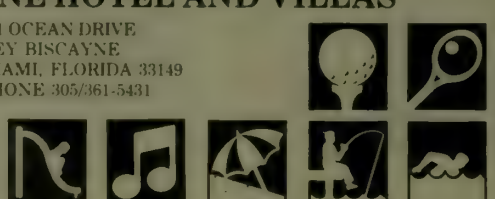
This resort couldn't have been named more aptly, for jungle-lush Captiva Island feels more Tahitian than Floridian. A blinding white beach, glimpsed through the trees, girdles the property and adds to the South Sea mood. Shelling is excellent and so is fishing. Accommodations range from 50-year-old but newly refurbished housekeeping cottages to rooms in the gleaming Plantation House and brand-new condominium villas.

Open all year. Doubles from December 15 through April run $59 in the hotel; $80 up in cottages; $75 up in villas. Off-season rates are halved. Extra persons are charged $8 in season; $5 off-season.

KEY BISCAYNE HOTEL AND VILLAS



701 OCEAN DRIVE
KEY BISCAYNE
MIAMI, FLORIDA 33149
PHONE 305/361-5431



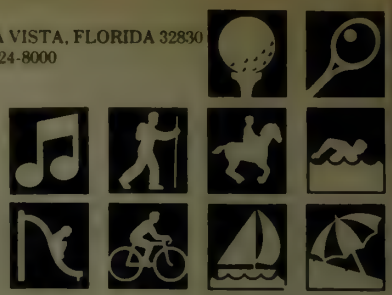
Here's a low-key beach retreat only about 15 minutes from the hubbub of Miami. Meals are spectacular, service superb, and guests' behavior impeccable. The neatly furnished hotel and villas frame an 18-hole pitch-and-putt layout (free shuttle service to the Key Biscayne championship golf course), along with ten tennis courts. You can laze by the pool or on sand that fronts the property. Surf fishing at dusk also often yields respectable catches. Kids are kept busy in a no-charge recreation program. There's music and dancing at night.

Open all year. Doubles start at $35 June to September; $43 October to mid-December and again in May; $75 mid-December to April. For MAP, add $16 per adult; $12 for kids 12 and under. Housekeeping villas start at $55, $75, and $175 in time periods cited.

WALT DISNEY WORLD



BOX 78
LAKE BUENA VISTA, FLORIDA 32830
PHONE 305/824-8000



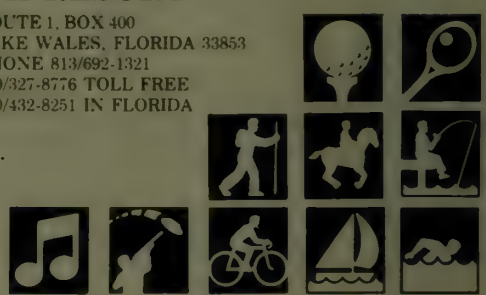
Within eyeshot of all the fun and fantasy of the Magic Kingdom theme park, the three Walt Disney World resort hotels and a campground resort are themselves unique centers of fun and fantasy. The bedazzling Contemporary Resort's 1,057 rooms—each large enough to comfortably accommodate a family of five—are stacked up the sides of a colorful lobby canyon. (Monorail trains glide right through the canyon.) But, the lush Polynesian Village—South Sea ambience transported to central Florida—is more convenient for families. Its 500 rooms are spread out in two-story "longhouses." Just a shuttle-bus ride away are two championship golf courses and the smaller, somewhat sedate Golf Resort Hotel with rooms overlooking the fairways. For campers, there's 600-acre pine-wooded Fort Wilderness (825 campsites). You dine as you please at any of the 48 very good restaurants and snack counters scattered among the four resorts. Shuttle buses run to the unique 30-shop Lake Buena Vista Shopping Village.

Open all year. Room rates for up to five people (two adults and three children) range from $50 to $65 and include use of monorail, shuttle boats and buses, swimming pools, and tennis courts. Campground Resort sites with hookups are $16 a night.

RIVER RANCH RESORT



ROUTE 1, BOX 400
LAKE WALES, FLORIDA 33853
PHONE 813/692-1321
800/327-8776 TOLL FREE
800/432-8251 IN FLORIDA



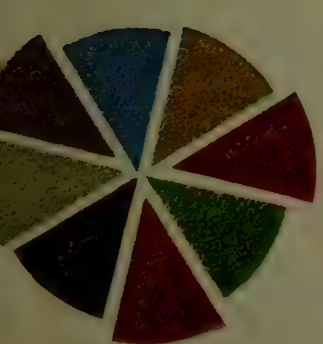
There's nothing fancy about River Ranch Resort—not the rooms, not the food, not the guests, and certainly not the service (you'll have to tote your own clubs on the golf course). But if you're active, and especially if you have energetic kids, you'll have a great time enjoying the wide-open spaces in Florida's lake country at this once 57,000-acre cattle spread turned resort. In addition to all the usual resort pastimes, special events are scheduled about every week: rodeos, horse shows, bluegrass festivals, archery competitions, aerobatic demonstrations, trap and skeet championships, plus hayrides, cookouts, and square dances. All the extras are modestly priced, like $3 for 18 holes of golf, $8.20 for a round of trap or skeet, $5.75 for a trail ride. On weekend nights, River Ranch rocks with Dixie and country and western music. Baby-sitters are available in case you want to stay up into the wee hours.

Open all year. Motel-type doubles cost $32 and $38 a day. Children under 17 (maximum two to a room), free; 17 and over, add $5 per person. MAP is offered at $14 extra per person per day; under 12, add $8.50. Efficiencies and apartments also are available. Campsites with hookups cost $8 a night.

Autumn Orange

Sears has the eight cheerful colors you're looking for in Medley accent rugs. At savings, too. Just $24.99 (42 in. x 72 in.)





Sears Medley accent rugs are the decorator's trick for changing rooms from calm to colorful. The eight plush colors come in sizes to use everywhere, from accents to area rugs.

Made of 100% nylon pile (the longest wearing carpet fiber made), Medley rugs are completely, conveniently washable.

Medley rugs are backed by the Sears Label of Confidence, the label behind every piece of Sears floor covering. It reveals important information like fiber content, construction, and wearability...and most everything you need to know before making that all important purchase.

Come see what a little accent can do for you. Medley rugs are available in most larger Sears retail stores.

Prices higher in Alaska and Hawaii.

Only at Sears

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Reg. $29.99. On sale March 26 through April 22, 1978.

Comparable savings on all sizes.

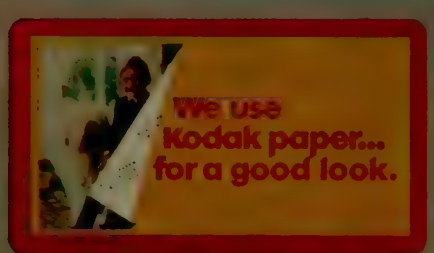
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Just take your negatives to photo dealers who display the Kodak paper sign; they'll make as many extra prints as you want. And to help make your prints look as good as they can, they can put Kodak paper behind them. You can tell it's Kodak paper by the words, "This paper manufactured by Kodak," on the back of the prints.

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SANDPIPER BAY



PORT ST. LUCIE
FLORIDA 33452
PHONE 305/334-4400



Sandpiper Bay is a modern, well-designed complex on the mile-wide north fork of the St. Lucie River, 45 miles north of Palm Beach. It's a great place for fishing, sailing, and boating. Besides two heated pools, there are free trips to secluded ocean beach (15 minutes away). But the big deal is golf (45 championship holes and a nine-hole executive course) along with a fine tennis clinic (11 all-weather courts).

Open all year. Doubles range from $60 to $65 January through March; $32 to $40 other times of year. Kids under 16 share your room free; 16 and over, $6 to $12, depending on the season. A 15-percent service charge is added to food and beverage bills.

THE BREAKERS



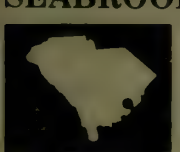
PALM BEACH, FLORIDA 33480
PHONE 305/655-6611



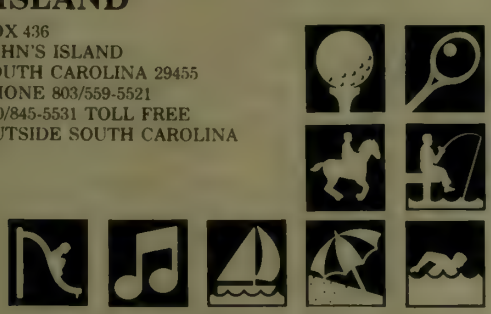
To visit The Breakers is to return to Florida's first "golden age," when nothing less than grandiose Italian Renaissance design meant class. You'll be stunned by the opulent decor. The twin-towered exterior is modeled on the Villa Medici in Rome, and the Mediterranean Ballroom on a Genoese palazzo. After you're finished rubbernecking, you can enjoy a splendid beach, a lovely old golf course (and a new championship 18 holes), tennis (12 courts), croquet, and lawn bowling. The children can join in a free recreation program.

Open all year. MAP doubles start at $200 from December 15 to April; $150 from April through June and again from October 1 through December 15. For an extra person over 12, add $25; under 12, $20. Summer EP doubles start at $34.

SEABROOK ISLAND



BOX 436
JOHN'S ISLAND
SOUTH CAROLINA 29455
PHONE 803/559-5521
800/845-5531 TOLL FREE
OUTSIDE SOUTH CAROLINA



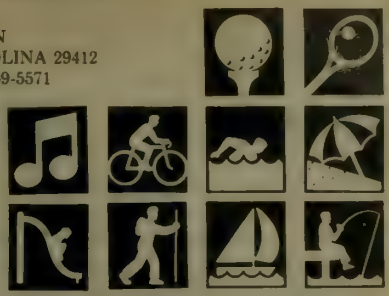
This is a woodsy 2,000-acre property on a dune-rimmed island all its own where you rent vacation homes when their owners aren't around. The condos are well designed and furnished, and their luxury is in startling contrast to the surrounding unspoiled land. You'll have pelicans, deer, and turtles for neighbors. At the beach and golf club, where there are two restaurants and a lounge, you can loll poolside and watch shrimp boats passing by.

Open all year. Villa rents range from $60 a day (one bedroom) to $85 (three bedrooms); $45 to $60 November through February. Children share your accommodations free.

KIAWAH ISLAND RESORT



BOX 12910
CHARLESTON
SOUTH CAROLINA 29412
PHONE 803/559-5571



Kiawah Island's natural beauty remains remarkably intact. In fact, the cedar and cypress buildings of this posh new resort and vacation complex are almost imperceptible because they blend in so naturally with the sculptured sand dunes and wind-pruned trees. Everything is within a few minutes' walk: ten miles of wide beach; nature trails; surf and freshwater fishing; bicycles and sailboats; an outdoor pool overlooking the sea; about a dozen tennis courts with reputable pros presiding; 18 holes of golf; resort-type shops; and a trio of restaurants with menus that include gourmet fare. There's also a lounge where you can dance to a small combo, or just sip a mint julep on the porch as forest sounds mingle with the splash of the surf. Kids' programs are offered in summer ($5 a day), along with jeep safaris to an 18th-century "haunted house," and golf and tennis clinics. Charleston with its historic homes and fine restaurants is just a half-hour away.

Open all year. One- to three-bedroom housekeeping villas run $53 to $131 a day November through February; $65 to $175 after that. Double inn rooms start at $36 and $49 respectively during the two seasons; kids under 12 stay free. MAP is available November through February for $16 a day more per person.

HIGH HAMPTON INN



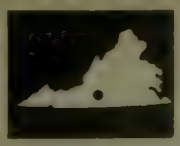
CASHIERS
NORTH CAROLINA 29717
PHONE 704/743-2411



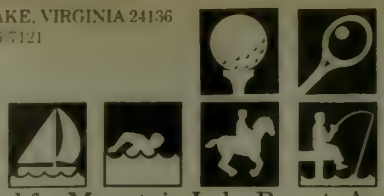
You couldn't find a nicer place for family vacationing than this rustic retreat, high in the Blue Ridge Mountains. The children's program is among the nation's best. An experienced youth staff keeps the kids busy most of the day and well into the evening—swimming in the lake on the big property, riding, hiking, learning golf and tennis, going on cookouts and hayrides, and practicing arts and crafts. The kids stay so busy you'll hardly even know they're around. Lodgings in the bark-walled Inn and nearby cottages are cozy: pine paneling, handmade Appalachian furniture, no phones or TV. There's a sing-along cocktail hour before supper, and evenings run to low-key activities like bingo and movies. Buffet-style meals are delicious, with home-grown vegetables, homemade pastries and breads, and home-cured Southern ham.

Open May through October, Thanksgiving weekend, and Christmas holidays. Daily FAP double rates range from $54 to $60. Third occupant in the same room pays $18 age six or over; $15 under six. Add $2 per person per day for stays of less than a week. Add ten percent to rates in lieu of tips. Rates before July and after August run about $2 less.

MOUNTAIN LAKE RESORT



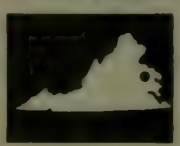
MOUNTAIN LAKE, VIRGINIA 24136
PHONE 703/626-7121



If you want seclusion, head for Mountain Lake Resort. As you drive the spur road that leads to this old hotel, you'll think you've lost your way because you keep climbing through dense forest. At last you come upon the Resort, a massive edifice of rock perched at 4,300 feet beside a tranquil mountain lake. You can stay in the hotel or in a cottage. Rooms are simple but neat, and the food is good and ample. Equipment is available for sports, games, and fishing. Everything is free except the trail rides. Evenings bring cookouts, movies, bingo, and dancing to a live band on Saturday nights.

Open June 1 to October 1. Hotel doubles run $46 and up per day; $42 and up for cottages. Rates are FAP only. Kids over nine share your room for $16 a day; nine and under, $10.

THE TIDES INN AND LODGE



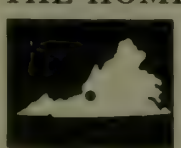
IRVINGTON, VIRGINIA 22480
INN PHONE 804/438-5000
LODGE 804/438-6000



A tranquil waterway crossed by private ferry separates the Tides Inn and Lodge, two jointly owned resorts that share facilities in the lovely Tidewater region on Chesapeake Bay. Both offer exquisite service, excellent food, and fine rooms. The Inn is more formal; the Lodge is smaller, newer, and more intimate.

Open late March through New Year's. Inn doubles run $90 to $100, strictly FAP. Additional guests over age 12 pay $32: five through 12, $20; under five, $12. Lodge doubles run $78 and $82, MAP. Guests over age 12 in your room pay $22; five to 12, $15; two to five $8; under two, $5.

THE HOMESTEAD



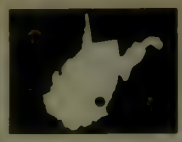
HOT SPRINGS, VIRGINIA 24445
PHONE 703/839-5500



To stay at the Homestead and enjoy all the facilities, including 54 holes of golf and 15 tennis courts, costs a bundle but it's worth every dollar. You'll enjoy wonderful food, spacious rooms, elegant decor, and string ensemble concerts at tea time. Activities encompass the usual and the esoteric, such as stocked trout streams for fly-fishing. A neat ski slope and a skating rink provide winter diversion.

Open all year. April to early November, FAP doubles start at $132. Kids three and under stay in your room free; four to nine, $22; ten to 14, $28; 15 and up, $45. Cottages (no kitchens) also are available. Lower rates apply mid-November through March.

THE GREENBRIER



WHITE SULPHUR SPRINGS
WEST VIRGINIA 24986
PHONE 304/536-1110



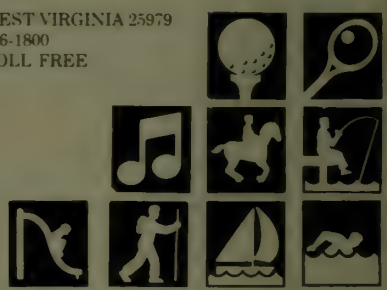
Like its nearby rival, The Homestead, this venerable vacation palace has diligently maintained its old-world standards and traditions, and it deserves equal accolades for service, facilities, and food. Recent addition of a big conference center hasn't impaired the Greenbrier's aristocratic atmosphere—even conventioneers are on their very best behavior. So although social guests are in a minority these days, you'd never know it, and well-to-do families vacation at The Greenbrier as they always have in the past. There are facilities for sports of every kind (including fly-fishing, 54 holes of golf, and 22 tennis courts), as well as surrey rides, tea concerts, dancing, lectures, movies, plus a summertime colony of artists-and craftsmen whose shops you can browse. Guests are lodged in the massive, gleaming white hotel, surrounded by tons of chandeliers and old-world decor, or in a cluster of nearby cottages with the beautiful 6,500-acre grounds to explore.

Open all year. April through October, double rooms run $120 to $140 a day; $58 to $68 per person in cottages. All rates are MAP. Children up to four years share your accommodations free; five to nine, $23; ten and up, $31. Add a $5 per person service charge. Lower rates apply December through March.

PIPESTEM RESORT



PIPESTEM, WEST VIRGINIA 25979
PHONE 304/466-1800
800/624-8632 TOLL FREE



This splendid state park resort in the Appalachians is an exceptional bargain. It provides most of the amenities of more costly resorts, plus some adventures not often found elsewhere—like overnight trail rides and white-water raft trips when the Bluestone River is running swiftly. There are nightly nature programs, a children's theater, an outdoor amphitheater with music and drama, an archery range, miniature golf, movies, and a crafts center. Everything is either free or reasonably priced. You can hike or ride 50 miles of trail, and Bluestone Lake (also a state preserve) offers fine fishing and water-skiing just six miles away. Six eating places serve good family fare, and accommodations are first-rate: the main lodge, with a sweeping view; Mountain Creek Lodge, in a deep gorge accessible by cable car; and cozy, fully equipped housekeeping cottages.

Open all year. Main lodge doubles run $26 May through October; $20 in other months. At Mountain Creek Lodge (closed in winter), you pay $24 May through October; $20 in April. Extra persons, except infants, pay $2 at both lodges. Cottages rent only by the week June through Labor Day: two-bedroom units cost $215 for seven nights; $170 October through April. ■

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT

Kings & 100's

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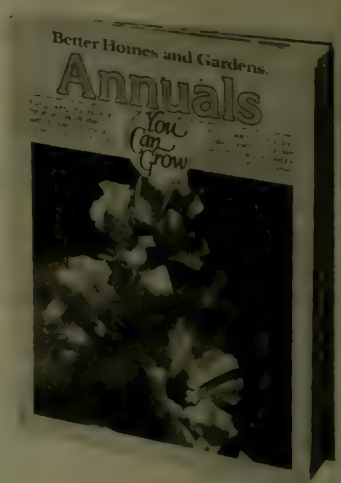
NEW IDEAS

IF YOU THINK HOME GROWN VEGETABLES ARE BETTER THAN THE ONES YOU BUY



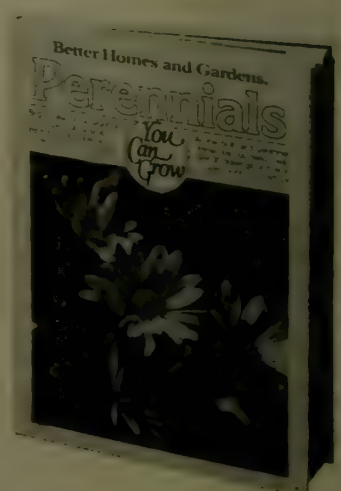
...you will want this new Better Homes and Gardens book, *Vegetables & Herbs You Can Grow.* These days more and more people are realizing that fresh-from-the-garden vegetables not only taste better — they often cost less, too. And this comprehensive book will help you grow 51 vegetables from asparagus to zucchini, and 39 herbs from anise to thyme. There's also valuable information on intensive gardening for higher yields, controlling pests, figuring space and yields and storing your produce. In fact, this book has just about everything you need to know to experience the pride of saying, "Yes, they are good... they're fresh from our garden." This hardcover 96 page book includes 58 color photos. Only $3.95 at your bookseller.

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A GARDEN TO BE PROUD OF...YEAR, AFTER YEAR, AFTER YEAR



The perfect companion to our annuals book, *Perennials You Can Grow* is similar in format and style, and covers in illustrated detail nearly 100 varieties of perennials and biennials — how to plant them, grow them, propagate them, protect and care for them. It tells you about growing zones, height and color relationships and bloom schedules, as well as how to cut fresh flowers and plant hardy bulbs. From popular varieties such as irises, peonies, daylilies, hardy lilies and chrysanthemums... to modern exotics, ornamental grasses and wildflowers — this book has something for every garden site. Hardcover with 96 pages, it includes 57 beautiful full-color photographs — plus 93 specially commissioned botanical drawings. Only $3.95 at your bookseller.

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DECORATING

STAIR-CLIMBING ART

Since open stairway walls are exposed to view coming, going, and in-between, why not make them worth looking at? An at-home "art" gallery is one of the most effective ways to give stairway walls visual impact and integrate them into your decorating scheme at the same time. Here are two examples.



Photograph: Bill Maris
Source: Bonnie Maharam. Design: Don Ross

Above left: In this older home, the enclosed staircase was replaced with an open, floating stairwell and a wrought-iron railing. To create a neutral background for the handsome gallery, the stairway wall was covered with wide-plank birch paneling. The under-and-over-the-stairs mixture of paintings and textured pieces creates an attractive display that's visible from the living room and dining room as well.



Photograph: Märis Semel
Source: Estelle Bond Guralnick. Design: Norman J. Weiner

Above right: With its soaring vertical walls, this open stairway provides the perfect space for an at-home contemporary gallery. To sustain up-and-down visual interest, a mixed-media selection of artwork was arranged to fill the entire stairwell. A sparkling Mylar supergraphic unites the landing walls and adds design interest. What appears to be an expensive modern sculpture on the mirrored pedestal is actually a set of stacked wooden toy blocks. A second piece of sculpture is handsomely displayed on an upside-down slatted wastepaper basket. ■

Caring for fine crystal

It isn't difficult to protect your investment in fine crystal and glassware. A gentle touch and careful handling will keep it sparkling.

Washing techinques

Although some manufacturers of fine crystal say their stemware can be washed in an automatic dishwasher, you should do so with care. Make sure the glasses are placed so they don't touch one another. The effects of strong detergents, extreme heat of rinsing and drying cycles, and strong water pressure may be undesirable.

If you choose hand washing, first place a rubber mat on the bottom of the sink, then wash your crystal with warm sudsy water and a soft cloth. Hold the glasses by the stem, never by the foot. Remove your diamond ring so it won't scratch your crystal.

Whenever you clean decorated stemware, wipe the bands very gently, after the glass has become cool to the touch.

Storage tips

To cut down on grease buildup, store your stemware in a china cabinet away from the food preparation area. Cover the shelf with a soft fabric, like velour; place glasses so they don't touch.

For long-term crystal storage, don't use the attic—extreme temperatures can cause glassware breakage. Newspaper is the best wrap for storage since the sulfur content of some kinds of tissue can turn stemware brown.

General maintenance

If you use only a few place settings and your set is a large one, rotate the use of your stemware, so that all pieces get the same amount of wear.

Because extreme temperatures can cause crystal to break, never drop ice cubes directly into your water goblet. Always pour in some water first. ■

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The vintage date means 95% of the grapes used had to be harvested in this year. All Souverain varietals are vintage dated.

Winery name and location. In the heart of California's premium wine country, Souverain selects only the choicest grapes from prime estates.

Varietal designation. The name of the noble grape that inspired the wine. By law, only 51% of this grape must be used. But many Souverain varietals are 100%—except where blending enhances quality.

Appellation. California's North Coast is famous for little "microclimates" that produce the best grapes. That's where all Souverain grapes are grown.

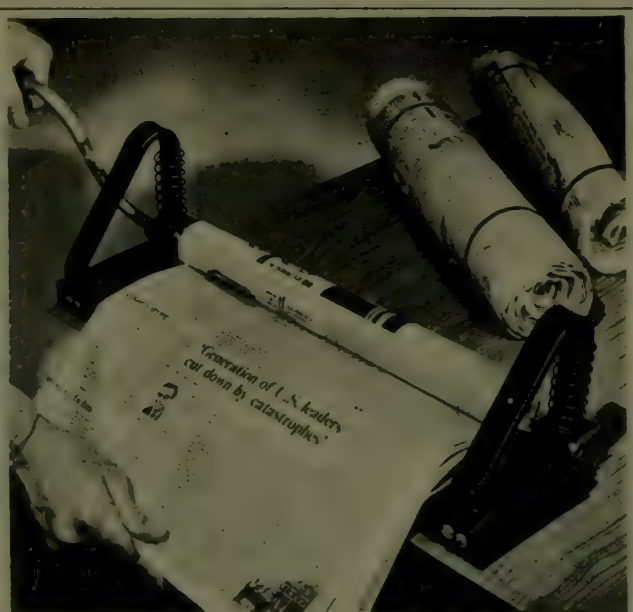
The fine line. The key word is *produced*. It means Souverain winery made this wine from start to finish. No *other* word assures such care.



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Choosing a campground

Whether you plan to camp in a recreational vehicle or a tent, selecting the right campground is crucial. These pointers can help you choose wisely.

Preplanning

First, mark your route on a map, indicating likely spots for overnight stops and short visits. Then turn to a campground guide that pinpoints campgrounds in the vicinity. *Woodall's Campground Directory* ($7.95, Grosset and Dunlap) is especially helpful for RV travelers. *Rand McNally's Campground and Trailer Park Guide* ($7.95, Rand McNally) is useful for wilderness tent campers. Both list campground locations and regulations, fees, and when campgrounds are open.

Suitable style

Since campgrounds vary from strictly wilderness sites to full-service resorts, decide which appeals to your family. Some campgrounds even offer swimming, boating, and tennis. But remember, those "extras" can cost more. Check out the prices beforehand.

Camping costs

Full-service hookups (water, electricity, and sewer) also raise camping prices. Private campgrounds are more likely to offer these services than public parks are. The number of people using an RV may up the rate, too.

Prices for camping sites on the West Coast and in the East especially are on the upswing. Some state parks in these areas charge up to $10 a night ($14 a night at some private campgrounds), but prices vary from region to region. Campsites in the Midwest can still be found in the $3 to $6 range.

Usually smaller and more primitive county campgrounds are less crowded than other camping sites, and you'll pay about $2 a night tops. You'll find county campgrounds listed in some guidebooks, or you can write the state tourism office (c/o the state capitol in the state you plan to visit).

If you choose a private campground, advance reservations are a good idea.■



Paradise. Any way you slice it.



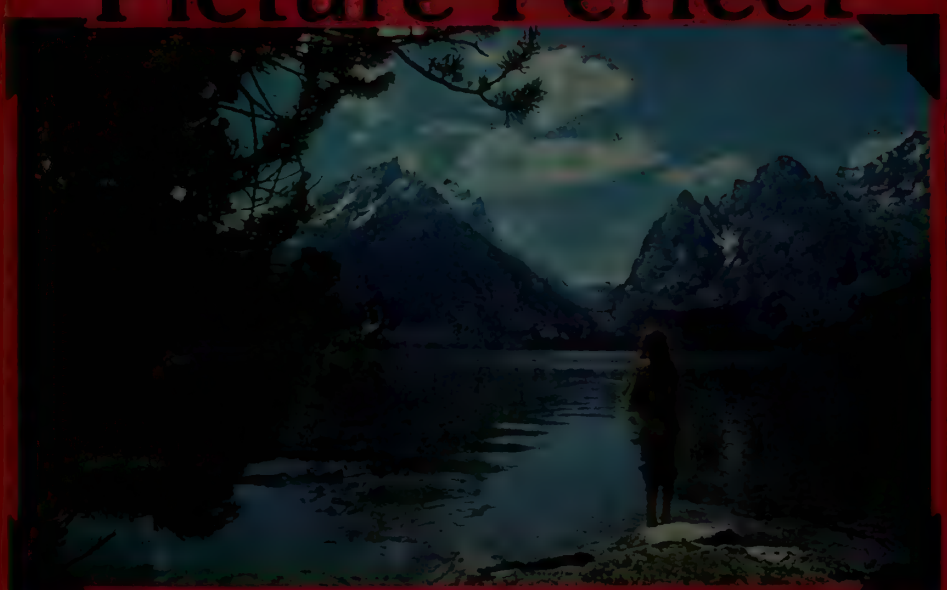
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Wyoming — a land for the senses. See mountains standing as sentinels to grassy, wildflower filled valleys. Hear the bugle of an elk. Smell the pine and sage scented air. Feel the spray from a Yellowstone geyser.

You're really welcome here! Feel it in our handshake. See it in our smile. Hear it in our "howdy."

I picture myself in Wyoming, and I'd like to know more.

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Address _____

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Wyoming Travel Commission
Room 302
Cheyenne, Wyoming 82002

TRAVEL WEST

Barbara Humeston, Associate Travel Editor

(This section continues the "America's Best Vacation Resorts" coverage on the preceding pages.)

TAHOE-DONNER RESORT



DRAWER G
TRUCKEE
CALIFORNIA 95734
PHONE 916/587-2551



The list of summer activities is staggering at this "second-home" recreation community athwart the historic Donner Trail at the forested crest of the Sierra Nevada (16 miles from Lake Tahoe). Besides golf, tennis, and two swimming pools, there's a 40-horse stable and 30 miles of riding trails. A beach club sits on the shore of icy Donner Lake, offering sailing, canoeing, and water-skiing. Archery, day hikes, nature walks, overnight backpacks, barbecues and hoedowns, and river rafting (when there's water in the Truckee River) are other favorite pastimes. In winter, skiing takes over, and the resort is noted for fine learning programs. All the action takes place on a 4,500-acre property (you need a car to get around). Stay in condominiums or detached houses (the lodge has been closed). Dine in a choice of three restaurants or do your own cooking. In summer, there are activities programs for kids.

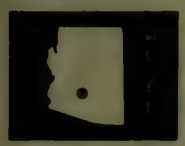
Open all year. November 23 through

Travel Planning Guide

See page G7 for a listing of free travel information and literature you can order.

March 26, a one-bedroom unit runs $90 for the minimum two-night stay; two bedrooms, $110 for two nights; $80 and $90 respectively the rest of the year. Most major airlines serve Reno (30 miles away).

DEL WEBB'S MOUNTAIN SHADOWS



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Open all year. Doubles start at $30 June through mid-September; $54 from then through mid-January; $75 through April; $48 in May. Kids share their parents' room free; $5 for rollaways. Major airlines and Amtrak serve Phoenix.

MARRIOTT'S SANTA BARBARA BILTMORE



1260 CHANNEL DRIVE
SANTA BARBARA
CALIFORNIA 93108
PHONE 805/969-2261



This polished jewel beside the sea long had the reputation of being a quiet place where octogenarians went to spend the winter. But that reputation is changing: new ownership has brought new life to the tile-roofed, Spanish-style Biltmore without compromising the hotel's legendary tradition of elegance. Swimming is the chief on-site recreation. There's a regular

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FREE Write for full details on San Antonio, San Antonio Convention & Visitors Bureau, P.O. Box 2277, San Antonio, Tx 78298. **Call toll free (800) 531-5700. In state residents call collect at (512) 223-9133.**

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B.H.&G. 4-78

TRAVEL DIRECTORY

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BHG 48

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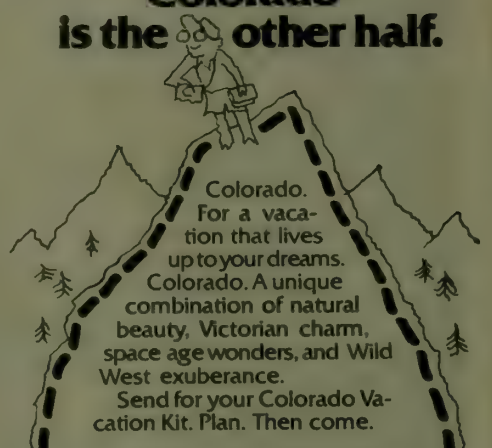
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WELCOME WEST



continued

Travel West

pool and an adjoining swim club with a 50-meter pool (half salt and half fresh water), while the ocean beach, along with a private pier for fishing, is just across the street. Horseback riding, golf, and tennis are close by. There are no special facilities for children, though baby-sitting is available, and the charming Child's Estate Zoo is nearby. Some 178 rooms in the main building and a dozen bungalows are elegantly furnished and—like the public rooms—newly outfitted. Dining includes a Sunday brunch that attracts people from distant cities. Dancing and music—"Bach to Bacharach"—also are featured.

Open all year. Double rooms range from $46 to $78; cottages from $63 to $73. Kids pay $10. Baby cribs free. United, regional airlines, and Amtrak serve Santa Barbara.

THE INN AT RANCHO SANTA FE



BOX 869
RANCHO SANTA FE
CALIFORNIA 92067
PHONE 714/756-1131



This adult-oriented resort got its start when the Santa Fe Railroad abandoned stands of eucalyptus trees, planted to be used as railroad ties, and subdivided the property into estates. An adobe-type inn, built to accommodate prospective buyers, began the gracious innkeeping tradition of this small, low-key rural hideaway. The original Inn still houses guests, while rooms in smaller buildings dot the 25-acre gardened grounds. The Inn has its own beach house seven miles away in Del Mar for sun and surf. You can bike rural roads, or rent horses and play golf nearby. Insiders prize the six-weeks after Labor Day for the great weather.

Open all year. Double rooms range from $24 to $52. Suites and cottages also are available. Children pay $6 a night. Major airlines and Amtrak serve San Diego (20 miles away).

ARROWHEAD LODGE



BOX 57
CANADIAN
OKLAHOMA 74425
PHONE 918/339-2711



Though Arrowhead Lodge never will replace football as an object of state pride here, it's a fine place to touch down for old-fashioned, outdoorsy vacationing. The state-owned Lodge is a soaring beautiful structure with more than 100 topflight rooms. Some 100 cottages—mostly duplexes—also are scattered throughout magnificent state park land. Nearby, enormous man-made Lake Eufaula teems with bass, and there's an excellent marina with a facility for indoor fishing in bad weather. A variety of boats is available for rental—paddle boats, canoes, pontoons, ski rigs, excursion boats, and bass boats (with guide). Comparatively low rates and a friendly, efficient staff help make your stay at Arrowhead Lodge especially pleasant.

Open all year, except December. Mid-April to mid-September, double rooms start at $23; other times, about $3 less. (Poolside or lakeside rooms are a couple of dollars extra.) Kids under 12 in your room stay free. Extra adults pay $3. Cottages (sleeping two) run $30 a day; $36 for four. Rates are $5 lower off-season. ■

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The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply check the spaces for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

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FINEST QUALITY

The stain for all reasons.

FIRST AID FOR FURNITURE



No matter how fastidious you are about protecting and preserving your wood furniture, accidents can and do happen. When the damage is severe, we suggest you turn to a professional refinisher for help. But in the case of a minor scratch, scar, or spill, there's a good chance you can cure or camouflage it with a do-it-yourself home remedy. The most important thing is to act quickly.

CURES FOR COMMON AILMENTS

Scratches: Treatments vary according to the type of damage and the finish on the wood, so you may have to experiment with different cures. If the scratch hasn't penetrated the finish, an application of cream wax or polish will often hide the mark. But if this effort fails, remove the wax, reapply wax with fine steel wool, rubbing lightly with the grain, and then polish. Other scratch remedies include rubbing linseed oil, a brown crayon, or a wax stick into the scratch. Follow by filling in the scratch with wax and rubbing well. Another technique is to apply shoe polish or iodine with a toothpick wrapped in cotton.

Alcohol: Wipe up spills immediately. If a white spot appears, rub wet cigar ashes into the spot, then wipe off and rewax. Or you can rub the spot with a damp, clean cloth that's been moistened with ammonia. Again, rewax. If neither method works, we suggest professional refinishing.

Water rings: If the ring or mark has been on the table for a long time, you had better seek professional help. If you catch the ring right away, you can simply apply paste wax with fine steel wool, then polish. You might also try lightly wiping the spot with a smooth cloth dampened with camphorated oil. Dry immediately with a clean cloth.

Candle wax: Removal is a simple procedure. Harden the wax with an ice cube, making sure to wipe up the melted ice as it drips. Once the wax is hard, you can use your fingers to lift it up. Use the dull edge of a knife to gently scrape off any excess. Apply cleansing wax to the spot, and then wipe dry with a clean cloth.

Heat marks: Lightly rub the spot with a clean cloth dipped in camphorated oil. Wipe immediately, then rub lightly with steel wool dipped in paste wax.

Paint stains: If the stain is fresh, use steel wool dipped in a liquid cleansing wax, or a cloth saturated with a liquid cleansing wax. If the stain is old, apply linseed oil; let it stand until the paint softens, then wipe with a cloth saturated with linseed oil. ■

Shapely Salads!

(Best Foods® Real Mayonnaise keeps these salads in shape.)

FROSTY FRUIT LOAF

(Refreshing frozen yogurt & fruit salad!)

- 1 can (30 oz) fruit cocktail
- 1 envelope unflavored gelatin
- 1/2 cup BEST FOODS Real Mayonnaise
- 1 package (10 oz) frozen sweetened strawberries, thawed, crushed
- 1/2 cup KARO® Light Corn Syrup
- 1 container (8 oz) plain yogurt

Drain fruit cocktail reserving 1/2 cup syrup. In saucepan sprinkle gelatin over syrup. Stir over low heat until dissolved. Beat in Real Mayonnaise. Stir in strawberries and corn syrup. Chill until mixture mounds slightly when dropped from spoon. Fold in fruit cocktail and yogurt. Spoon into 9-inch loaf pan. Cover; freeze until firm. Serves 8.

POLYNESIAN PINEAPPLE

(A main dish with a tropical touch!)

- 1 cup BEST FOODS Real Mayonnaise
- 1 Tbsp. honey
- 2 tsp. prepared mustard
- 2 small pineapples, halved lengthwise*
- 1 can (17 oz) apricot halves, drained, halved
- 2 cups diced cooked ham
- 1/3 cup raisins
- 1/2 cup slivered blanched almonds, toasted

Stir together first 3 ingredients; set aside. Hollow out pineapple halves leaving 1/2-inch shell intact. Remove core; cut pineapple into chunks. In large bowl combine pineapple, apricots, ham, raisins and 1/4 cup of almonds. Spoon into shells; pour on dressing. Garnish with remaining almonds. Serves 4.

*1 can (20 oz) pineapple chunks, drained, may be substituted.

COLE SLAW SOUFFLE

(An elegant side dish that's simple to make!)

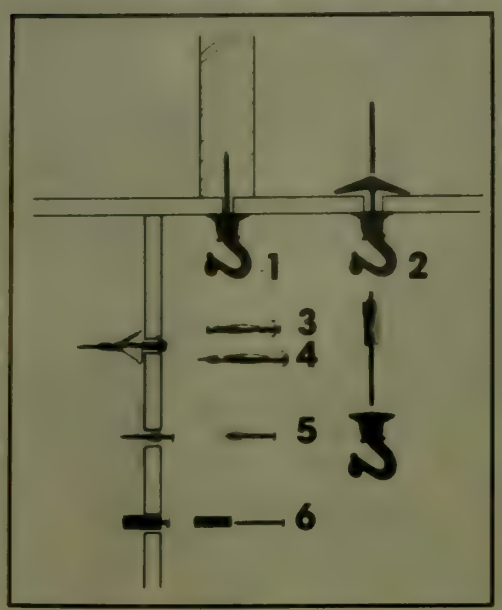
- 1 can (8 oz) crushed pineapple
- 1 package (3 oz) orange-flavored gelatin
- 3/4 cup boiling water
- 3/4 cup BEST FOODS Real Mayonnaise
- 1 cup finely shredded cabbage
- 1 cup shredded carrot
- 1/2 cup raisins
- 1/2 cup chopped walnuts
- 3 egg whites, stiffly beaten

Fold 22-inch piece of aluminum foil in half lengthwise. Tape firmly around 1-quart soufflé dish. Drain pineapple, reserving liquid. Dissolve gelatin in boiling water. Add reserved liquid. Beat in Real Mayonnaise. In loaf pan freeze until firm 1 inch from edge, but soft in center, about 20 minutes. In large bowl beat until fluffy. Fold in pineapple and next 4 ingredients, then egg whites. Pour into prepared dish. Chill until set. Remove foil. Serves 6.





How to hang houseplants



Houseplants are hanging everywhere these days—and sometimes falling. What causes these catastrophes is inadequate support. A potful of freshly watered soil weighs more than you might think—as much as 50 pounds. To help you prevent plant dropouts, here's a rundown on the fasteners.

For ceiling-hung plants, you have two options. Screw a sturdy **hook (1)** directly into a ceiling joist, if possible. Or, drill a hole in the ceiling and insert a **toggle bolt (2)**, the strongest type of hanging device, available in any hardware department. When the bolt is screwed tight, the toggle wings hold fast against the interior surface.

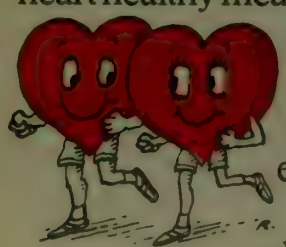
To secure a wall bracket for a planter, screw directly into a wood wall stud whenever possible. To fasten a bracket in a hollow wall between studs, use one of the several types of **screw anchors (3, 4, 5, 6)**.

For some **hollow-wall anchors (3, 5)**, you drill a 5/16 inch hole, then insert the expansion bolt. Turn the screw with a screwdriver until it's fairly hard to turn. This opens the wings inside the wall to hold the device securely. Now, back the screw out of the hole, put the bracket in place, return and tighten the screw. Number 4 works on the same principle, except no drilling is required. Just tap the expansion bolt into the wall and proceed as above.

A **vinyl anchor (6)** and similar fasteners can be used in either hollow or solid walls. Drill a hole just wide enough to tap in the anchor device. In a solid wall, such as brick or concrete block, make the hole deeper than the anchor so it can be tapped in flush with the surface of the wall. Now, simply insert the screw through the bracket hole and into the anchor. As you tighten the screw, the anchor expands and will hold firmly the weightiest plant. ■

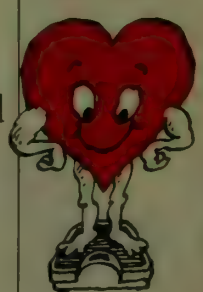
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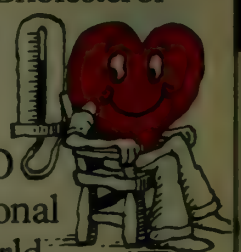
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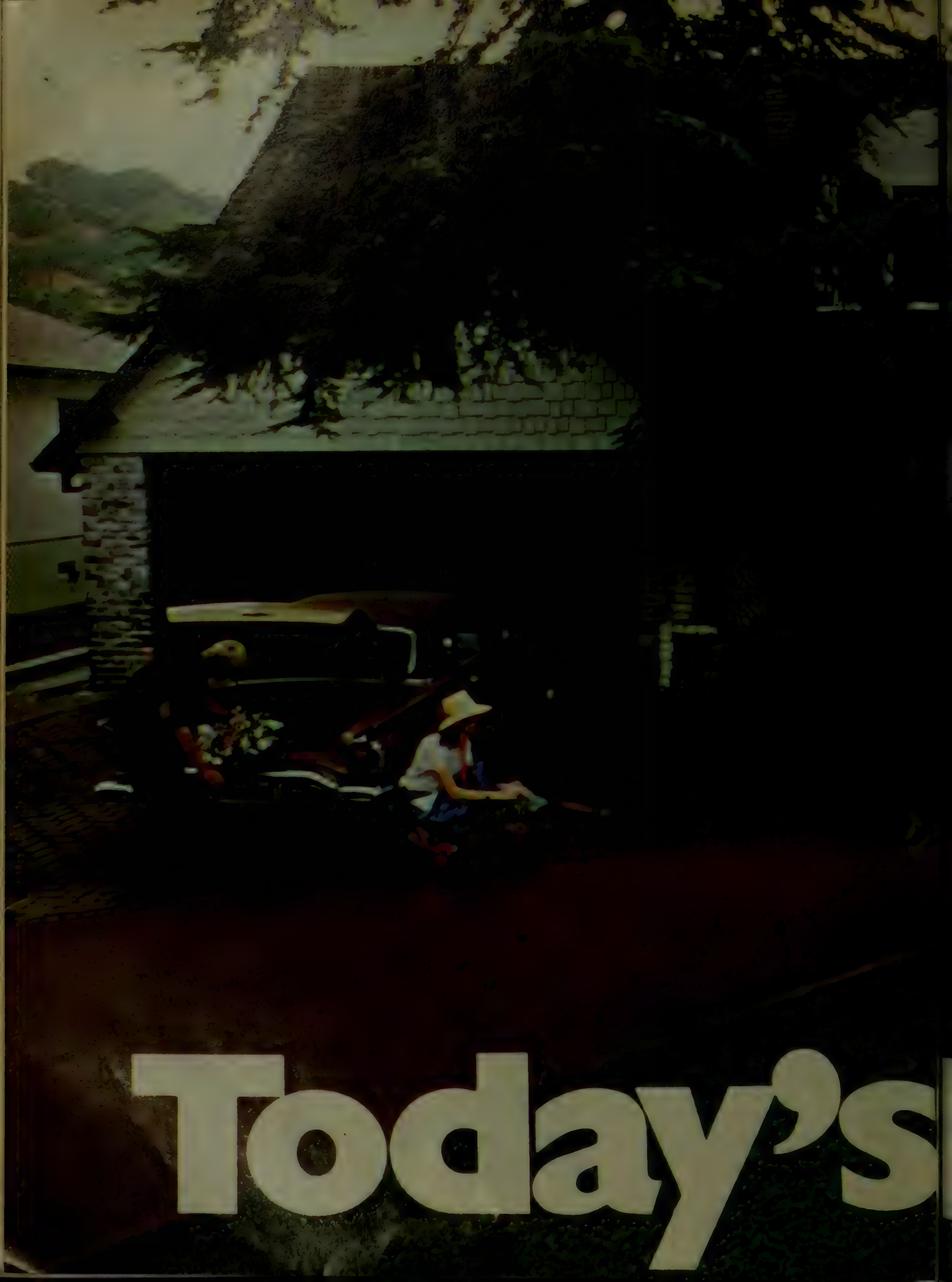
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Today's



The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

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Asphalt Roofing Manufacturers Association
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MONEY

What you should know about escrow accounts

The purpose of an escrow account is to see that the terms of an agreement or contract are met. Here's how an account may affect your life.

Generally cash or some other asset is put into an escrow fund and held by an impartial third party, called the escrow agent. His job is to see that the agreement is carried out, and his fee is figured in terms of the time and effort required to complete the transaction. Some typical escrow deals:

● **Charter flights.** Because of the many rip-offs that have left charter passengers stranded overseas, the Civil Aeronautics Board (CAB) now requires charter-flight operators to deposit passenger fares in an escrow fund (or to post a surety bond). The point is to guarantee that if the round trip is not completed, you will get your money back.

Passengers or travel agents must make their checks payable to the escrow fund. If the operator of the charter does not have you do this, don't hand over any money until you are certain it is going into an escrow fund.

● **Rent security.** When you rent a house or apartment, the landlord may ask you to put up the equivalent of one month's rent or more to protect himself against any damage you do to his property, or your failure to pay rent. You, in turn, can protect yourself by getting a clause in the lease stipulating that the security money must go into an interest-bearing escrow fund. That clause will help you get the cash back if: (1) the landlord goes bankrupt; or (2) he sells the property and fails to turn the security money over to the new owner. Some state laws mandate an escrow fund for rent security.

● **Alimony or separation agreement.** A clause in the agreement can provide that bank accounts, property, and other assets of the couple be placed in escrow so that neither party can take possession of them until all provisions of the agreement are met.

● **Buying a house.** A real estate broker usually is empowered to accept a deposit for the seller. Most state laws require the broker to keep such money in an escrow or trust account, separate from his regular business account. The sales contract should specify that the deposit be kept in escrow until the deal is closed. If you are dealing direct with the seller, you should try to get a deposit-in-escrow clause in the contract, too.

● **Mortgage/escrow funds.** In addition to collecting regular mortgage installments, many lending institutions require you to pay monthly deposits into an escrow fund to cover taxes and insurance that will come due later. When those bills are due, the lender pays them for you. The purpose is to protect the lender's interest in your home. If you were to neglect to pay taxes yourself, the government could lay a claim on your house. Also, if you were to fail to insure the house, both you and the bank could lose a lot in case of fire or other damage.

An increasing number of borrowers object to mortgage/escrow funds, not only because the arrangement ties up their money, but also because they generally receive no interest on it. As a result, some lenders no longer require escrow payments. Many of those that still do are paying interest. When you shop for a mortgage, find out the lender's policy on this matter; it may be negotiable.

Get it in writing

Recent news stories have revealed the fraudulent use of some more exotic escrow deals—usually for out-of-the-ordinary arrangements, rather than the more common mortgage or rent security setups. If you have any doubts, check out the escrow institution *named* in the contract to be sure the deal is legitimate and that your money will go into an escrow account rather than into a crook's pocket.

Whatever your escrow arrangement, make certain you have written evidence of the details. Include the purpose of the account, the dollar amount you have to put up, the identity of the escrow agent (individual or institution), and under what circumstances your money will be returned to you. ■

Fresh and fruitful ways to enjoy Chateau La Salle.

Chateau La Salle, as so many people have discovered, is a California wine you don't have to learn to like.

This golden wine is as naturally sweet as the grapes from which it's made.

Everyone likes it, and there are so many delightful ways to serve it.

Like Peaches La Salle.

Cut up some fresh peaches. Place them in a fruit bowl and pour in Chateau La Salle. A fresh idea for dessert.

Then, there's Melon La Salle, a really fruitful way to enjoy the good taste of Chateau La Salle.

Prepare some melon balls and pour Chateau La Salle over each serving. It's sure to please.



And L'Orange La Salle is just as easy to make. Scoop orange sherbet into a dessert glass, and pour in this golden wine. Or, add a splash of soda and it becomes a tall, cool drink.

These are just a few fresh and fruitful ways to enjoy the good taste of Chateau La Salle, a wine you don't have to learn to like.

From The Christian Brothers of California®

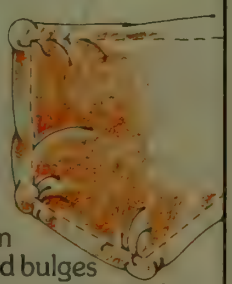
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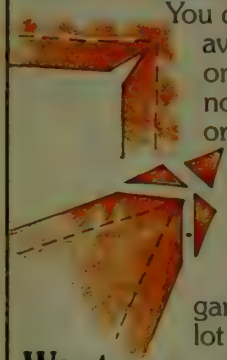


How to fight the battle of the corner bulge.

Body bulges are bad enough. But clothes that bulge even before your body's in them make the problem that much worse.



You can avoid bulges on corner seams by notching the corner or snipping off the point with your Fiskars sewing scissors. It takes just seconds and makes your garment a whole lot smoother-looking.



Want some more sewing shortcuts?

We'll give you all kinds of how-to guides and pointers in the *Fiskars Shortcut Sewing Book*. It's free when you buy Fiskars 8" sewing scissors. The shears with the famous comfort-molded orange handles and surgical stainless steel blades, now improved for easier cutting. Fiskars, the original lightweight sewing scissors.



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KITCHENS

GRIND IT!

Most of us know that fresh-from-the-grinder pepper makes a salad special. But perhaps you aren't familiar with the various grinders and graters that enhance the flavor of other foods, too. Here's a primer of culinary gadgets that enable you to grind nutmeg, cheese, salt, vegetables, meat. Gourmet kitchen shops are your best source of supply.



Ever wonder what to do with those intriguing whole nutmegs? Buy a special grinder or use one of the small graters to prepare a seasoning that brings out the warm, sweet flavor of creamed or fruit dishes. Nutmeg is delicious sprinkled over custards, brandy milk punch, and eggnogs, too.



Do you love the flavor and texture of shredded parmesan and romano cheeses but hate the thought of grating your own? Well, here's an easy alternative to store-bought. This simple gadget makes short work of grinding hard cheeses, and there's nary a worry about scratched knuckles.



Salt brings out the best flavor in foods, so why not give it the same special treatment you give pepper? Use a coarse salt or one of the French *sels* available in gourmet shops.



Photographs: Dieter

With an electric grinder and a few cutting blades, you can utilize the less expensive cuts of meat, instantly combine a variety of different ingredients, and transform leftovers. ■



Create A Showplace With These Bedroom Pieces By Thomasville!

$999 REG. $1299 ALL 5 PCS.

Owning a Thomasville suite means owning quality plus beauty! This magnificent bedroom features a 78" dresser, twin mirrors, night stand and full/queen size headboard in a rich Pecky Pecan veneers and Pecan solids accented by Ash burl overlays! Save! REG. $599-Armoire, NOW $479, King size hdb. also available

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If You Haven't Been To Levitz Lately, You Haven't Been To Levitz!

W-1



Save 20% on "Tudor Manor

Here is just a sample of the fine furniture values that await you at Le
Classic House! Tudor Manor is warm, superbly crafted, country style
niture designed to create a mood of casual elegance. The upholstered pi
have exposed solid Oak frames. Correlated pieces are fashioned in mel
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Old World finish. Whether you choose a single piece or an entire room
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substantial 20% savings! Visit your nearest Levitz right now!

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Express Your Taste For Beauty W
These Thomasville Dining Pieces

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W-4

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Capp provides you with top quality materials to complete your Finish-It-Yourself House. You select the roofing, siding, plus plumbing, heating and electrical fixtures. Kitchen cabinets, appliances and bathroom accessories, doors, windows, flooring and lighting fixtures—the works. They're all included in the price.

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Capp custom-builds your home on the foundation you provide according to your plans and Capp specifications. We install sub-flooring, interior stud-partitioning and exterior doors and windows—so you wind up with a home that's enclosed and ready for you to finish.

WHAT YOU DO

What's it like to finish a house yourself? Things like plumbing and wiring aren't all that tough with the help of Capp instruction booklets. And even if you need outside help, you'll save money by being your own general contractor and eliminating the middleman. *Remember, the more you do, the more you save.* And when you're finished, you have a home that's worth a lot more than you paid for it.

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Your Capp Representative will help you arrange financing through your own lender or our sources. Either way, he can help make sure your new home fits your family's needs as well as your family's pocketbook.

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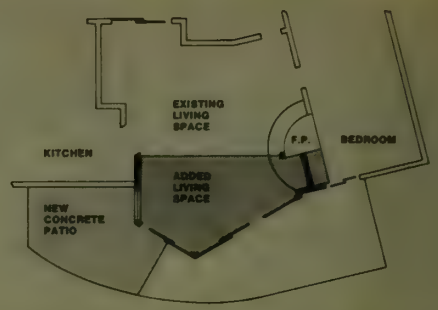
COUNTY _____ STATE _____

ZIP _____ PHONE _____

BUILDING

A living room that grew

If your living room no longer comfortably accommodates your family, much less guests, a simple expansion project like this one might be the answer. The floor plan shows how adding only 250 square feet gave the living area an entirely new lease on life. The prow-like shape of the addition would be effective on almost any living room.





The old living room ended at the edge of the fireplace, where the 4x4 supporting post stands. At this end of the addition, the wall of built-ins extends only 4½ feet, then meets a 16-foot wall of glass that juts out to give the room its intriguing shape. The raised brick hearth curves into the new wall, effectively eliminating an added-on look.



Photographs: de Gennaro. Source: Pauline Graves

In the new space, the wall at the left angles out from the 4½-foot room extension behind the fireplace. The kitchen door to the patio once occupied the four-foot wall space where the picture hangs. A new door to the kitchen from the living room is just out of camera range at right. Straight ahead, sliding doors open onto the new concrete patio. ■

We're now making a fertilizer for houseplants that you can't put on wrong unless you try. It comes in tiny granules that have just the right amount of nitrogen, phosphorus and potassium locked in.

You put it on dry with an adjustable spoon that's in the box.

Now. Scotts new Spoon Fed Care™ for houseplants. Trust the spoon and you'll always be right.

This spoon makes it easy. It has a slide that makes the scoop part bigger or smaller according to the size of your pot. For instance, if your plant is in a 10-inch diameter pot, you set the slide to number 10.

There's no mixing, no mess, no waste, no cleanup afterward. Spoon Fed Care feeds your plants at a steady rate just as nature intended.

You just sprinkle the granules on the soil. You don't even have to work them in. Normal watering will carry the nutrients down to the roots. You can also control your plants' growth. If you want to keep them sturdy and healthy with just a little growth, give them one level spoonful. If you want a lot of growth, give them two.

Spoon Fed Care helps give your houseplants a good root system, full leaves and healthy color. To learn more, pick up our free booklet "A simplified guide for growing better houseplants" where you buy your plant food. Or write us at Marysville, Ohio 43040.



You measure the exact amount with the adjustable spoon.

This year vacation in another world.



YELLOWSTONE

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Watch nature perform in an open-air theatre

Old Faithful Geyser is the star of the show with a supporting cast of 10,000 hydrothermal wonders—the largest concentration of bubbling hot pools, mud pots, colorful terraces and spouting geysers on the face of the earth!

Yellowstone holds unexpected spectaculars too, like the Grand Canyon of the Yellowstone River—over a thousand feet deep and crowned by a waterfall higher than Niagara. More than 2 million acres of natural wonders wait for you—alpine lakes and streams, volcanic hills, glacial valleys, even a petrified forest!





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Climb aboard an authentic Concord stagecoach or ride horseback to an old west steak cookout. Take a scenic cruise of magnificent Yellowstone Lake or join a guided fishing trip to catch cutthroat trout. Yellowstone is a place where families can do things together.

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The wildlife show is spectacular, too. Here you can see elk, moose, bison, deer, antelope and big horn sheep roaming free in their natural habitat. Bring your camera and plan to spend enough time to see it all.

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Stay in a fine old hotel, a rustic cabin or even a remote wilderness camp complete with knowledgeable back-country guides. Yellowstone Park Company has room accommodations for 8,000. You can come to Yellowstone by air, rail or bus then rely on rental car or scheduled scenicoach excursions for sightseeing. If you're driving, you can park your car and sightsee by scenicoach. A knowledgeable driver/host will make your visit more enjoyable with expert narration as you go.

Your Yellowstone Vacation begins with this FREE guide



A big, colorful 16 page guide to vacation attractions with helpful information on what to see and do, where to stay. Includes a map plus information on auto and scenicoach package vacations.

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Introducing the first indoor plant food that prevents overwatering.

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For name of nearest nursery call TOLL FREE 1-800-327-1109 Ext. Z-800.

CRAFTS

Needlepoint pointers

About to begin a needlepoint project? For better results, be sure to check our list of suggestions before you pick up your needle.

- Needlepoint canvas comes in two basic types. Mono canvas has holes divided by one thread. Penelope canvas has holes divided by two threads.
- Tapestry needles, designed for needlepoint, have blunt tips. When working with two or more colors, use a separate needle for each shade. After finishing with one color for the moment, draw the yarn through to the front of the piece where you can keep track of it, and fasten the needle into the fabric's margin.
- Needlepoint traditionally is stitched in wool yarn. Always choose yarns of excellent quality. The yarn quality is especially important when your needlework will be used for home furnishings that get constant use.
- A needlepoint frame is helpful when you're working on a large canvas. The frame keeps the canvas from warping so it requires less blocking when you're done. If you don't use a frame, be gentle with the canvas. Squeezing or crumpling can push the canvas threads out of shape and make your stitches look uneven.
- Sharp scissors are important. Use small, pointed embroidery scissors for cutting yarn, and large, heavy scissors for cutting the canvas.
- Bind the raw edges of your canvas with masking tape to prevent the mesh from unraveling as you stitch.
- Use your tapestry needle in an up-and-down motion instead of "sewing" the entire needlepoint stitch in one movement. Avoid flexing the canvas to move the needle in and out in one motion. That can warp the meshes, and if the canvas threads are bent out of shape, your stitches won't look even.
- Do not knot your yarn as you stitch. Start with one two-inch stitch across the back of the canvas placed along the row you'll be stitching. Then needlepoint over the length of yarn. From that point on, start all new threads and finish all old ones by weaving the yarn through 1½ inches of your finished work on the wrong side of the canvas. ■



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When you pack up for your next trip, be sure you aren't overdoing it. Airlines, trains, and buses all provide free baggage allowances, but if you exceed the limits, you'll pay the price.

In the air abroad

New baggage allowances for international flights are based on size and number of luggage pieces, rather than weight. Both first-class and economy passengers may check two bags free, each limited to not more than 62 inches (the sum of the bag's length, width, and height). Both classes of passengers are also entitled to one or more pieces of carry-on baggage not exceeding 45 inches in dimensions.

The new system sounds simple enough, but some countries aren't buying it. They still operate under old weight limits—66 pounds of luggage per first-class passenger; 44 pounds economy. Among the holdouts are Spain, Great Britain, Mexico, Austria, Yugoslavia, and Brazil. That means you're subject to baggage provisions of the country you're leaving, regardless of the airline you fly. Check with your airline about which system the country uses.

What happens when you exceed the limits? You'll pay more—a flat rate per piece of luggage. Rates vary according to your destination, but are competitive among different airlines. For example, each extra checked bag you carry from New York or Boston to London via Pan Am or TWA will cost $35. Between Los Angeles or Seattle and Japan, an extra bag costs $55. Charges under the weight system are figured at .7 of one percent of the economy fare per 2.2 pounds of excess baggage. (Five pounds extra on a $400 flight amounts to about $6.35.)

Many airlines make special provisions for sports equipment. Both TWA and Pan Am, for instance, permit passengers to substitute a bicycle in lieu of one checked bag. Sleeping bags, backpacks, skis, golfing gear, and duffel bags also may replace a checked bag.

When these items are carried in addition to a passenger's "free" allowance, extra charges are assessed. Ski equipment, for example, costs 25 percent of the excess baggage rate on TWA and Pan Am foreign flights; golfing gear is assessed 50 percent of the excess baggage rate; bicycles are charged the full rate.

Domestic flights

U.S. airlines allow travelers on domestic flights two large checked bags weighing up to 70 pounds each. The first bag can't exceed 62 inches (the sum of its three dimensions); the second 55 inches. Carry-on baggage is limited to 45 inches total. Typical excess charges are United's $6 for any piece of luggage from 62 to 80 inches; $12 for bags from 70 to 150 pounds or from 80 to 115 inches.

Charges for special items on domestic flights vary among air carriers. Both United and American ship cartoned bikes for $12. United charges $6 for skis, poles, and ski boots, or scuba diving gear; American, on the other hand, ships this gear in lieu of a piece of luggage. United carries sporting rifles, bowling balls, golf and fishing equipment free in place of one large bag. It's smart to check out these charges with individual airlines ahead of time.

Over the road

Full-fare bus passengers are allowed three pieces of luggage with a combined weight of 150 pounds. No single bag may be larger than 24x24x45 inches. There's no charge for carry-on luggage that fits in the overhead baggage rack. Bicycles and skis will be shipped in place of one piece of luggage.

On the rails

On Amtrak trains with baggage cars, passengers may check three pieces of luggage weighing no more than 150 pounds total. Generally, all overnight trains have baggage cars. (Amtrak's national timetables indicate which trains and stations handle checked baggage.) In addition, you can take along two carry-on bags if you travel coach. If you're riding in a sleeping car, bedroom, or roomette, you can carry on as much luggage as will fit safely in your accommodations.

Excess baggage fees are figured on a weight-distance formula based on one-way adult coach fare. From Chicago to Los Angeles, for example, you'll pay $11.50 for up to 25 pounds; $30 for 25 to 50 pounds; $38 for 75 to 100; and $28 for each additional 100 pounds.

Skis may be carried as one piece of baggage. But there's a $3 charge for bikes, trunks, golf bags, musical instruments, and surfboards the first 500 miles; $5 for longer runs.

At sea

Unlike planes, trains, and buses, cruise ships don't limit baggage. But quarters are usually small, with limited space for belongings. Ships also offer laundry and dry cleaning service—another reason for traveling light.

Transportation alternatives

If you don't need your bags right away, consider United Parcel Service (UPS). It's relatively fast and cheap. Bags weighing up to 50 pounds and measuring up to 108 inches are accepted. All luggage should be cased in corrugated cardboard cartons. Otherwise, UPS may not accept liability if there's damage. Rates depend on weight and distance. Delivery within the U.S. usually takes three to four days for long distances.

Most airlines offer air freight service. Delivery is prompt (generally within 24 to 48 hours). Rates are figured by weight and destination, usually with a $15 minimum. There's an additional charge for home delivery.

Other popular ways to ship excess baggage include package express services offered by Greyhound, Continental Trailways, and Amtrak. Your bags usually ride the same bus or train as you do. Rates again are based on weight and destination. ■



Naturally sparkling from the center of the earth.

Today, Man artificially carbonates his drinks and mixers.

But *not* Perrier.

The miracle of Perrier is *natural carbonation:*

Lighter, more refreshing and more delicate than any made by Man.

That "miracle" takes place deep below the surface of the earth in Southern France near Vergeze.

There, delicate gasses—trapped over 140 million years ago in the volcanic eruptions of the Cretaceous Era—are released and rise through porous limestone and cracked marls to add natural life and sparkle to the icy waters of a single spring: *Source Perrier.*

The result is Perrier.

Bottled directly from Nature. With no chemicals, preservatives, flavorings or additives of any type.

And no calories.

100% natural Perrier.

Pure refreshment served chilled with a slice of fresh lemon or a wedge of lime. So versatile it adds "the sparkle of champagne" to fine wines. And, with imported spirits, is the mixer *par excellence.*

Imported Perrier.

It is the product of Nature and the love of France.

Enjoy it in good health.

Show-off storage

The way you display your treasures can tell as much about your personality as the objects themselves. Here are two very different solutions to the same problem.



Photograph: Bill Helms. Source: Bonnie Maharam. Designer: Jena Hall

Remodeling gave this homeowner a chance to design a museum-like storage wall that's as individual as her signature. The wall was built with 2x4s and has permanent panes of glass installed in the stucco-like textured wall. The 12-inch-deep glass shelves look inaccessible but they're reachable from the back through nearly invisible closet plywood doors. To emphasize the adobe look, the doors are covered on the inside with the same texturizing as the wall. The glass shelves are adjustable; indirect lighting accents the display.



Photograph: Bill Maris. Source: Estelle Bond Gurainick Designer: Janice W. Miller, ASID Associate

Freestanding floor-to-ceiling étagères are a good idea if you like the built-in look but aren't very handy. This pair of purchased shelving units performs several design tricks while holding a variety of useful and decorative items. The units are placed in front of wall-to-wall draperies to draw the eye away from a do-nothing window. Their bleached oak sides and adjustable glass shelves are a welcome contrast to the dark walls and drapery print. And, the shelves can be dismantled and moved to another room or to another home. ■

Spring Sale of the Century

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own: "Embraceable You" in Rich Siena, just one of seven styles and over 125 colors in the Lustre Gallery at a dealer listed opposite.

Just about everything that grows in your yard is going to look better when it's fed. And you don't have to know much about your trees, shrubs and flowers to do it right. You don't have to know much about fertilizers, either.

We have a simple word for well-fed flowers, shrubs and trees. It's "Grow."

Take flowers like marigolds and geraniums. The right fertilizer will give them the nitrogen, potassium and phosphorus they need to get you more blooms and brighter color. Ordinary soil by itself just can't come up with the nutrition to do this. It needs some help.

Here is where some people make it complicated. They tell you you have to use one thing for annuals, another for perennials and something else for roses. But that just isn't so.

Here at Scotts in Marysville, Ohio, we make one fertilizer you can use on all your flowers. And that includes seeds, seedlings and full-grown perennials. We simply call it Grow Flowers.

You don't have to use this fertilizer as often as some other brands.

While most fertilizers are made to release their nitrogen right away, we make ours to release its nitrogen slowly. Your flowers get a good feeding to start off with, then a little more week after week. This longer feeding is what helps give you more blooms on your plants and brighter color too. (You look better when you eat regularly. And so do your flowers.)

As you can see from the boxes below, we also have some simple ways to take care of your shrubs and trees, acid-loving plants and transplants. The nutritional ingredients in each of these are in correct proportion to their use. (Flowers need more of one thing, trees more of another.)

They're all safe to use if you just do what it says on the package. Like every fertilizer we make, each one has our special slow-release formula for a balanced, prolonged feeding and slow even growth.

We tested all these fertilizers ourselves so we know just what they can do. They will give you healthy looking plants and better growth and that's a promise.

You'll find our guarantee right there on every box. It says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."

We made that simple too.



ANNUALS FOR QUICK COLOR

Planting annual flowers is the quickest and easiest way to brighten up a dull backyard. But choosing the right ones for your garden can become confusing because there are so many species and varieties.

To make the choice a little simpler, we've compiled a list of some of the best-known annual flowers and their characteristics. Be sure to check our chart below before you plant.

Annual	Growth habit	Height	Colors	Sowing* time
Ageratum	Bush	3-12 in.	Blue, violet, white, pink	A,C
Aster	Bush	6-36 in.	All colors	A,C
Baby's-breath	Bush	1-1½ ft.	White	B,C
Bachelor's-button	Bush	16-30 in.	Blue, pink, white, red, violet	B,D
Begonia	Bush	12 in.	Pink, white, red, yellow	A
Bells-of-Ireland	Bush	2 ft.	White, green	C
Black-eyed Susan	Vine	4-5 ft.	Golden orange	C,D
Browallia	Bush	8-10 in.	Blue	A,C
Calendula	Bush	12 in.	Yellow-orange, buff rose	A,B
California poppy	Bush	18 in.	Orange, yellow	B,C
Calliopsis	Bush	8-36 in.	Yellow, orange	C
Candytuft	Bush	18 in.	White, lavender, red	B,C
Cardinal climber	Vine	10-12 ft.	Crimson with white throat	C
Celosia	Bush	30 in.	Gold, red (plumed, crested)	A,C
Chinese-lantern	Bush	1-2 ft.	Purple and white	B,D
Clarkia	Bush	4 ft.	Rose, pink, white in tiers	B
Cleome	Bush	3-4 ft.	Pink, white, purple	A,C
Coleus	Bush	1½-2 ft.	All but blue	A
Coreopsis	Bush	1-3 ft.	Yellow, maroon mix	B
Dahlia	Bush	1-3 ft.	All but blue	A
Dianthus	Bush	8-9 in.	Pink, salmon, white, red	A,B,D
Feverfew	Bush	6-18 in.	White, yellow	B,D
Flowering cabbage	Bush	1-2 ft.	Red, white, rose-pink, magenta	A,B
Four-o'clock	Bush	3 ft.	Red, yellow, pink, salmon	B,C
Gaillardia	Bush	12-18 in.	Orange, yellow, red	A,B,C
Geranium	Bush	18 in.	Rose, pink, white, red	A
Globe amaranth	Bush	2 ft.	Rose, white, lavender	B
Iceland poppy	Bush	1-2 ft.	Pastels, champagne	B,C
Impatiens	Bush	8-12 in.	Orange, pink, white	A,C
Jewels-of-opar	Bush	16 in.	Cameo pink	B
Larkspur	Spike	18-48 in.	White, pink, rose, lavender	A,B,C
Lobelia	Edging	4-10 in.	Blue, white	A,C
Lupine	Spires	24 in.	All colors	B
Marguerite	Bush	1-2 ft.	Blue, white, yellow	A
Marigold	Bush	6-42 in.	Yellow, orange, red, white	A,C
Moonflower	Vine	4-5 ft.	White, violet	C
Morning-glory	Vine	5-6 ft.	White, blue, red	C
Nasturtiums	Bush and vine	12-54 in.	Yellow, rose, red, salmon	C
Nemesia	Bush	16-20 in.	Red, orange	A,C
Nicotiana	Bush	12-20 in.	White, pink, crimson	A,C
Nigella	Bush	8-12 in.	Pink, blue	C
Pansy	Bush	6-12 in.	White, blue, red, yellow	A,D
Petunia	Bush	8-24 in.	White, violet, red, lavender	A
Periwinkle	Bush	6-10 in.	Pink, rose, white	A,C

*A—Indoors for early flowering
B—As early as soil will allow in spring
C—Outdoors after frost
D—Outdoors in late fall

continued

continued

Annuals for quick color

Annual	Growth habit	Height	Colors	Sowing* time
Phlox drummondi	Bush	8 in.	Red, salmon	A,C
Plumbago	Trailing	2-3 ft.	Azure blue	A,C
Portulaca	Ground cover	6-9 in.	Red, pink, white, yellow	A,C,D
Salpiglossis	Bush	2 ft.	Purple, yellow, orange mix	A,C
Salvia	Bush	12-15 in.	Pink, rose, crimson	A,C
Shirley poppy	Bush	2 ft.	Red, pink, lavender	C
Snapdragon	Bush	10-36 in.	Yellow, pink, copper, red	A,C,D
Statice	Bush	18-36 in.	Rose, lavender	C
Stock	Spires	12-15 in.	Pink, rose, crimson	A,B
Strawflower	Bush	12-30 in.	Pink to orange	A,C
Sunflower	Tall bush	3-12 ft.	Yellow, orange, white	C
Swan River daisy	Bush	14 in.	Blue, rose, white	A,C
Sweet alyssum	Ground cover	4-10 in.	White, pink, purple	A,C
Sweet pea	Climber	4-8 ft.	Pink, white, blue	B
Sweet william	Bush	2 ft.	Pink, red, white, bicolor	B
Tahoka daisy	Bush	2 ft.	Lavender	B,D
Thunbergia alata	Climber	3-4 ft.	White, orange-yellow	C
Tithonia	Tall bush	4-5 ft.	Orange-red	C
Verbena	Trailing	10 in.	Blue, scarlet, white	A,C
Viola	Bush	2-4 in.	Yellow, purple	C,D
Zinnia	Bush	8-36 in.	Yellow, red, green, rose	A,C

***A—Indoors for early flowering**
B—As early as soil will allow in spring
C—Outdoors after frost
D—Outdoors in late fall

GARDEN

What's what in ferns

This year, don't let hard-to-plant shady corners of your yard stand idle. Grow ferns! These lacy beauties thrive in areas where most other plants give up and die. You can plant the ferns alone or mix them with hostas and wildflowers to create a delightful woodland border.

Most ferns prefer a partially shady, well-drained location. A gently sloping site is ideal. Keep the plants constantly moist but not wet. If your soil is heavy, mix in some sand to facilitate drainage.

Never dig wild ferns. Instead, order fern starts from a nursery. Plant them in early spring as soon as the soil can be worked. Dig a hole several inches larger than the root ball and mix in enough peat moss, leafmold, and compost to keep the soil loose and friable. Do not cover the crown of the plant with soil. Our chart provides a handy guide to common fern varieties:

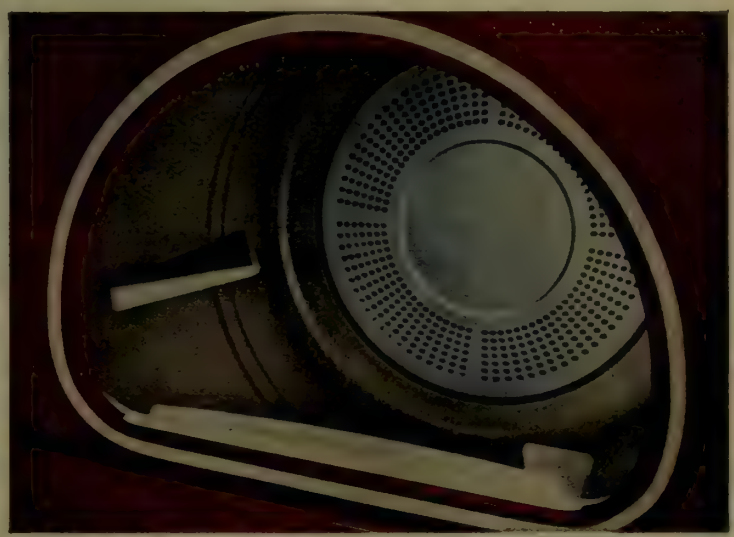
Name	Height (inches)	Comments
Beechfern, long *Thelypteris phegopteris*	8-16	Easy to grow. Quickly forms a dense mat. Good in rock gardens and woodland borders.
Christmas fern *Polystichum acrostichoides*	16-32	Can take some sun. Use cut fronds in floral arrangements.
Cinnamon fern *Osmunda cinnamomea*	30-60	Slow-growing. Prefers acid soil. For back-of-the-border plantings.
Hay-scented fern *Dennstaedtia punctilobula*	16-36	Attractive lacy fronds. Quick-growing. Use as a ground cover; especially useful on slopes.
Interrupted fern *Osmunda claytoniana*	20-40	Large, gracefully arching fronds. Slow-growing. Enjoys heavy shade.
New York fern *Thelypteris noveboracensis*	12-24	One of the fastest spreading ferns. If planted with other species, it may need to be controlled.
Ostrich fern *Matteuccia pensylvanica*	24-60	Very tall plume-like fronds. Often turns brown in midsummer. Needs plenty of water for full growth.
Rattlesnake fern *Botrychium virginianum*	8-20	Does best in slightly acid soil. Good choice for rock gardens and woodland border settings.
Resurrection fern *Polypodium polypodioides*	4-12	Quickly forms thick mats. Enjoys open shade and gravelly soil. ■

3 good reasons to buy a new Frigidaire dryer.



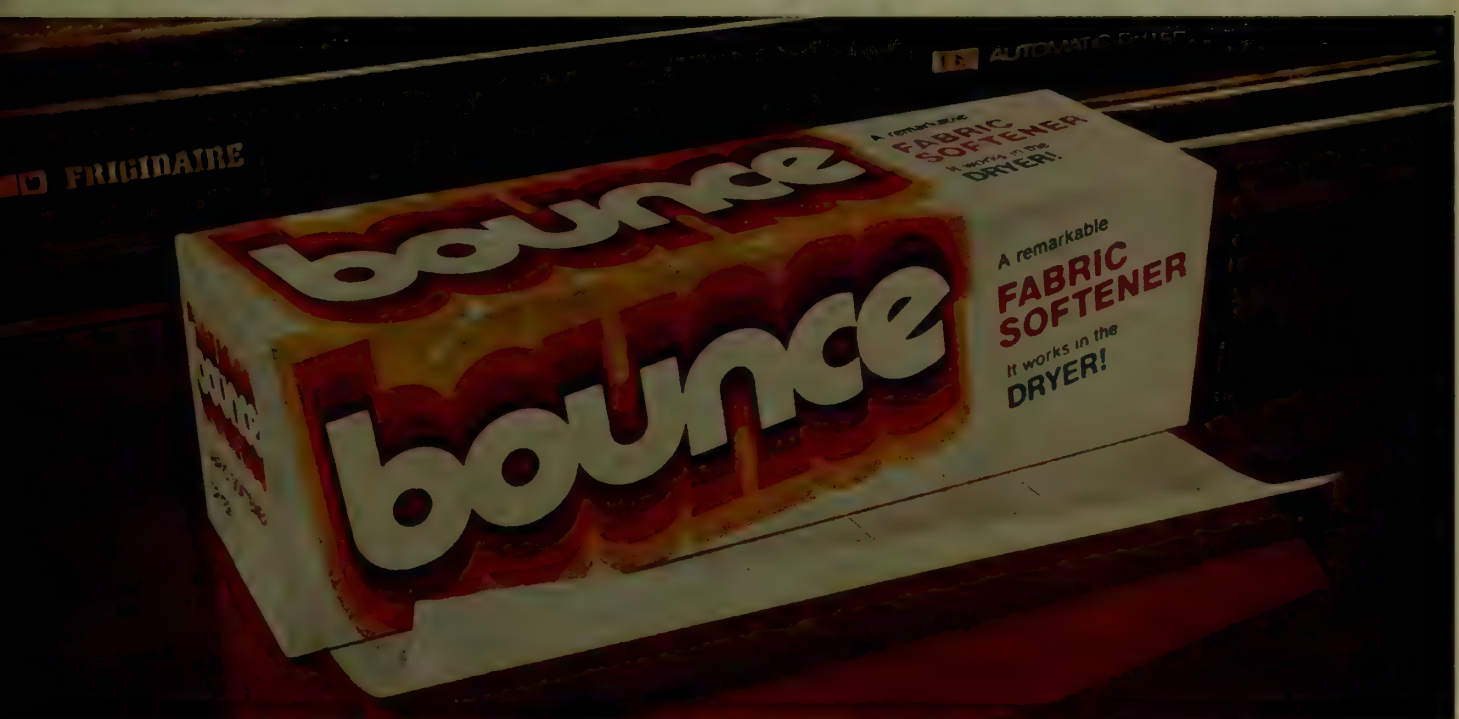
1. Big load capacity.

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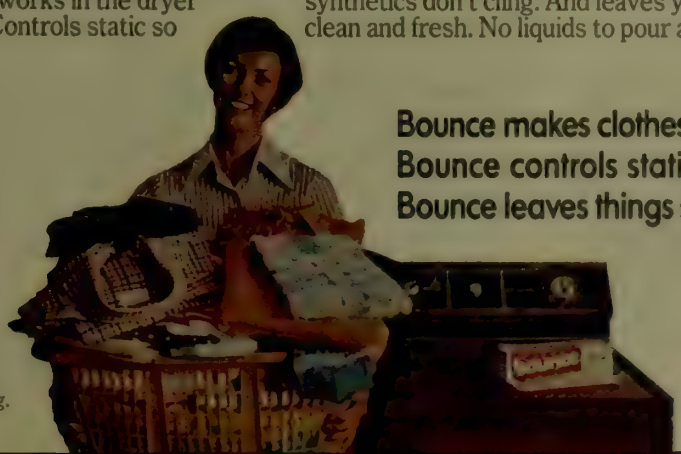
2. Sorting Fingers.

Gently separate soft delicates and fluffy towels. Keep clothes open and billowing as they tumble freely.



3. Frigidaire dryers come with Bounce*.

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Paneling. Walls set the tone for any room, and Weldwood® paneling is like fine furniture for your walls. Notice how the paneling shown above from our new Oak Grove™ line helps achieve a warm, nautical look.

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Realistic. Our new Oak Grove line has a strikingly realistic simulated oak grain, at a reasonable price. It comes in four colors, including Laurel Oak, shown here.

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Taste. Use a lot of this.

Unconventionality. Don't be afraid to express yourself in new and different ways.

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HOW TO APPLY A NEW ASPHALT SHINGLE ROOF

If adding another layer of shingles would contribute more weight than your roof deck can safely support, then your house needs a brand-new roof. New roofing is also in order whenever you add a room. Here are some tips to help you apply a new asphalt roof.

First nail metal drip edging along the eave line. Next, cover the roof with roofing felt, overlapping the felt strips two to four inches and nailing every eight to ten inches. Nail drip edging over the felt along the rake edges.

Prepare the valley areas with metal flashing. (Some roofers prefer mineral-surfaced roll roofing.) Center the flashing over the felt along the length of the valley, bending the metal to fit snugly. Nail every 12 inches along the outer edges of the flashing.

Applying the shingles

Cut off the tabs of the *starter course* shingles. Cut six inches from the left end of a starter course shingle and nail this starter strip in place. (Reverse these directions if you work the roof from right to left.) Let the starter strip overhang the eaves and rakes by a half-inch, with the sealant strip on self-sealing shingles hugging the eaves.

Fasten each shingle with four nails evenly spaced across the width of the shingle 5⅝ inches up from the butt edge of full shingles. Recess the end nails one inch from the side edges of the shingle. Drive all nailheads flush.

For the *first course*, nail full shingles with butt edges flush with the starter course. (Snap a chalk line about every other row to help maintain alignment.)

To establish a six-inch offset pattern, begin the *second course* with a shingle from which you've cut six inches (a half-tab on three-tab shingles) from the left end. Nail the shingle in place so it exposes five inches of the course below. (All succeeding courses maintain this exposure.) Finish the course with full-width shingles.

Continue the offset, starting the *third course* with a full shingle minus 12 inches cut from its left edge, the fourth course with a full shingle minus 18 inches, and so on in increments of six inches. The seventh course begins the series again with a full shingle.

To form an *open valley*, snap a chalk line about eight inches on either side of the valley's center. Angle-cut courses at the chalk line and adhere the shingle edges to the flashing with plastic cement. To weave a *closed valley*, work courses from one side of the valley until they extend 12 inches beyond the valley. Do not nail within six inches of the valley's center. Snap a chalk line down the center of the valley. As you work courses from the intersecting roof section, trim the shingles along the chalk line and adhere their edges with plastic cement.

While a closed valley may look better, you'll probably want an open valley with the flashing exposed. The latter is easier to install and it's usually a tighter seal.

Working around obstructions

Chimneys get two types of flashing —base flashing along the upper and lower sides, step flashing along the remaining sides. Nail the step flashing over the felt along the sides of the chimney, overlapping the steps two inches. Adhere flashings to masonry with plastic cement. Cement shingles *over* the step flashing and the upper-side base flashing; let flashing cover the shingles on the lower side of the chimney.

Cut shingles to fit snugly around a *vent pipe*, then seat them in plastic cement. Cement the vent flashing so it covers shingle courses below the vent but is covered by courses above the vent.

You can use special hip and ridge shingles, or cut your own 12x12-inch sections. Finish the hips, then work the ridge. Warm the shingles so they bend easily down the center. Nail them one inch from each side edge. Allow a five-inch exposure, facing the exposed edges of the asphalt shingles away from the prevailing winds. Set the last ridge piece in plastic cement so no nails are exposed.

Once the shingling job is done, you can relax. You've made sure your family will have a secure, dry roof overhead for many years to come.

ROOFING NECESSITIES CHECKLIST

Having the right materials and tools on hand when you start a roofing job makes the project easier. Here's what you'll need:

- **Shingles.** They come in asphalt, wood, plastic, metal, and clay tile. Each "square" covers about 100 square feet of roof area, and the heavier the square, the better.
- **Nails.** For new roofs, use one- to 1¼-inch rust-resistant roofing nails; when re-roofing, use slightly longer nails. You'll need about 2½ pounds of nails per square.
- **Asphalt-saturated roofing felt.** The felt goes on under the shingles to help waterproof the roof.
- **Metal drip edging.** This acts as a weather seal at eaves and rakes.
- **Plastic cement.** The cement is designed to seal water-susceptible areas. Don't skimp on it or you may soon have a leaky roof.
- **Metal flashing.** Use flashing at all roof intersections to protect against leaks.
- **Other equipment.** The well-equipped roofer also needs a chalk line, tin snips, steel measuring tape, shingler's hatchet, linoleum or utility knife, step or extension ladder, and a pair of sneakers (for good traction on the roof). ■

PETS Barbara Humeston



HOW TO CHOOSE A VETERINARIAN

When it comes to keeping your pet healthy, your best ally is a competent veterinarian. But finding him or her can be a problem. As with most professionals, some veterinarians are more capable than others. Here are tips to guide you to the right veterinarian—before an emergency comes up.

What to expect

There's a fine line between expecting too much from a veterinarian and being satisfied with too little. Of course, you're entitled to a sound diagnosis and appropriate treatment for your pet. But in addition, your veterinarian should be willing to discuss every facet of your pet's care in terms you understand. The veterinarian should be completely honest about your pet's condition and prognosis, and should pin down the cost of treatment as accurately as possible before it begins. A good veterinarian also won't object to performing somewhat distasteful but necessary jobs like removing plaque from your pet's teeth, etc.

The personal qualities you look for in a veterinarian depend largely on your own personality. Just be sure the veterinarian inspires your trust and confidence and makes you feel comfortable.

An ethical professional charges reasonable fees, but knowing what's "reasonable" can be tricky. Rates vary considerably in different parts of the country and according to the type of practice set up. For instance, a veterinarian who maintains a full-scale hospital offering specialized treatment and the latest in sophisticated equipment can be expected to charge more than one who works out of a small clinic. Good veterinarians who don't have full-scale hospitals should recognize their limitations and refer cases involving health problems with which they aren't equipped to cope.

Consider, too, how far you're willing to drive for veterinary care. If you have a variety of pets, it also makes sense to choose a veterinarian who can treat them all if possible.

Recommendations that count

Most devoted pet-owning families can be counted on to recommend a good veterinarian. And conscientious dog and cat breeders who make their living raising and selling animals usually won't settle for "second best" when it comes to a veterinarian. (But beware! Some breeders are so concerned with cutting costs they may be satisfied with marginal veterinary care.) Members of breed clubs, obedience clubs, and cat fanciers' associations are good sources of information, too. When evaluating advice, take into account the personality of the individual who is making the recommendations.

Your next step should be to call the office of the veterinarian who's number one on your list. Ask about office hours. If you're employed during the day, you'll probably want a veterinarian whose clinic is open in the evenings or on Saturdays.

The availability of the veterinarian in emergencies is critical. Can he or she always be reached (via an answering service or whatever)? For times when he's out of town, is there a standby system so another veterinarian in the area will handle his cases?

Don't hesitate to ask about fees. What's the going rate for an office call? Does after-hours treatment or an emergency visit cost extra? (These charges can run as much as 50 percent higher than regular office calls.)

How long has the veterinarian been practicing? Don't arbitrarily reject young veterinarians just starting out, however. They can be good choices because they're probably up-to-date on the latest techniques and treatments. Older veterinarians, on the other hand, have experience in their favor. But ask if they've been continuing their education through special classes, seminars, etc., since graduation.

Time out for a tour

Most veterinarians will arrange for you to view their hospital or clinic at a convenient time. As soon as you arrive, start giving the veterinarian's office the once-over. Pay particular attention to cleanliness, which often indicates good care. Does the office staff seem courteous, concerned, and helpful? Is the atmosphere cheerful and friendly?

A veterinarian's education and qualifications are your business, too. Check the office wall for credentials from an accredited college of veterinary medicine (if you don't see them, ask where the veterinarian went to school) and for a state license to practice.

Does the veterinarian belong to local, state, and national professional organizations? Though not all good veterinarians do, count such memberships as a plus. The American Veterinary Medical Association,

continued

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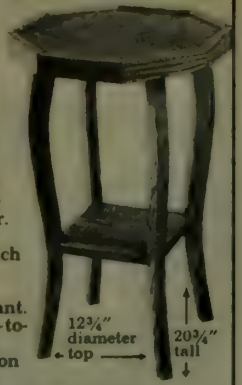
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continued

How to choose a veterinarian

for instance, is concerned with the educational standards of veterinary colleges and provides educational programs and journals for its members. The American Animal Hospital Association sets standards and inspects medical and surgical facilities. Most professional organizations will provide the names of members in your area.

Appointment observations

After all these "preliminaries" comes the hard part: evaluating your pet's first appointment. That office call should include a thorough physical for your pet, along with pertinent questions about his medical history. You should always get to see the veterinarian in person. And you shouldn't be asked to leave your pet and to check back at the office later.

Thoroughness, competence, and thoughtfulness are important qualities to look for. Does the veterinarian listen to what *you* have to say and answer all your questions?

Watch the veterinarian carefully. Does he or she really seem to like animals? Can he administer medicine skillfully without frightening or hurting your pet unnecessarily? How does he handle your pet? He should be kind, but firm. (Don't confuse protective measures with cruelty.) A good veterinarian uses tranquilizers only as a last resort. ■

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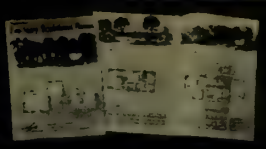
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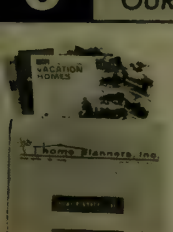
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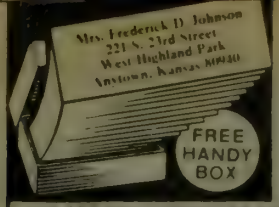
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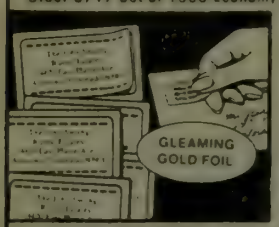
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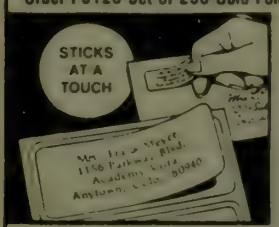
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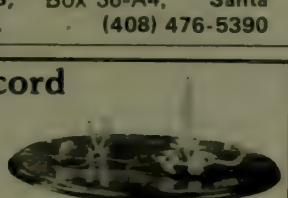
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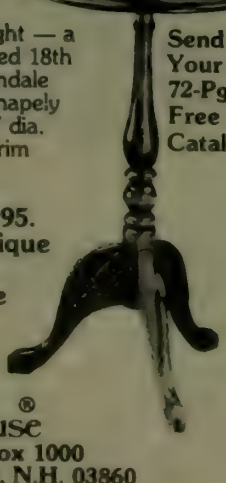
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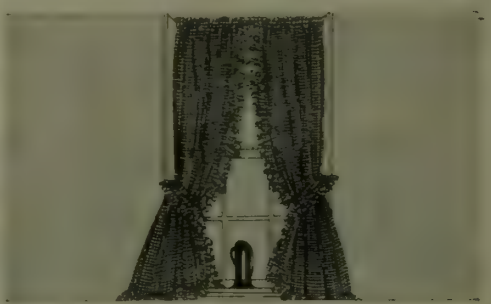
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by Ann Lively



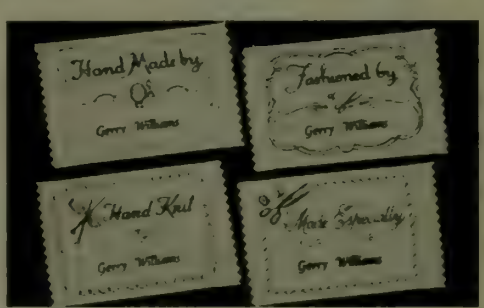
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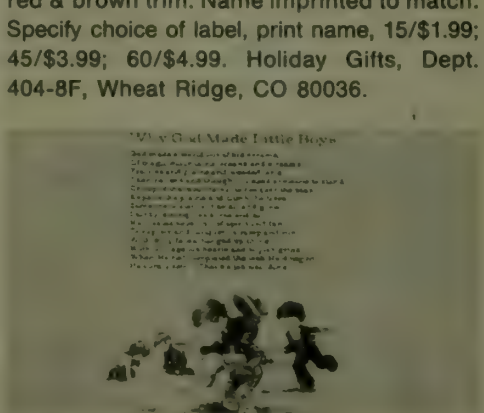
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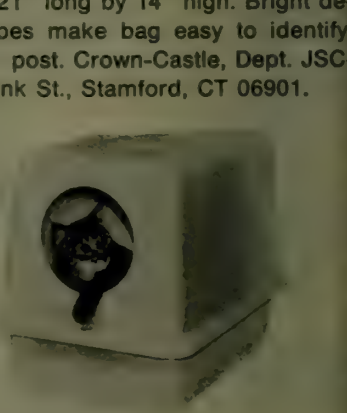
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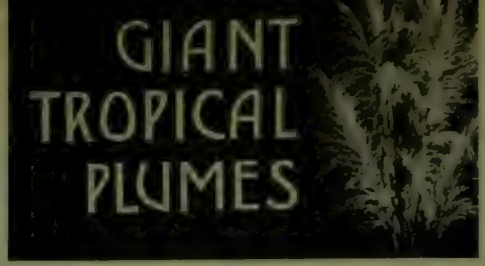
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Every desk that gets a bit disorganized deserves this humorous marker. Solid oil-rubbed walnut engraved with silver lettering highlighted by a silver border. 4½" x 1¾". Style: PF-21, $4.95 ppd. Spear Eng., Dept. 3010, Box 7025, Colorado Springs, CO 80933.



Throw away extra pillows

Enjoy new comfort with your back, shoulder & head raised on this light, buoyant foar wedge. 27"L, washable cover. 4"H/2 pillo users, $15; 7½"H/3 pillow users, $17; 10" $20; 12½"/$23. Better Sleep, Dept. BH4 New Providence, NJ 07974.



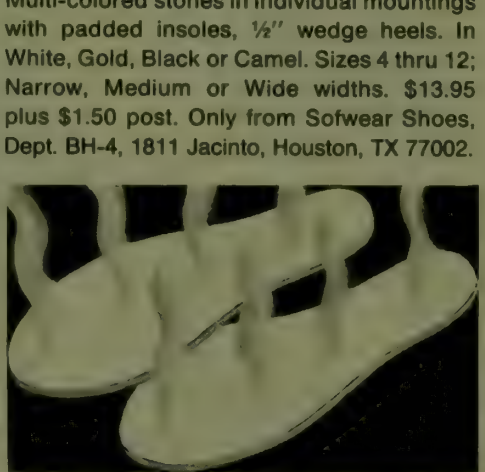
Exclusive sandal "Monica"

Multi-colored stones in individual mountings with padded insoles, ½" wedge heels. In White, Gold, Black or Camel. Sizes 4 thru 12; Narrow, Medium or Wide widths. $13.95 plus $1.50 post. Only from Sofwear Shoes, Dept. BH-4, 1811 Jacinto, Houston, TX 77002.



Hair today—gone tomorrow

Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body U.S. patented safety feature destroys hai root without puncturing skin. $19.95 ppd General Medical Co., Dept. BHE-29, 1935 Armacost Ave., W. Los Angeles, CA 90025



Feet stay warm on cold days

Innersoles have thousands of cushiony air bubbles to retain body heat; ⅛" thick; scissor trim to fit women's, children's shoes. $2.98 pr.; 3/$6.98; 5/$10 + 35¢ per order. (PA res. 6% tax.) American Consumer, Dept. HFT-21, Caroline Rd., Phila., PA 19176.



"Stained Glass" window trim

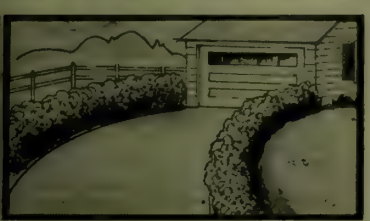
Adds shimmering light thru window. Self-stick vinyl film looks like leaded stained glass. Add color accent, block unattractive view, create privacy. Press to apply. Roll 12' x 18". $3.59 ppd. Walter Drake, BH-75 Drake Bldg., Colorado Springs, CO 80940.

ENJOY FIRST FRUIT THIS YEAR—CROPFULS BY NEXT!

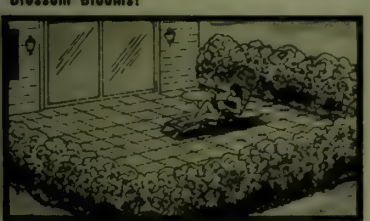


Grows Nearly High As A Man — Smothers itself with masses of glorious flowers and bushels of luscious fruit . . . from top to bottom! Enjoy first results IN JUST 90 DAYS! (once established, yields up to 1,200 cherries per season, by actual count).

NOW! PICK THOUSANDS OF CHERRIES WITHOUT PLANTING A TREE!



Line Your Driveway With Thousands of Cherry-Pie Fruits and Masses of Cherry-Blossom Blooms!



Circle your patio with a living fence of flowers and fruits . . . a spectacular show of beauty all spring, summer, fall — right up to frost!



Frame an entire side of your home or garage with eye-stopping beauty PLUS mouthwatering taste-treats . . . thanks to plant science wonder discovery — this wondrous FLOWERING CHERRY-HEDGE!

Incredible FLOWERING CHERRY-HEDGE erupts in a 5-foot-high Flowerwall of Bloom and Luscious Cherry-Pie Fruits — STARTING IN JUST 90 DAYS!

Sweeps forth like a flaming hedge of azaleas — and loads itself down with thousands of cherries from top to bottom!

THINK OF IT! BLOOMS BY THE THOUSANDS PLUS A WHOLE ORCHARD OF FRUIT FROM THIS ONE AMAZING HYBRID DISCOVERY!

Who says that for cherries by the bushel you have to nurse, baby and coax a tree for half a lifetime? Sure, it used to be that way — BUT NOT ANYMORE! Because this year . . . starting in 90 days — you are going to grow one of the most wondrous sights in all of nature . . . Yes, one of the most exciting breakthrough discoveries of our century . . . a fantastic flowering hedge that surges forth in a torrent of magnificent bloom . . . and then like magic, smothers itself top to bottom with armfuls and armfuls of the juiciest cherries you ever sunk a tooth into. Cherries so desperate to produce you'll actually pick as many as 30 to 40 pints of luscious fruit from each and every plant! Yes, actually pick your first fruit this very year . . . and huge bumper crops for years and years to come.

GROWS SO FAST . . . RESULTS THAT USED TO TAKE YEARS NOW START IN MERE WEEKS!

Just think of the incredible beauty as you line your garden walls and walks . . . frame the side of your house . . . screen backyard fences . . . circle your patio . . . or literally 'bury' the side of your garage under man-high drifts of flowers . . . and then see this wondrous "flowering orchard" transform itself into a LIVING CHERRY FACTORY, so thickly clustered with big, juicy cherries the branches actually arch over from the sheer weight of the fruit.

ONE OF THE FASTEST, EASIEST-TO-GROW FRUITS EVER DISCOVERED — SUPER-HARDY TOO, DOWN TO 35-BELOW ZERO!

Best of all — unlike tree-grown cherries that demand years of tender care PLUS constant spraying, pruning, dusting, not to mention a ladder to pick them) — with this incredible FLOWERING CHERRY-HEDGE . . . even a 6-year old child can simply walk up and pick cherries by the bowlful right off the plant. Yes, the plumpest, juiciest cherries you ever tasted in your life. The kind you'd gladly pay up to 79¢ a pound for in fine food stores . . . (that is, if you can find them) . . . yours — up to 40 HEAPING BASKETS OF CHERRIES PER PLANT — for less than 5¢ a basket!

Why you'll feast on them by the bowlful, day in, day out . . . and still have enough left over to "spoil" your family with cherry pies, cherry preserves ALL YEAR LONG!

BY FAR THE EASIEST, FASTEST-TO-GROW CHERRIES YOU'VE EVER HEARD OF!

And remember this — when you grow this fantastic FLOWERING CHERRY-HEDGE you're treating yourself to one of the few "no-work" wonder-varieties of the fruit world. That's right — they require no special care, pruning, cutting or spraying. They're so easy to grow even a child can do it. They thrive magnificently in virtually any soil, so all you have to do is drop them in the ground water . . . and forget them. It's as easy as that!

SORRY, BUT OUR SUPPLY OF THIS HYBRID DISCOVERY IS LIMITED — THIS OFFER MAY NOT BE REPEATED THIS YEAR!

Now the price of this wondrous FLOWERING CHERRY-HEDGE is not the $10 or $15 you might expect (like slow-growing trees would cost you) — but a mere $4.95 for a complete 3-plant set, (enough for a solid 20-foot hedge of flowers and luscious fruit). Think of it! Only $4.95 for CHERRIES BY THE THOUSANDS UPON THOUSANDS WITHOUT PLANTING A TREE! And remember results guaranteed or money refunded (except postage and handling).

However, because our supplies of FLOWERING CHERRY-HEDGE are extremely limited . . . this offer may not be repeated this year. And since now is the time to plant this wonder of nature if you want to enjoy first results starting in JUST 90 DAYS — act immediately!

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PLANT SCIENCE DISCOVERS HOMEOWNER'S DREAM FRUIT — FLOWERING CHERRY-HEDGE!

(PRUNUS BESSEYI)

Just Check These Fantastic Features:

- FLOWER-SHOW BLOOMS BY THE THOUSANDS massive displays of cherry-blossom blooms
- TASTE-TREATS GALORE — not 4 years or 5 years from now — but STARTING IN JUST 90 DAYS! That's because it's shipped to you all ready to bud — flower — fruit THIS VERY SUMMER!
- SUPER-HARDY DOWN TO 35-BELOW ZERO — NEEDS NO SPECIAL CARE
- LUSH TWO-TONE FOLIAGE Rich green spring and summer . . . flaming scarlet fall to frost. Gives you a 9-month display of technicolor beauty
- Up to 40-PINT-BASKETS OF CHERRIES PER PLANT

SUPPLIES ARE SCARCE — ACT NOW

CHERRIES-BY-THE-THOUSANDS, Dept. JCHA-24
Caroline Rd., Philadelphia, PA 19176

Please rush me the number of FLOWERING CHERRY-HEDGE plants I have checked below. I understand they must erupt in the most lavish display of both flowers and fruit I have ever seen in my life, STARTING IN JUST 90 DAYS, or my money refunded (except postage & handling).

CHECK OFFER DESIRED

____3 FLOWERING CHERRY-HEDGE plants ..... only $4.95
plus 35¢ postage & handling.
(enough for 20 feet of flowers and fruit)

____6 FLOWERING CHERRY-HEDGE plants ..... only $8.95
plus 50¢ postage & handling.
(enough for 40 feet of flowers and fruit)

____9 FLOWERING CHERRY-HEDGE plants ..... only $11.95
plus 75¢ postage & handling.
(enough for 60 feet of flowers and fruit)

Total amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

Name_____

Address_____ Apt. #_____

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Natural or White



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72", 81" or 90" ... 13.00 pr.
VALANCE
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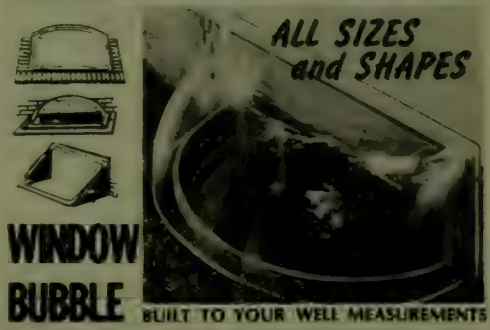


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Embroidered eyelet, split corners, on plateau; Nat. or Wht; 50% poly. 50% avril; washable, no-iron. Drop lengths of 14", 18", 22" Tw. or Dbl. $32, Qu. $36; King $38 + $2 post Free color cat. Colonial Maid Curtains, Dept BH-4, Lawn Ter., Mamaroneck, NY 10543.



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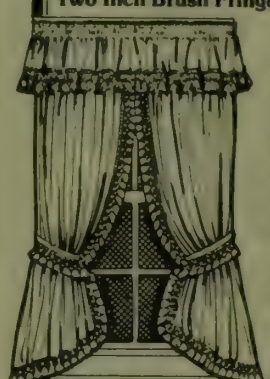
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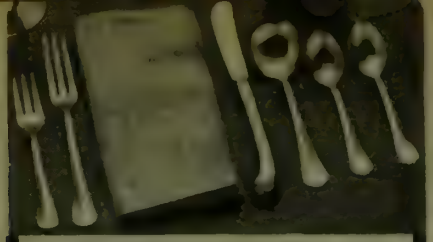
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Machine washable outer cover is 100% polyester double-knit. In Blue, Brn, or Red (specify). Sm. approx. 17" dia. $10.25; Med. approx. 24" dia. $15.95; Lg. approx. 31" dia. $24.95. Add 95¢ post. Bruce Bolind, BH-4 Bolind Bldg., Boulder, CO 80302.



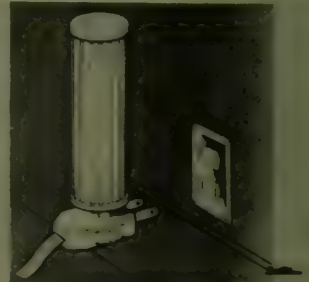
Clever cover-up

Cover adds charm of country styling and converts ordinary wall phone into compact message center. Flip-down front stores pads, pencils, etc. 21"H x 7¾"W x 8"D. Unfin. $15.95; fin. $21.95 + $2.50 ea. post. Yield House, Dept. D84Z, N. Conway, NH 03860.



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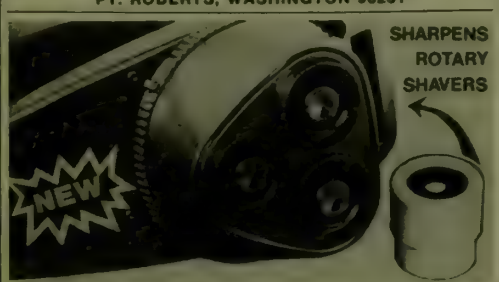


Indoor TV antenna

Every station in range without costly installation or ugly "rabbit ears." clever device plugs into wall outlet and stays out of sight. Uses household wiring. Get sharper pictures & sound. $2.49 + 35¢ post. Holiday Gifts, Dept. 404-8L, Wheat Ridge, CO 80036.



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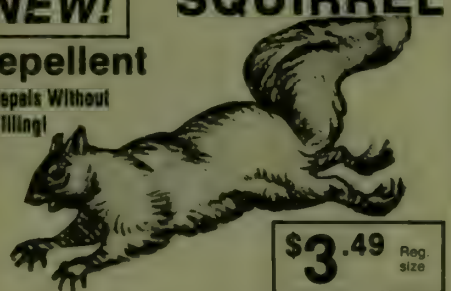


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Elevating recliner

Lifts you safely, gently to a standing position without burdening others. Push button Electric recline lets you recline & stop in any position. Elevating Rockers & Contemporary chair available. Write for info. Burke Inc., Dept. BHG-4, Box 1064, Mission, KS 66202.



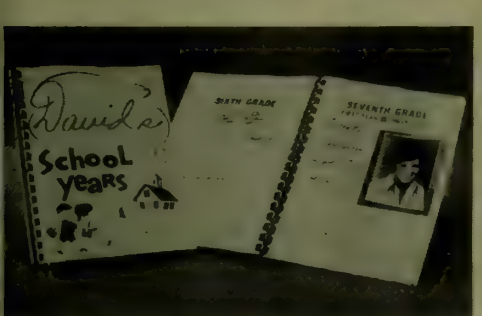
Weather forecasting clock

Clockworks & wooden chalet cabinet crafted in Germany's Black Forest. Tells temperature (F & C), forecasts weather; cuckoos each ¼ hour. 10"H with pendulum. $14.98 + $1 post. (PA res. add tax.) American Consumer, Dept. CUB-35, Caroline Rd., Phila., PA 19176.



The light that never fails

Space-age flashlight uses no batteries; can't leak, corrode. Press handle to activate tiny generator. Shockproof & water repellent. $5.98 + $1 post; 2/$10.98 + $1.50 post. (PA res. 6% tax.) American Consumer, Dept. LFL-16, Caroline Rd., Phila., PA 19176.



School years keepsake album

Files report cards, clippings, class lists, records, etc. An envelope-page for every school year from K to 12th. Health page in back for growth record & medical history. Plain cover $1; Personalized $1.29 + 35¢ post. Holiday Gifts, Dept. 404-8K, Wheat Ridge, CO 80036.

Hurry Up Spring Sale!

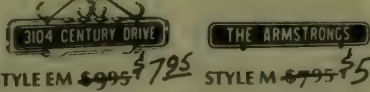
Prices reduced $2.00! Hurry! Sale Ends June 30th!

Mailbox Nameplates



STYLE NM ~~$10.95~~ $8.95

STYLE EOM ~~$13.95~~ $11.95



STYLE EM ~~$9.95~~ $7.95

STYLE M ~~$7.95~~ $5.95

Lamp Post Nameplates



STYLE NB ~~$14.95~~ $9.95



STYLE EB ~~$10.95~~ $8.95



SPECIAL OFFER! Mailbox, nameplate, post and brackets as shown Style KNM ONLY $29.95

Prices are reduced for Spring! Save $2 now on America's #1 selling nameplate for mailboxes and lamp posts. Solid construction resists wind or weather corrosion. Every Spear nameplate's guaranteed to give you ten years of attractive, carefree use or we'll replace it free. Nameplate and frame completely rustproof. Exceeds all postal regulations. Not available in stores. Order America's best nameplate now and save $2! But hurry! Special prices end June 30th.

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- any wording you want—formed BOTH sides
- space for 17 letters on 18" long plate; 6 letters on 7" short plate

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holiday Gifts
Dept. 404-8B, Wheat Ridge, Colorado 80036

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Knife holder safely accommodates 10 knives up to 2½"x11". Beauty of solid oak may be enhanced by presence of natural knots or cracks. Each will be crafted with care. Stands upright or on angle stand as shown. Natural or walnut finish. State preference. Upright model **$12.50.** With angle stand **$14.00.** Add $3.00 shipping. Prepaid only. Send self addressed, stamped envelope for free brochure of other decorative wooden products.

THE WOODWORKER
P.O. Box 219, Leonardtown, Md. 20650



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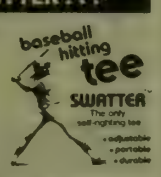
This country style windmill is fast disappearing in most areas. A rustic and charming look in any yard. The 22 in. windsails will show the wind directions as it rotates, 8 ft. tall to top of sails. No trouble with angles. Plans and material list for **$3.00.** Send 25¢ for brochure on other projects to build.

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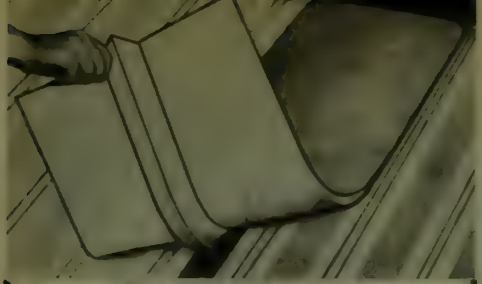
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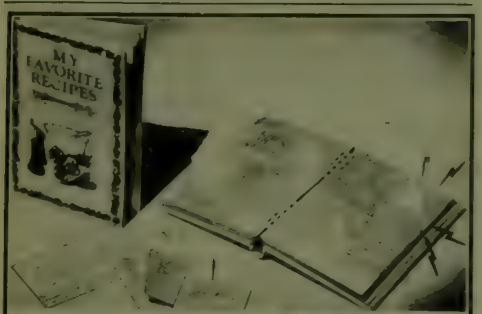
ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept. BH-28



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holiday Gifts
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$3.50 each 2 for $6.50 Add 95¢ postage.

FERRY HOUSE Dept. BH-478 Briarcliff Manor, N.Y. 10510



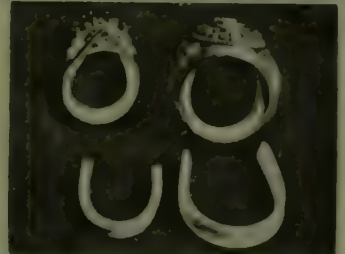
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Handwoven completely wired with on/off switch, 10" dia. x 9" high. Painted in white, yellow, green, pink, blue or black add $2.00. Use up to 100 watt bulb.
SEND 25¢ FOR CATALOG

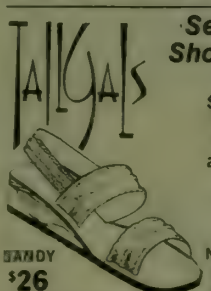
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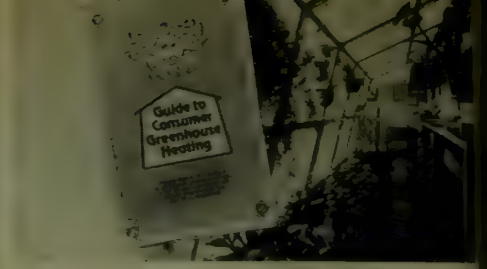
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Any item replated at sale price—no charge for dent removal, straightening. Worn antiques, heirlooms, quadruple silver-plated. Write for 25-yr. warranty & price list. Silver-plating Div., Senti-Metal Co., Dept. BH-4, 1919 Memory Lane, Columbus, OH 43209.



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Greenhouse heating cost guide

Buying a greenhouse? Some cost ⅔ less to operate. Consumer Guide has formula for determining heat cost. Guide & brochure about solar-panel, double-wall greenhouse 50¢. Vegetable Factory, Inc. Dept. BHE-4 Grand Central Station, NY 10017.



Space-saving handy hang-dryer

Convenient dryer fits all shower heads. Dry washables overnight, slips on & off instantly; fits in suitcase. Solid steel, white rustproof vinyl finish. Holds 11 hangers. $3.25; 2/$6.00. Add 50¢ post. American Century, Dept. BH-48, Box 36277, Los Angeles, CA 90036.



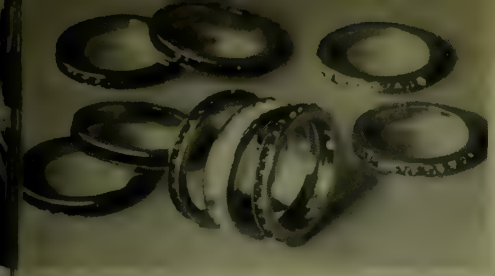
Beautifully plated, solid metal

Baby's shoes plated $3.99 pair. Also available, Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for full details and postpaid mailer. American Bronzing, Box 6504-D2, Bexley, OH 43209.



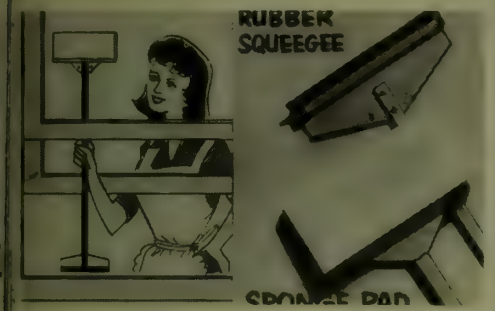
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No tools needed, just hang bar from existing rod in your closet. Expands from 15" to 28" long, adjusts up and down from 36" chains. Closet is neater, clothes are easier to find. All steel; $4.99 + 75¢ post. Holiday Gifts, Dept. 404-8H, Wheat Ridge, CO 80036.



Baguette wedding band

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Stay inside to wash windows

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Step-by-step plans & materials list. 24'W x 36'L x 18'H; 3-9' x 12' stalls. Dutch doors at each stall. 9' sliding door for trucks, tractors, etc. $10. 24' x 36' x 18' all purpose barn. $8. Brochure 25¢. Hammond Barns, Dept. BH-48, Box 584, New Castle, IN 47362.



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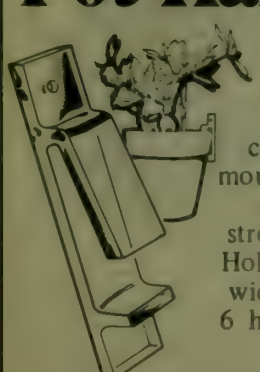


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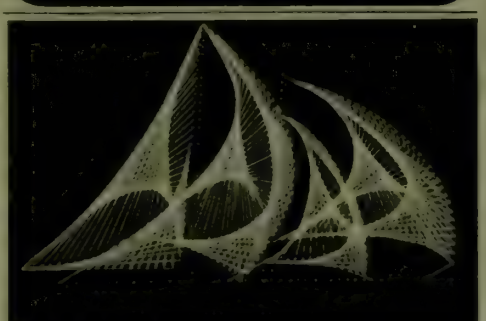
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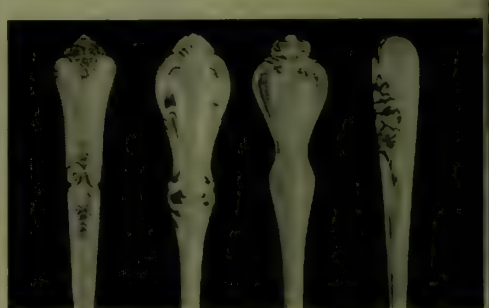
Famous peanut butter plaque

For true gourmets, silk screened in brown, red, yellow & black. Solid pine oil stained in fruitwood; finished with satin varnish and ready to hang. 9" x 12". Style: Q-260; $9.95 ppd. Spear Eng. Co., Dept. 3008, Box 7025, Colorado Springs, CO 809[illegible].



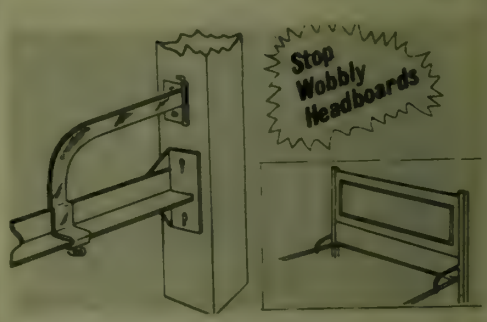
"Slimcycle" exerciser

Pedal your way to a slimmer, firmer, more shapely figure. Just minutes a day with portable exerciser tones legs, waist, hips, etc. Of strong tubulor steel, $19.98 + $3 post. (PA res. add 6% tax.) American Consumer, Dept. BIK-18, Caroline Rd., Phila., PA 19176.



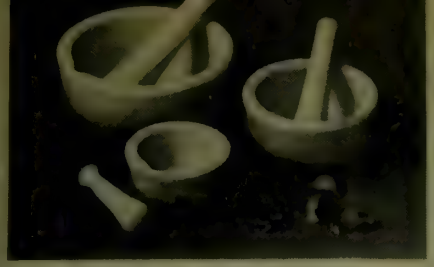
Flatware patterns available

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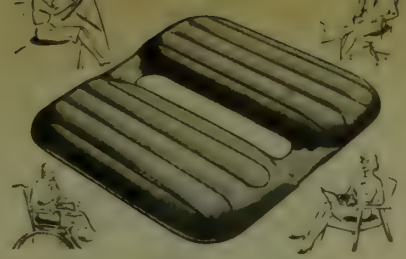
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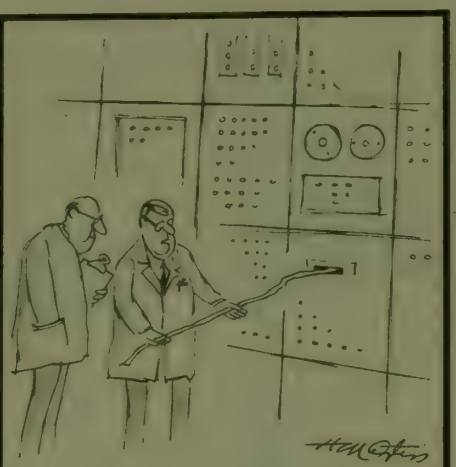
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The Man Next Door.

At the Norman home, the score is tied on the subject of self-improvement. Bill maintains that he was unmoved by the graduation performances of Isabel's belly dancing class, whereas she was equally unimpressed by the yelling and leaping of Bill and his kimonoed friends at karate class.

Elaine Cowan is muttering about her turncoat tulips. It seems the row of Golden Age she planted last fall came up and bloomed on the neighbor's side of the fence.

At night when I'm lying in bed waiting for sleep, I can hear big jets flying over. Somehow their sound doesn't have the same soothing effect that the clickety-clack and the whistles of locomotives had in my childhood.



"It says a woodchuck would chuck 1.23547 cords of wood a week if a woodchuck could chuck wood."

Ned Carter thinks maybe his children have finally left the nest. When they call home, it isn't collect anymore.



Weather permitting, Christine and I like to take a couple of chairs out on the patio after dinner and just talk. It really isn't conversation and it usually isn't especially "meaningful," but we've discovered that it's an unbeatable tranquilizer.

Sherry Todd felt vaguely insulted when a visiting friend only admired her fancy new refrigerator. She's much prouder of her four-year-old's finger paintings taped to the door.

A new marriage, says Mrs. Weems, is like a new recipe—it's sometimes necessary to adjust the ingredients to make it work.

Chris and I have long enjoyed Saturday walks in the nearby state park. We take a small picnic lunch along, and sometimes the children go with us.

Last fall the turning colors of leaves made the park's gentle hills a lovely tapestry of tweed. Now, in the springtime, several thousand acres of the park are abloom with all the variety and promise of life.

Recently we were poking along together, following the brook higher into the hills, watching an occasional bird, enjoying the quiet of the woods.

Suddenly something—pollen, mold, or the like—got to me and set off a great explosive sneeze:

"Ah CHEW!"

Chris was just beginning to smile and shake her head unbelievingly when, from the hillside across the way, three cherry voices responded almost simultaneously:

"God bless you!"

"God bless you!"

"God bless you!"

Chris and I will remember for a long time that moment when all the joys and the beauties of the out-of-doors were given an extra fillip by a spontaneous expression of fellowship. We never saw our well-wishers across the way, but I know they're definitely our kind of people.

Burton Hillis

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May 1978 - 85¢

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OF CONCERN NOW

What's Happening to the American Family?

Last fall, in our September and October issues, we published a special two-part questionnaire that asked readers to share their feelings on the state of the American family. The response has been gratifying—overwhelming, in fact. So far, we've received 302,602 completed questionnaires, and 29,902 were accompanied by letters (many of them several pages long) amplifying answers, relating personal experiences, or simply sounding off on various matters of deep concern. It was one of the largest public outpourings on this subject ever elicited.

"Do you feel that family life in America is in trouble?" That was the question we started with, and 76 percent of the respondents said "Yes."

"Is America a better or worse place to raise children than it was ten or 15 years ago?" Again came a gloomy answer: 58 percent checked "Worse."

Elsewhere a sunnier mood appeared. "Are most of your expectations of happiness in marriage being fulfilled?" Of the married people responding, 85 percent said "Yes."

"If you had it to do over, would you have children?" Parents answered "Yes" to the tune of 91 percent.

Next month's issue of BH&G will include a full report on the findings of our survey. We'll supplement the figures with rich excerpts from the letters in what promises to be among the most thought-provoking stories of the year. The statistics suggest the outlines of a fascinating painting to which the diverse personal comments contribute resonance and texture. What emerges is a unique family portrait of the American people, who appear both forthright and subtle, tolerant and angry, thoughtful and bewildered, contented and disturbed.

If you're seriously concerned about the American family, you won't want to miss the June BH&G. ■

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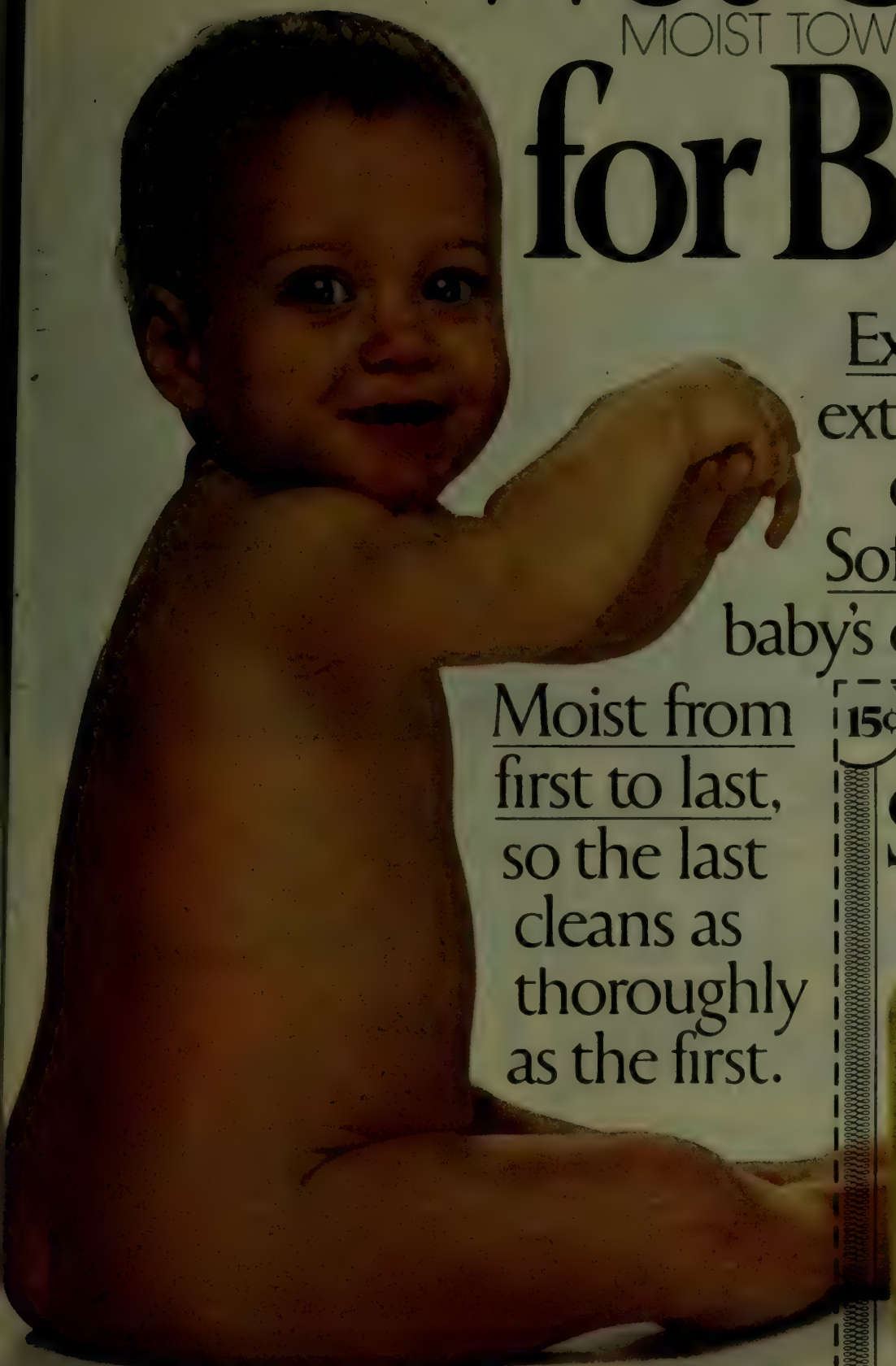
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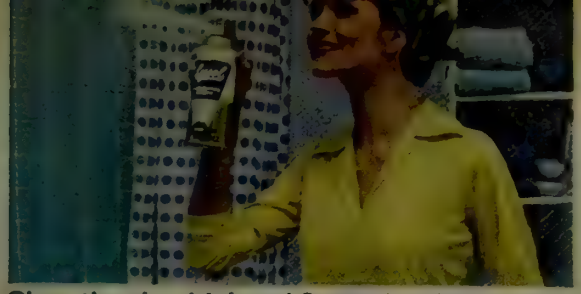
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The little salad bar.



Can you find all the Sears Kenmore Microwaves in this picture?



A. Sears Best Kenmore Countertop Microwave

B. Sears Kenmore MicroClassic microwave above with gas or electric range below

C. Sears Kenmore Combination Micro-Electric Range, ceramic or coil cooktop

Available in most Sears retail stores.

If you think all Kenmore Microwaves are countertop models, take a closer look

Kenmore Microwaves now come in three basic designs.

Familiar countertop models give you the greatest variety of prices, features, and sizes.

The Kenmore MicroClassic has a microwave above with either a gas or electric range below. This saves counter space and makes it easy to see what's cooking.

The Kenmore Combination Micro-Electric Range is an extraordinary design that combines the advantages of both microwave and conventional cooking.

The Amazing Combination Micro-Electric Range

A dramatic new development in Kenmore Microwaves combines a microwave and electric oven/broiler in what looks like a conventional range.

You can use either the microwave or conventional oven separately. *But the real news is that they're also designed to work together, simultaneously, in the same oven cavity.*

"Combination cooking" is remarkably simple—you don't need special cookbooks. The oven cooks at the same temperatures your recipes have always called for, while the microwave works right along with it.

It's just like roasting in your conventional oven, but for many foods *in an astonishing one-quarter the time.*

Which Kenmore Microwave is right for you? The facts below, and the chart, will help you decide.

The layout of your kitchen can tell you a lot

Take a look around your kitchen. You'll probably discover you've got room for a Kenmore Countertop Microwave.



But if you are short on counter space, consider replacing your range with either the Kenmore MicroClassic or Combination Micro-Electric Range.

Do you need a temperature probe?

Many Kenmore Microwaves come with a temperature probe. Think of it as an *automatic* cooking thermometer. When the desired temperature is reached, the microwave automatically shuts itself off.



You can cook roasts, casseroles, and soups to correct temperatures for the "doneness" you want. You can even warm a baby's bottle to exactly the right temperature.

A choice of power settings is useful

On the Kenmore Microwaves with Multi-Power, different power settings work like the different temperatures on your conventional oven.

Lower settings defrost, simmer sauces, keep dinners warm.

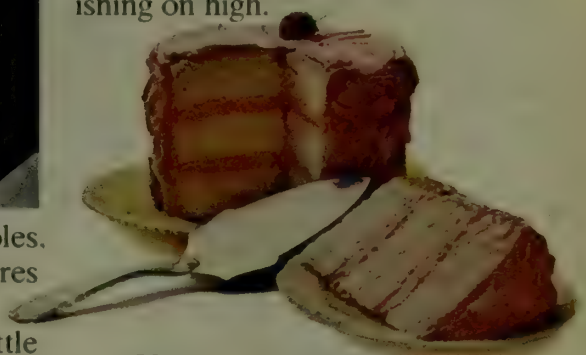
High power settings are best for cooking vegetables, fish, and poultry, for heating small items, and for heating beverages.

Electronic Touch Control means added convenience

A Kenmore Microwave with Electronic Touch Control is actually a solid state computer. The touch of a finger on its glass keyboard puts a remarkable Two-Stage Memory in motion.

You can program a Two-Stage Memory to defrost a turkey at a lower power, then automatically begin cooking at a higher setting.

You can help a cake rise evenly by starting on lower power and finishing on high.



You can even "delay start," so a casserole left in the microwave will begin cooking, say, a half hour after you put it there.

Kenmore Models	Multi-Power	Power Control	Timer	Temp. Probe
Sears Best Countertop Microwave	✓	Electronic Touch Control	✓ Two-Stage Memory	✓
MicroClassic Microwave above with gas or electric range below	✓	Mechanical	✓	✓
Combination Micro-Electric Range	✓	Mechanical	✓	

A visit to Sears will help even more

You're now armed with enough of the basic facts to start thinking about which Kenmore Microwave is right for you. Visit Sears and take a close look at all the models. Ask for a demonstration.

You'll find there's a Kenmore Microwave equipped and styled the way you want it.

When you're ready for a microwave, Sears is the place to find it.

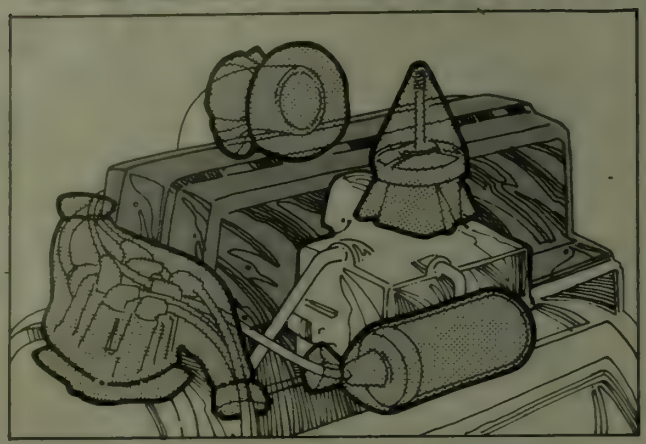
Kenmore. Solid as Sears

©Sears, Roebuck and Co. 1978

CARS Kim Garretson

HOW TO CLEAN YOUR ENGINE

Cleaning your car's engine is not just a cosmetic exercise to help you sell the car. Periodic removal of grime and grease can improve starting and performance, and will make all exposed engine parts run smoother. Here are some tips to help you do the job right.



Protect water-sensitive engine parts with plastic wrap.

Before cleaning

Park your car where you can easily flush away the loosened grease with a garden hose. Materials to gather for the job are a spray can of commercial engine degreaser, a toothbrush, one roll of cling-type plastic wrap, twist ties or masking tape, a putty knife, baking soda, commercial carburetor cleaner, and rags.

Before you begin the cleaning process, read the degreaser instructions; they may call for a warm engine, in which case you'll first need to let the car idle for about ten minutes.

First, the battery

Cleaning the battery should be your first priority. Disconnect the battery cables and lift the battery out of the car. Put masking tape over the vent holes in the caps so the cleaning solution can't seep into the battery. To make the solution, dissolve three tablespoons of baking soda in one quart of water. Spread the solution liberally over the battery box, terminal posts, and the cable ends (still under the hood), and scrub all surfaces with a toothbrush. Finally, rinse the battery quickly with clean water. Let the battery air dry out of direct sunlight and with the tape removed, but don't put it back in the car until after you've cleaned the engine.

Protect the distributor

Next, wipe off the distributor cap and connector cables with a clean rag, taking care not to loosen the cables. You'll have to cover the distributor before spraying the engine with water, so bunch the cables and wrap them and the distributor with plastic wrap, securing it with twist ties or tape.

Tackling the carburetor

To get at the sensitive carburetor parts, you'll first have to remove the air cleaner. Loosen the wing nut atop it and remove any connecting hoses, either at their connections to the air cleaner or at their other ends. While you have the air cleaner out of the car, remove the air filter and coat the metal surfaces of the air cleaner with the degreaser. Rinse with the hose after about 20 minutes.

Clean the outside of the carburetor and all linkages to it with a commercial cleaner, following the instructions on the label. When you've finished, cover the carburetor, coil, and any exposed ends of air cleaner hoses with plastic wrap and then secure.

Get that dirt

Scrape away as much caked-on dirt as possible from the entire engine compartment and hood with the putty knife. If your car has an insulation pad on the underside of the hood, cover the pad with plastic wrap and secure with tape.

Your final cleaning step is to spray the degreaser over the entire engine compartment, the radiator, and the underside of the hood. Leave the degreaser on for about 20 minutes and then hose off all areas with a forceful stream of water, keeping the direct spray away from covered areas. Use rags to wipe away grime the water doesn't remove.

Remove all plastic wrappings, reinstall the air cleaner and battery, and start the car immediately. The heat from the idling engine will evaporate the excess moisture in about ten minutes.

DON'T FORGET...

- If your gas pedal sticks while you are traveling down the road, don't try to pull the pedal up with your foot or hand; you'll lose your concentration on the road, and the car will be harder to brake if you have to make an emergency stop. Instead, immediately shift the car into neutral and smoothly steer it off the road at your first opportunity. Turn off the ignition once you've stopped.
- When it begins to rain, immediately be extra cautious in braking. Roads are most slippery at this time because the water mixes with the film of oil and grease on the road.
- If your view of the road ahead is suddenly blocked while you're driving (from the hood flying up or the headlights going out), don't turn the car sharply to get off the road. Slow down and keep the steering wheel straight. If the hood is up, use the view out the left window and through the gap where the hood is hinged to pick out a safe spot for pulling off the road. If your headlights are out, you should still be able to see well enough to pull over, but do it slowly in case there are hidden obstructions. ■

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings, 13 mg. "tar", 1.0 mg. nicotine; Longs, 14 mg. "tar", 1.0 mg. nicotine av. per cigarette, by FTC method.

KITCHENS

AN UP-TO-DATE VICTORIAN KITCHEN

Imagination, restoration, and perspiration produced the attractive and efficient kitchen pictured here. When Dr. and Mrs. James Gohman began the remodeling, their goal was an up-to-date kitchen with a Victorian flavor. Not only did they get what they wanted, they did it themselves.





Buying information, page 246 Photographs: Hopkins

Design: M/M James Gohman. Source: Maxine Schweiker

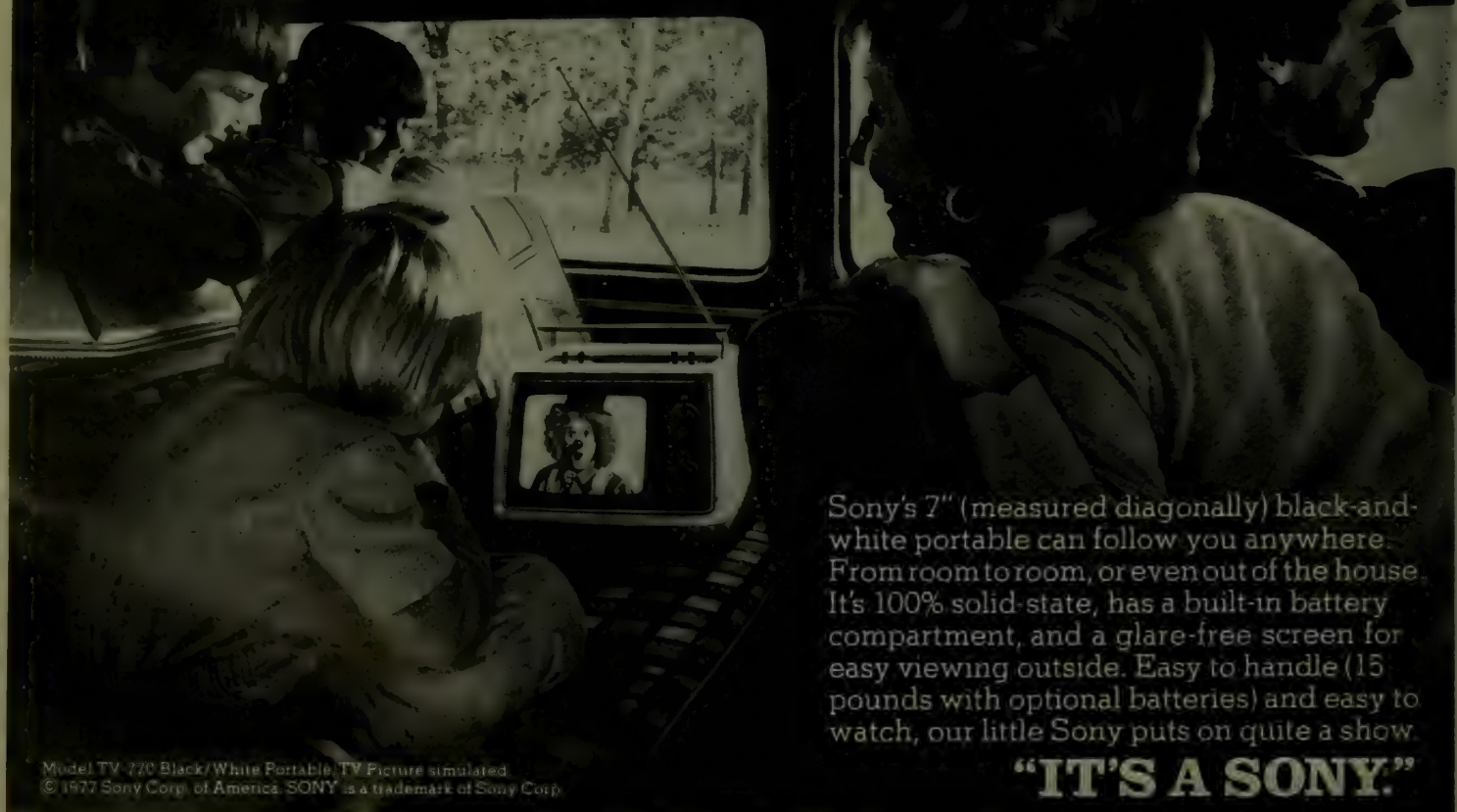
The Gohmans removed layers of old paint from the well-designed cabinets in their older home, *above left,* and found oak. Then they refinished the cabinets, and the results were striking. New appliances were installed and further improvements made, such as lowering the cooktop four inches so that pots and pans are less visible from the dining area. Dr. Gohman laid the flooring, then drilled holes and inserted ¼-inch dowels for a Victorian look. "Back-breaking work," he commented, "but worth it as a longtime investment." A polyurethane finish makes the flooring scrubbable, a bonus because the family includes two active boys.

The back entry to this house was separated from the kitchen. To add space, *above right,* the homeowners eliminated the kitchen door and opened a space along the back wall above the mixing counter. The refrigerator is conveniently located near the back entry, which Mrs. Gohman uses when she carries in her groceries.

The wall ovens are located between the kitchen and eating areas, with a small counter at the left to hold casseroles and breads. Suede-finish counter tops in an oak tone complement the wood. The old oak "butler's pantry" was refinished.

Baskets, copper pots, and artwork decorate the copper hood above the range. ■

AUTO SHOW



Sony's 7" (measured diagonally) black-and-white portable can follow you anywhere. From room to room, or even out of the house. It's 100% solid-state, has a built-in battery compartment, and a glare-free screen for easy viewing outside. Easy to handle (15 pounds with optional batteries) and easy to watch, our little Sony puts on quite a show.

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Model TV-720 Black/White Portable. TV Picture simulated.
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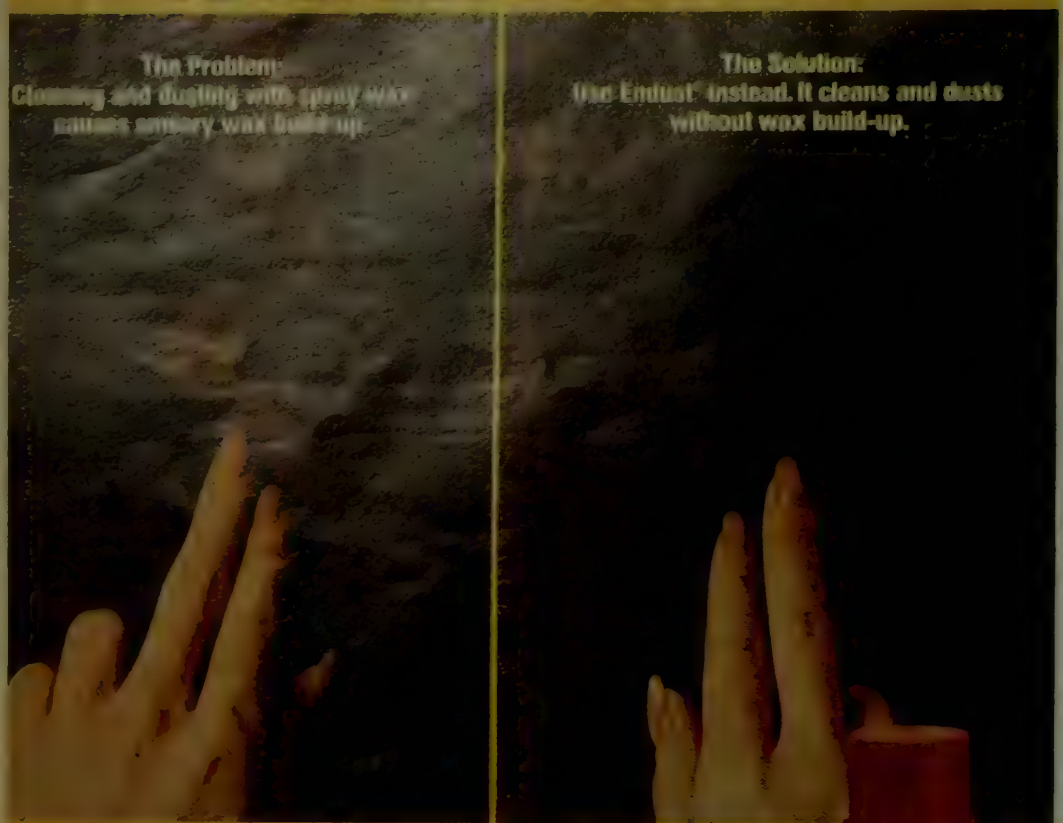


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TRAVEL

No-hassle camping

When you can't see the forest for the hassle, it's time to get your camping organized. With a little preplanning, you can make your next camping trip a real vacation for the whole family. Here's the lowdown on how to go about rounding up and packing all the essentials.

How to pack

1. If you're a frequent camper, keep duplicate kitchen utensils such as pots and pans, spatulas, knives, and a bottle opener in a picnic basket or box. It saves robbing your kitchen every time you want to hit the road.

2. Keep a checklist of basic supplies on hand near your sleeping bags. Then you'll never forget the lantern, matches, portable cook stove, or charcoal lighter.

3. Plan all meals in advance so you'll have all necessary ingredients on hand.

4. A duffel bag will keep dirty clothes separated from clean ones.

5. Plastic bags come in handy for wet bathing suits and towels, especially on the way home.

6. Bring along a roll of toilet tissue in case camp facilities run out.

7. If you're a tent camper, pack an old rug to put down in the doorway; it helps keep dirt, leaves, and sand from littering the tent floor. You might also consider packing a whisk broom to remove any debris that filters in.

Food tips

1. Pack frozen meat to keep the ice chest cool so food won't spoil.

2. Another chest-cooler: Freeze water in a thoroughly clean plastic milk jug. When the ice melts, it can be used as drinking water.

3. To save ice chest space, break eggs that will be used the first day into a sealed container. If they're to be scrambled, add milk and seasonings ahead of time.

4. Take advantage of dried and freeze-dried foods such as dry milk, soup, powdered juice, onion flakes, and packaged dinners. They're featherweight and take up minimum packing space.

5. Forget about trying to clean black campfire soot off pots and pans till you're back home. Wrap the dirty skillets in newspaper till you're ready to scrub them clean.

6. Call on convenience foods so the cook can enjoy a real vacation, too. You can make chocolate fondue with frosting mix or make spaghetti from leftover burgers and a can of tomato sauce.

Cleanup

To simplify dishwashing, take along four stackable tubs or buckets. Fill the first bucket with cool rinse water, the second with sudsy hot water (have a handled scrub brush handy), the third with hot rinse water, and the fourth with water containing one tablespoon of chlorine bleach per gallon of water to disinfect dishes. DO NOT rinse steel, aluminum, silver, or chipped enamel in this solution. ■

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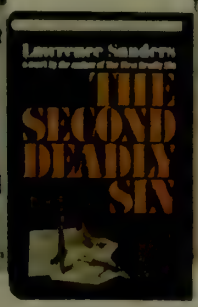
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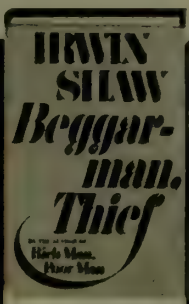
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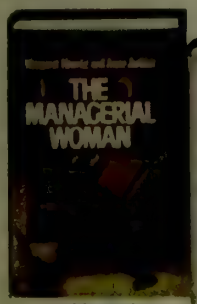
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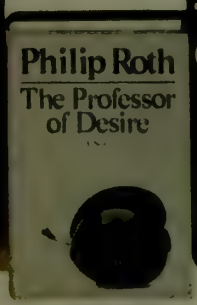
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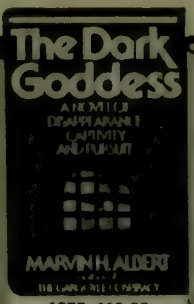
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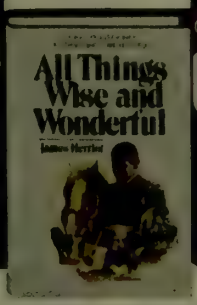
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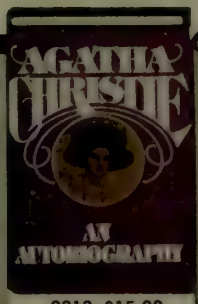
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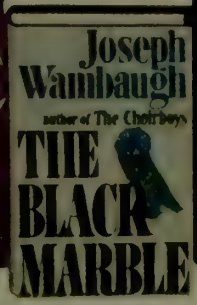
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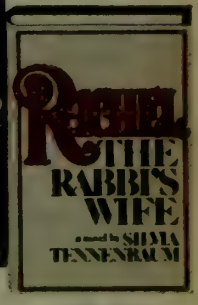
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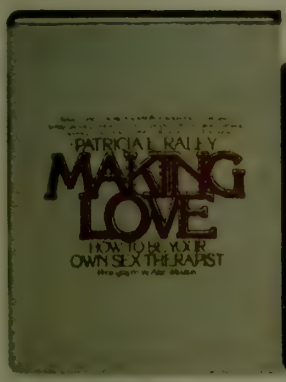
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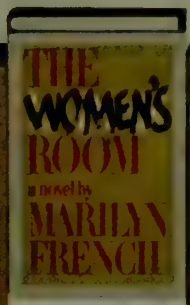
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HOW SIX FAMILIES TACKLED THE HIGH COST OF COLLEGE

Last September, we ran an article titled "College costs: Are middle-income families caught in the middle?" In that article, we invited *Better Homes and Gardens* readers to tell us how they're coping with the college-cost squeeze.

Here are six of the most innovative ideas. Not all of them will apply to your situation but some of them can help your family meet and master the high costs of college.

We wish we could share even more of the ideas we received. The letters came in by the hundreds. With great pride these families demonstrated their faith that "Where there's a will, there's a way." The prevailing theme: a dogged determination to pursue every possibility, from pennies in the cookie jar, to second incomes, to ingenious money-making schemes. (Selling fossils by mail and raising rare livestock were just two examples.)

Throughout, family cooperation was the key. Everyone from grandparents and cousins to kid brothers and sisters pulled together to make sure that every youngster had a fair crack at college.

The ideas from these six families expressed especially well the kind of determination and ingenuity we found in many of the letters.

A second-home "dorm" run by the kids

Back in 1972, John and Joyce Byrne, of Watertown, Wisconsin, faced the costs of three kids already in college—Bob, a senior; Janet, a sophomore; and Tom, a freshman—and three younger daughters heading there soon. Summer earnings and part-time jobs covered each student's tuition, books, and extras. That left room and board—a hefty expense at about $1,000 per child per year in a double dorm room.

"By May of the year Tom was to start college, we did some figuring," says Joyce. "There were about 20 years of college left for the six children at $1,000 per year, equaling $20,000. Much of that would be for rent. We had a few thousand dollars saved, but not nearly $20,000."

Their solution; To use their savings as a down payment on a five-bedroom house a mile from the University of Wisconsin campus, in Madison. The house was big enough for seven students. With three of the Byrne kids there, the rent from four extra students just about covered the $340 monthly mortgage payments, including taxes and insurance. "Bob acted as landlord, collected rents, paid the mortgage every month, and took care of management duties," Joyce reports. "The students, for the most part, pooled a weekly sum of money and cooked and ate their evening meals together. They also shared the cleaning and household chores."

The Byrnes' plan was that, as each older child graduated, the next oldest would take charge. Marriage and transfers to other schools broke that continuity somewhat. Still, the savings overall were great—at least $700 per child each year. There was a windfall too: After five years, the Byrnes sold the house for a $10,000 profit.

The project wasn't without headaches. Maintenance requirements ate up time, and a few personality conflicts developed among students. Still, the good far outweighed the bad. "Our kids have been doing everything," says Joyce. "They've been paying bills, collecting rent, making repairs, doing yard work, dealing with various city officials, handling the bookkeeping. That business experience, plus having to get along in a cooperative living setup, has been more valuable even than the monetary gains."

An official fund for the whole family

"We realized that it would take a combined effort to meet the rising costs of education for our children," says Sharon Elwell, of Napa, California, "so we decided to get our extended family into the act." The idea occurred to Sharon and her family when they were looking into their genealogy. They discovered they could register as an official family organization with the office of the Secretary of State in California, and that made them think about all working together to meet college costs. There's nothing legally binding about the organization, but the registration does make the extended family unit seem "official."

The organization consists of one set of grandparents (Sharon's parents) and three families of parents with small children—five, for now. "Our aim was to form a financial backup for each of the families that would allow us to educate our children," explains Sharon. "We formed a joint

continued



Photo enlarged to show texture.

...and you're still eating plain cereal?

C'mon now! You know fruit and cereal beats plain cereal any day.

That's why Post puts so many plump, tender raisins in Post® Raisin Bran... So you can enjoy fruit and cereal in every spoonful.

So which would you rather have? Plain cereal or Post Raisin Bran.



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continued

College cost

savings account at the savings and loan in our community that offered the highest interest. Each head of a family was listed as a trustee for the five children. Since incomes vary widely among the families, the council voted for a monthly contribution per family of one percent of net income."

The idea is to build up funds that can be borrowed at little or no interest for education needs. Any withdrawal must be signed by two of the four trustees. The family also foresees helping with other financial needs—but then all four heads of families must approve, and the loan would be made at interest.

Any grandchildren who use the funds for college expenses will be required to contribute the same one percent of income once they enter the job market. "That's for the benefit of their sisters, brothers, and cousins, and for the next generation, should they decide to perpetuate the fund," Sharon explained.

Except for the trusteeship with the bank account, there is no formal written agreement. Each time a family member wants to tap the fund for a loan, the commitment will be written up formally.

Actually, it would be possible for a family to formalize such an agreement from the start. Get legal advice about the best ways to proceed, however.

A grandmother's clever contribution

Mrs. Beulah L. Morrell, of Wolcott, a small farm community in upstate New York, has a modest estate that she wants to go to her grandchildren. But she faces a classic dilemma: Her grandchildren need the money now for college expenses; she needs the interest income from the estate to live on.

Mrs. Morrell's solution: to lend the money to the kids now, at an interest rate slightly greater (eight percent) than what the bank pays for savings or time deposits. She and the children's parents have drawn up a legal agreement stating that the interest will be paid yearly so long as she is alive. At her death no further payments will be due either on principal or interest, and the grandchildren will share the remainder of the fund equally, in proportion to what they have used from it already. The bank is handling all the details of the arrangement.

"This way I have the money to live on and the children have it when they need it, not when I am gone," Mrs. Morrell says. "It is working for us." And indeed it is. One granddaughter is already being helped with college expenses. Another starts school this year. A grandson is going into the Navy which will make him eligible for government assistance in paying for his education. A fourth grandchild is a few years away from college.

A new twist on studying abroad

Bonnie Pomfret, of Rehoboth, Massachusetts, was a music major at an expensive private university. "After two years, I found my bank account nearly empty and loans accumulating at an ever-increasing rate," she reports. "The help my parents could

continued

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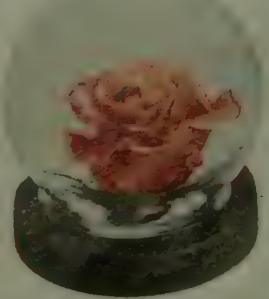
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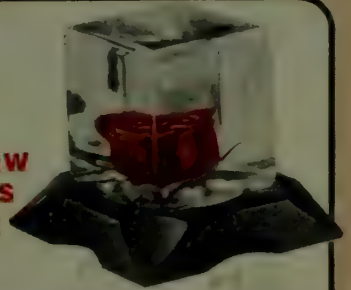
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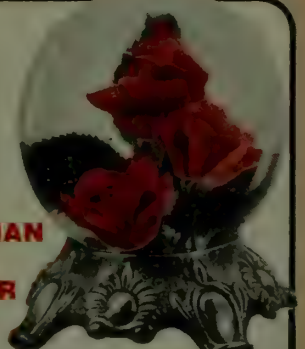


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continued

College cost

give me was just not enough. But a work-study program, plus summer jobs, didn't leave me enough time to complete my education the way I had hoped for and imagined." It looked as though she would have to switch to the only state-supported school that offered her major—and the school's music program was reputed to be weak.

Since Bonnie had a strong interest in foreign languages, she considered taking her junior year abroad. But she found that all the programs that looked feasible cost about $1,000 more than one year at the private university she attended before. Then Bonnie learned from her German teacher that all institutions of higher education in West Germany are by law tuition-free.

"There were many technicalities involved in application," Bonnie recalls. "Also, music majors are required to audition in person—though that's not necessary in other fields." Despite the obstacles, she went to Germany to investigate. She bought a youth fare ticket, and after an audition and a free two-week course for the entrance exams, she was accepted at the music conservatory in Freiburg.

Her only expenses, other than transportation, were room and board, plus $12 a month for mandatory health insurance, and $12 in various fees per semester. Bonnie figures she spent at least $3,500 *less* per year than many American students who studied abroad under official exchange programs.

Although securing a visa plus handling other details was time-consuming, Bonnie feels doing it directly and all on her own had considerable advantages. "Not only did I save money," she says, "I plunged right into the local scene. I found a room on my own, then later shared an apartment in town with German students. From the first day of school, I was with German and other foreign students."

Though nearly all European countries offer free or low-cost college education, Bonnie points out that studying abroad on your own isn't for everyone. "You probably should have some knowledge of the language of the country," Bonnie points out. "You also need the courage to start out on your own."

It's not always necessary to go abroad first to line up your plans, however. For information about specific countries, contact their embassies and cultural bureaus in the U.S.

Help from the employer

William Callahan, of Lewisburg, Pennsylvania, set about financing his education in a very methodical way. First, he chose a two-year associate degree program in mechanical engineering technology starting in 1968 at a branch campus of Penn State University near his home. His costs: two years' tuition (about $780 altogether), plus upkeep on a car for the 26-mile round trip four days a week to campus.

Then he searched out a company to work for that would meet two basic criteria: "I was looking for a good tuition reimbursement program," Bill says. "Also, I wanted access to a college offering an evening program leading to a B.S. degree." He chose the Xerox Corporation because its aid program would pay 100 percent of tuition and the company has major facilities in the same city as Rochester Institute of Technology.

"After two years on the job (and while going to school) I was making almost what I would have made if I had started with a B.S. However, when you consider two years' salary, the cost of two extra years' education, and the value of two years' work experience, I came out far ahead."

Five years after starting at Xerox and R.I.T., he finished his B.S. degree in engineering. "My costs were time, books, and commuting," he says.

Bill points out that it may not always be easy to work out such a program. Still, many companies—especially in the technical fields—do offer generous tuition-aid programs to their workers. The possibility is worth checking out with recruiters and job counselors at the college.

A super savings plan

Patricia Swan, of Wheeling, West Virginia, started a college fund for her two sons after she read an article in *Better Homes and Gardens* magazine in 1972. "The boys were five and two years old at the time. They'll enter college in 1986 and 1988." The plan that caught her interest called for saving $20,000 by putting aside $70 a month over a 15-year period, or $286 a month over a five-year period.

continued

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continued

College cost

"In the fall of 1972 I began depositing $40 a month in a six-percent savings account in each of the boys' names," she said. "The interest is tax-free because the boys have their own accounts, with their father as custodian." (That's a smart maneuver, and easy to arrange through your banker. The same can be done with securities and other income property.) In addition, the Swans have put birthday checks and other gifts, including some common stocks, into the college funds. And, the boys' grandparents started a special savings account in 1976.

Setting aside savings this way is not so uncommon. But to do so as systematically as the Swan family have done is not so usual. Quite simply, they have analyzed how available savings tools work and made the most of those facts. The basic trick is to time your deposits so that you can take advantage of higher interest savings certificates that mature over longer periods of time. Here are some of the details of the Swan family's plan.

In the fall of 1976, certificates of deposit (CDs) were purchased for $2,000, one for each child, paying 7.25-percent interest and compounded quarterly. A $1,000 CD was bought in 1977, and the savings program has now expanded in order to purchase $1,500 worth of CDs in 1978, 1979, and 1980. Then the Swans plan to buy a $1,000 CD each year from 1981 through 1986, (see box).

"Those amounts were compounded at current interest rates," Pat says. "We'll consider depositing money in higher yield accounts as CDs come due. But so far, as we plan it, the rate of increase in time is 206 percent (an $18,846 investment generated $38,920). That's pretty close to our goal of $40,000." The Swans may not be able to obtain CDs at the rates they anticipate. College costs also may have risen beyond the $5,000 a year, per child, the Swans plan for. Still, their plan will take them a good long way toward meeting the costs of their youngsters' higher education. ■

YEAR	NO. OF CHILDREN NEEDING MONEY	AMOUNT NEEDED	AMOUNT AVAILABLE	SOURCE
1986	1	$5,000	$4,617	$2,000 CD/1976*
1987	1	$5,000	$4,961	$2,000 CD/1976
1988	2	$10,000	$9,770	$3,012 SA/1976**+$1,000 CD/1977
1989	2	$10,000	$9,247	$1,500 CD/1978, 1979, 1980
1990	1	$5,000	$5,339	$1,000 CD/1981, 1982, 1983
1991	1	$5,000	$4,986	$1,000 CD/1984, 1985, 1986 + $339 cash excess from 1990
		$40,000	$38,920	$18,846=investment

*CD=certificate of deposit purchased in (year)
**Savings account opened by grandparents in 1976 at 7¾ percent compounded quarterly

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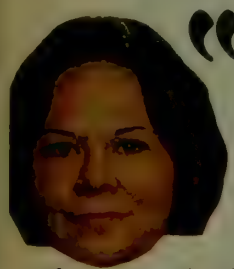
BUILDING

THE WELL-EQUIPPED TOOLBOX

If all 50 of the following tools and accessories are in your toolbox, you're well prepared to handle most home emergencies and basic maintenance tasks. You'll still make occasional trips to the hardware store when jobs require special equipment, but you'll have the basics on hand. Just remember that the tools should last a lifetime, so buy the best quality you can afford.

1. 16-ounce curved-claw hammer
2. Screwdrivers—Phillips and flat-head types in at least two lengths and two blade widths
3. Pliers—six-inch slip-joint, long-nose, lineman's and locking grip
4. Wrenches—eight-inch adjustable, 6½-inch pipe, Allen set, and combination wrench set
5. Saws—ten-point 26-inch crosscut saw, hacksaw, keyhole saw, and coping saw
6. ½-inch wood chisel
7. ½-inch cold chisel
8. Center punch
9. 1/16-inch nail set
10. Combination square
11. Framing square
12. Pry bar
13. Ten-inch flat file
14. Ten-foot (minimum length) steel measuring tape
15. Folding extension rule
16. Putty knife
17. Utility knife and blades
18. Stockman's knife
19. 24-inch aluminum level with three spirit vials
20. Surform wood grater
21. Awl
22. Small sharpening stone
23. Push drill and assorted points
24. Six-inch block plane
25. Staple gun and staples
26. Four-inch C clamps
27. Three-inch corner clamps
28. Miter box and backsaw
29. Metal snips (aviation type)
30. Scissors
31. Soldering gun
32. Propane torch
33. Glass cutter
34. Assorted paintbrushes
35. Wire brush
36. Sawhorse brackets
37. Work light
38. 25-foot 14-3 extension cord
39. Masking tape
40. Electrician's tape
41. 17-gauge galvanized wire
42. Synthetic lubricant
43. Lightweight machine oil
44. Silicone rubber
45. White glue
46. Plastic wood filler
47. Assorted fasteners—common and finishing nails, screws, washers, anchors, nuts, and bolts
48. Sandpaper assortment
49. Pencil
50. Four-inch vise on swivel base

Sooner or later your tool collection will go electric. Your first electric tool purchase should be a ⅜-inch variable-speed reversible drill and bits. Later you can add other basic electric tools—a circular saw, an orbital/straight-line sander, and a saber saw. ■



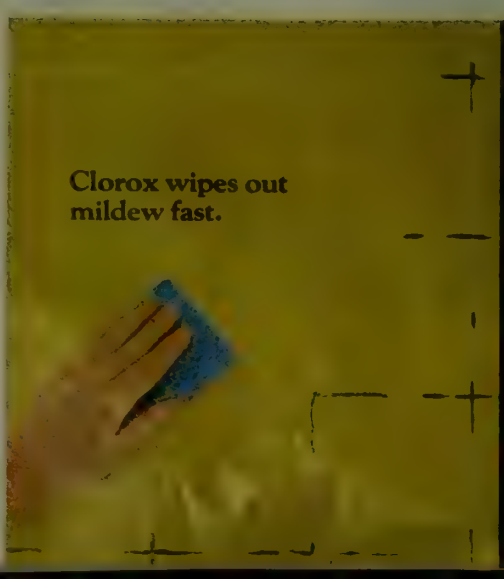
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Ann Greenberg
Charleston, S.C.

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Those roots could go down as far as 2 feet and you have to get every bit of them out. Bits of dandelion root left in the lawn can start new shoots, so you can actually multiply your problems.

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(That's a lot of weeds, but unfortunately there are grassy weeds that need a different treatment. Crabgrass, for instance. For crabgrass and its ugly relatives, we make Turf Builder Plus Halts.® Apply it in early Spring, and it prevents annual grassy weeds from taking over your lawn.)

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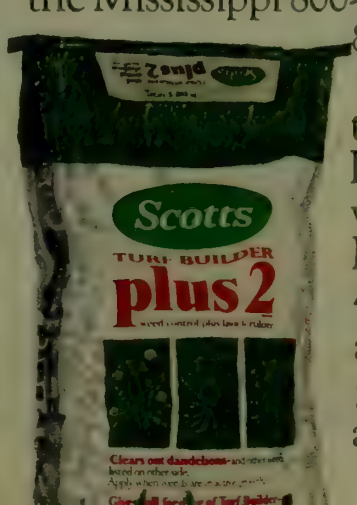
When Plus 2 gets onto a dandelion's leaves, the weed is doomed. Plus 2 penetrates the weed's sapstream and reaches every part. In a few days, you can see the stems and leaves twist and curl. When the weed dies in about a month, you don't even have to rake it out. It will soon fall apart and disappear. And it won't grow back, because Plus 2 took care of every bit of the root.

At the same time the Turf Builder® is hard at work. The slow-release nitrogen in this fertilizer stimulates the nearby grass to grow into the thin spots left by the weeds. It thickens the lawn by helping new grass plants grow. It feeds your lawn at just the right rate for healthy growth and keeps on feeding it for up to two full months.

And you can get all this done in one shot. Just spend about half an hour with your spreader and our Turf Builder Plus 2. Those dandelions will be on the way out, and with them will go other intruders such as plantain and chickweed.

Thick, healthy grass makes it tough for any new weed seeds that blow on your lawn to gain a foothold. And thick, healthy grass is what our lawn products are all about.

If all weeds look the same to you, we know just the person who can help you: your local Scotts Lawn Pro.™ We've given him special training, so that he knows how to help. He's got Turf Builder Plus 2 and a lot of our other lawn products. He won't charge you for the advice and you only pay for what you buy. You can get the name and address of the Pro nearest you by calling us toll free: east of the Mississippi 800-543-1415; west of the Mississippi 800-543-0091; and in Ohio 800-762-4010.



You might also like to get our magazine, Lawn Care.® Just write us here in Marysville, Ohio 43040. It's free and loaded with good things to know about your lawn.



WHERE TO GET GOOD FINANCIAL ADVICE WHEN YOU NEED IT

If you can't see paying the $750 or more that most personal financial planners charge for their services, that doesn't rule out getting good financial advice. There are plenty of places where you can get such advice free or at reasonable costs. Sometimes you'll have to piece together suggestions from more than one source, but the effort can be worth it.

Here's where to look:

• *Credit unions.* True to their "common man" approach, credit unions have long provided informal advice to members seeking loans or savings programs. In addition, specially trained staff members at many of the larger credit unions offer free general counseling to members about everything from estate planning to taxes to budgets. For information about credit unions in your locale, write: Credit Union National Association, Box 431B, Madison, Wisconsin 53701.

• *Labor unions.* Many will help you with budget advice for free and refer you to other specialists for specific problems, such as debts or insurance. Also, a number of labor groups sponsor classes in personal financial matters—some open to the public, some just for staffers training to help union members. For more information, write: Community Services Department, AFL-CIO, 815 Sixteenth Street N.W., Washington, D.C. 20006.

• *Mortgage loan officers.* Since one of their chief functions is to be sure that customers can afford the homes they're buying, mortgage officers are used to thinking about your total financial picture. Don't hesitate to call on your loan officer for such advice. Don't expect specific tips on matters such as investments, but do ask for his or her experienced view on your overall budget and financial goals.

• *Accountants.* Often an accountant is the best all-around person to give financial advice at relatively low cost. If you have an accountant prepare your tax return, for example, ask what he would charge for some additional discussion time. Even an accountant who does not do your taxes now may be willing to give you a financial overview. You'll probably have to pay for a bit more work, however, since he isn't as familiar with your situation as your tax adviser would be.

Certified public accountants—CPAs—have passed certain tests that indicate specific standards have been met. However, many non-CPAs are well qualified, too. Your best guidelines are word-of-mouth tips from friends and business associates. Though rates vary according to geography and company, non-CPAs generally charge from $20 to $30 an hour, CPAs from $30 to $60. Some larger firms will not take on individual accounts.

An accountant should be up-to-date on matters such as family trusts. And though he won't draw up a budget for you, he can analyze your current savings and spending patterns. An accountant also may give an opinion about your ability to afford specific big-ticket purchases or investments—though he won't advise you on which investment to make (unless tax considerations are key).

• *Insurance salespeople.* Quite naturally, they're interested in selling you their insurance. (Their income depends on insurance sales commissions.) But the good ones will take plenty of time to go over your whole financial picture and help you figure your net worth and what you'll need to meet certain goals in the years to come. Many agents now have access to computers for analysis of a family's finances, too.

• *Stock brokers.* Though they also have an interest in selling their services, brokers are required by the ethics of their industry to talk at length with potential clients to make sure they can afford to invest and that their goals are appropriate to their situation. (Members of major stock exchanges are pledged to stick to those rules.)

You'll learn a good deal about your overall finances when you first talk with a good broker about the possibility of investing. If you become a customer, though, remember that his or her income is based on commissions and he makes only a few dollars on any small trade. A broker must handle a great number of customers under those circumstances and you cannot expect him to spend lots of time with you after the initial interview.

• *Bank trust officers.* They're also trained to discuss total financial planning with potential clients and will recommend a trust only if it is the right vehicle for your family. Annual fees for the management of your funds in a trust run from one-half to one percent or so of the assets in the trust, often with a minimum annual fee.

• *Consumer credit counsels.* These are nonprofit agencies designed mainly

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Financial advice

to help people in serious debt. However, some counsels will go over your finances with you anyway even if the collectors aren't beating down your door. Fees range from nothing to a few dollars a session. For more information, write: National Foundation for Consumer Credit, Dept. B, 1819 H Street N.W., Washington, D.C. 20006.

● *Investment advisory services.* Generally in a newsletter format, these can cost from $15 a year on up to $300 or more —usually tax deductible. In most cases you can try out most services for considerably less, however. For information on trial subscriptions, send for a free catalog of over 80 investment newsletters: Select Information Exchange, 2095 Broadway, New York, New York 10023. They'll also sell trial copies of 30 letters that you choose for $18.

● *Computerized money management courses.* A growing service in the financial-advice field combines a financial management home study course with a detailed computer analysis of your personal financial resources and goals. The courses consist of several lessons—primers on insurance and investments, for example—mailed to you at intervals. You answer questions at the end of each lesson, mail in your answers, and receive a detailed response and explanation about each question and your answers.

At the end of the course, you receive a multipaged computer report on your current situation, with suggestions about how to meet specific goals. Though not as personalized as in-depth counseling, these courses can help you follow up on your own with other sources of financial advice.

These Personal Financial Planning Programs are offered through several institutions in the country. Costs run from about $25 to $36 for the complete deal. For more information on what's available in your locale, write: E.S. Rowell Jr., First National Bank of Boston, P.O. Box 1975, Boston, Massachusetts 02105. Also watch for ads about computerized analyses of your finances offered through bank trust departments and other sources. Prices currently range from $12 to $37.50. Though you should check out the sources before signing up, a computer readout from a reliable company can help as you seek further advice.

● *Other money management courses.* Lots of basic books, articles, and other material on personal finances are available these days. So are programs and classes at local schools and through financial institutions such as banks and brokerage houses. And, a number of women's groups now arrange seminars on money matters.

Some final tips

● Review your situation on your own before going into a counseling session. Try to think out your problems and goals. Also gather some basic facts to take with you, such as information about your income, expenses, debts, current market value of your assets, present insurance coverage, fringe benefits.

● Be honest. Don't withhold pertinent information, even if it seems embarrassing. Also, don't pretend you're in the market for an expert's services unless you really are. Admit you're looking for some general advice, but that you'd like to consider his or her services along with that of others. ■



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Beautiful idea from Pennsylvania House.

Now you can change the look of your room for a day, a season, or just a whim.

There's never been an offer like this before—lovely, custom-made slipcovers to buy when you buy your sofa or chairs. And for less than it would usually cost!

We call them the Cover-Ups. You just choose from a gorgeous collection of prints and solids, and you'll get custom-made slipcovers, specially made by Pennsylvania House for the sofa and chairs you're buying.

You save money, you save time and trouble, and best of all you get two lovely looks.

The Pennsylvania House Cover-Ups. Beautiful Pennsylvania House furniture under, beautiful slipcovers over. See it all at the store nearest you, listed on the opposite page.

Cover-Ups® by
Pennsylvania House

"I have found your new cigarette, MERIT, to be far superior to the rest."

—Mrs. Alice DiCastro
Canton, Massachusetts

"Your MERIT Menthols are great; taste just like my old brand but with half of the tar and nicotine."

—Miss Pat Southern
Keene, New Hampshire

"Thank you for giving me a low tar cigarette that I can enjoy."

—Miss Cherylee A. Bell
Phoenix, Arizona

"Leave it to the experts! They have done it again."

—Mr. Robert M. Hornsby
Topeka, Kansas

"Just a note to say thank you for making Merit 100's. They are great."

—Mrs. Betty Taylor
Montgomery, Alabama

"Just wanted to drop a line and say congratulations for Merit 100's. They are great."

—Mr. Fred W. Gruman
Floral Park, New York

"I could never find an acceptable low tar alternative until Merit 100's. You have developed an acceptable substitute for smokers."

—Mr. Ben Cobell
Northport, Alabama

"I enjoy your new cigarette, MERIT regular. They are one of the best tasting cigarettes I've ever had."

—Mr. R. Panarese
Portsmouth, New Hampshire

"We all switched because we like the taste and the low tar and nicotine MERIT has."

—Miss Valerye Rose
Genesee, Pennsy

"I want to thank you all for your super work in producing this A+ cigarette."

—Miss Jo Arlene Refford
York, Pennsylvania

"Thank you for making Merit 100's. My husband and I both really do enjoy them."

—Mrs. F
Ha

*"MERIT truly h
Flavor.' Tha
product "
adve*

"Congratulations on coming out with a low tar, low nicotine cigarette that tastes like tobacco instead of lettuce."

—Mrs. Glen C. Skaggs
San Antonio, Texas

*"Merit 100's
a cigarett
in tar"*

*"I don't usually
to companies
products, but
definitely de
your new cig
MENTHOL*

*"Your 'Enr
process is the
Thank you!"*

*"MERIT al
more taste w
ordinarily ric*

*"At last a l
that really tas*

"Well, a pack of Merit cigarettes caught my eye. It was the yellow and brown stripes. I broke down and bought a pack. I tell you that they are fantastic!" "...if you can change me, you can change anyone."

—Mrs. Bonnie Lindsay
Bridgeport, Connecticut

*"Merit c
converted me
confirmed high ta
smoker to a low tar s*

—Mr. R
New York, Ne



Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1978

"You've really got something here—and I'm switching to MERIT Menthols."

—Miss Nancy Narel
Cary, Illinois

"I want to thank you, thank you, Thank You! Meri[t] cigarettes taste stronger than other low tar ... they're gre[at]"

"MERIT is the most flavorful and satisfyi[ng] them all."

"I have tried more kinds of [c]igarettes than you can think [o]f, and MERIT is the first [o]ne which I can get enriched [f]lavor with less tar."

—Miss Mary Benefiel
Terre Haute, Indiana

"I love them—have smoked nothing since."

—Mrs. Virginia B. Esberg
Meriden, Connecticut

"I have to admit I was skeptical because I had tried several low tar cigarettes. After smoking one pack, I was really amazed...they are as good as the cigarettes with higher tar."

—Mrs. Brenda Clark
Opelika, Alabama

... has 'Enriched [F]lavor a[t] low tar' to its

[A]my E. Cristiano
[A]s, New York

[Th]ank you
[fo]r my
[ci]garettes.
[Al]so
[co]me at
[Re]search in
[Wh]at's
[be]tter them."

[Ma]rie Rose Palmieri
[Ne]w, New York

[Th]e better
[ta]ste lower tar and
[ci]garettes I used to

—Ms. Nancy K. Harrison
Cambridge, Massachusetts

"I not only switched to Merit, I talked my brother and husband into switching also."

—Mrs. M. Thompson
Olympia, Washington

"I have tried a lot of different brands, but I find 'MERIT' the best brand that I have ever had."

—Mr. Thomas C. Monak
Lakeside, Ohio

"For a low tar and nicotine brand it has the most marvelous taste of any brand."

—Miss Hazel Maisano
Detroit, Michigan

"I have tried other low tar and nicotine cigarettes but nothing compares to MERIT."

—Miss Beverly Dickmeyer
Winfield, Missouri

"If I wasn't so excited about your new cigarette, I would have never written this letter."

—Mr. Leon Granata
Fitchburg, Massachusetts

"I would just like to say that I think your Merit 100's are the greatest. Thanks for a great cigarette."

—Miss Karen Matthews
Columbus, Ohio

"[Y]our taste like [y]ours though low [t]ar."

—Mrs. Estelle Myhlhousen
Marietta, Georgia

"[Ei]ther I'm a lousy judge [w]hen you have a good product. [I] tend to favor the latter."

—Mr. Louis J. Orlando
West Chester, Pennsylvania

"I have tried almost every brand, but none of them satisfied me as much as MERIT."

—Miss Jane Howard
Superior, Wisconsin

[Go]od luck."

—Mrs. H. S. Cohen
Mobile, Alabama



Great tasting salads are built bit by bit by Bac*Os.®



Today's Bac*Os are better than ever. Even better than the leading canned bacon bits. If it's hard to imagine a taste better than bacon, pick up some Bac*Os and see how they pick up a salad. Or scrambled eggs. Or baked potatoes. Or wherever you want a bit of great flavor.

Flavor. That's our bit.

FOOD

A Mother's Day brunch

If your kids are wondering what to give Mom on Mother's Day, you might suggest this fun-to-cook brunch. They'll enjoy fixing it as much as Mom will enjoy relaxing.

MENU

Mixed Fresh Fruit Lemon Yogurt
Brunch Egg Tacos
Spiced Hot Chocolate

BRUNCH EGG TACOS

- ½ of 8-ounce package brown-and-serve sausage links, thinly sliced (5 links)
- 1 tablespoon finely chopped onion
- 4 beaten eggs
- ¼ cup light cream or milk
- ½ teaspoon salt
- Dash pepper
- ¼ cup seeded, rinsed, and chopped green chili peppers



Buying information, page 246

- 6 taco shells
- Bottled taco sauce
- ½ cup shredded cheddar cheese (2 ounces)

In 10-inch skillet brown sausage according to package directions; drain, reserving all the drippings in skillet. Set sausage aside. In same skillet cook onion in reserved drippings till tender but not brown. In mixing bowl combine eggs, cream or milk, salt, and pepper. Pour into skillet. Add sausage and chilies. Cook over medium-low heat, stirring gently, till set but glossy. Remove from heat. Divide egg-sausage mixture evenly into taco shells. Pour about a tablespoon taco sauce over eggs in each shell. Sprinkle with cheese. Place tacos in 8x8x2-inch baking pan. Heat in 350° oven for 10 minutes or till cheese melts. Makes 6 servings.

SPICED HOT CHOCOLATE

- ½ cup sugar
- 3 squares (3 ounces) unsweetened chocolate, cut up
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- 1½ cups water
- 4 cups milk
- Cinnamon stick stirrers

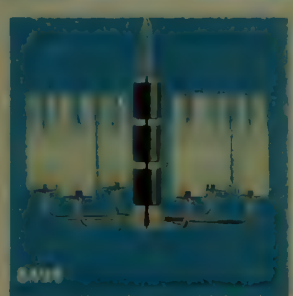
In saucepan combine sugar, unsweetened chocolate, cinnamon, salt, and nutmeg. Stir in water. Cook, stirring constantly, over low heat till chocolate melts. Bring to boiling; reduce heat and simmer, uncovered, 4 minutes, stirring constantly. Add milk; heat over low heat till mixture is hot. Pour into mugs with cinnamon stick stirrers. Makes 6 servings. ■

Shimmering!









A blazing ball of glass, floating in a ring of chrome, shooting rays that sparkle, dazzle and delight.

Sears most popular Contemporary chandelier (upper left) is just one of many sleek, modern designs you'll find at Sears Lighting Boutique, all at attractive prices.

Of course, you'll find a wide range of other fashion lighting, too, including Traditional, Colonial, and Tiffany styles.

Come see our whole galaxy of lighting fashions. You'll find that quality, selection and value are what Sears Lighting Boutique is all about.

Available at all Sears stores... most styles also available in catalog.

Sears

Lighting Boutique

© Sears, Roebuck and Co. 1978

HOT LINE FOR CANCER INFORMATION

- **"My mother and aunt died of breast cancer at an early age. Does that increase my risk of getting breast cancer?"**
- **"Is lung cancer 'catching'?"**
- **"I had X-ray treatments for my tonsils 20 years ago. Should I worry about getting thyroid cancer?"**
- **"Do hair dyes cause cancer?"**
- **"How do you know when you have rectal cancer?"**
- **"What does a Pap smear tell?"**
- **"Can anemia lead to cancer?"**
- **"Will it hurt to take Laetrile along with the treatments my doctor has prescribed for cancer?"**
- **"My mother thinks she took DES when she was pregnant with me. What tests will my doctor have to do to see if I'm all right?"**



Those are typical questions posed to a new nationwide telephone information service that provides current, reliable information about cancer to the public. The service also helps cancer patients and their families find appropriate local sources of care. The Cancer Information Service (CIS) is a $1.7-million ongoing project sponsored by the National Cancer Institute (NCI). The service is free—all it takes is a phone call (that's toll-free, too). Here's how to use CIS:

How the cancer information service works

There are 16 CIS offices nationwide. Most are affiliated with the American Cancer Society and major medical centers where cancer research and treatment are conducted.

More than half of the country can use the service by calling one of several regional toll-free CIS numbers. The rest of the country (except for persons in Hawaii and Alaska) can call, toll-free, the National Cancer Institute's CIS in Bethesda, Maryland. The regional offices are, of course, more likely to have the most up-to-date information about facilities in your area.

When you call, you'll reach a professional staff person or volunteer who has learned, in a 20-25 hour training course, to answer questions in layman's terms. Callers can remain anonymous; however, brochures or letters—some in braille or Spanish—may be mailed to callers to supplement information given over the telephone.

Calls to most CIS offices are an-

continued

Drawings: Dudycha Schirck & Associates

CANCER INFORMATION SERVICE TELEPHONES BY AREAS

CALIFORNIA: From Area Codes (213), (714), (805): 1-800-252-9066. Rest of California: (213) 226-2374.

COLORADO: 1-800-332-1850.

CONNECTICUT: 1-800-922-0824.

DELAWARE AND NEW JERSEY: 800-523-3586.

DISTRICT OF COLUMBIA: (202) 232-2833. (Includes D.C. suburbs in Maryland and Northern Virginia.)

FLORIDA: 1-800-432-5953. Dade County: (305) 547-6920.

ILLINOIS: 800-972-0586. Chicago: (312) 346-9813.

MAINE: 1-800-225-7034.

MARYLAND: 800-492-1444.

MASSACHUSETTS: 1-800-952-7420.

MINNESOTA: 1-800-582-5262.

MONTANA AND WYOMING: 1-800-525-0231.

NEW YORK STATE: 1-800-462-7255. Erie County: (716) 845-4400. New York City: (212) 794-7982.

NORTH CAROLINA: 800-672-0943. Durham County: (919) 286-2266.

PENNSYLVANIA: 800-822-3963.

TEXAS: 1-800-392-2040. Houston: (713) 792-3245.

WASHINGTON STATE: 1-800-562-2875. Seattle Metro: (206) 284-7263.

WISCONSIN: 800-362-8038.

If you live in an area not listed above, you should call the national CIS number: 1-800-638-6694.

OTHER INFORMATION SERVICES

In addition to CIS offices funded by the National Cancer Institute, several institutions across the nation sponsor local telephone services to provide cancer information to the public. All use NCI information materials. They include:

KANSAS
Mid-America Cancer Center
University of Kansas Medical School
Kansas City, Kansas
(913) 588-5280

MICHIGAN
Michigan Cancer Action Now
Michigan Cancer Foundation
Detroit, Michigan
(313) 462-9191

OHIO
Cancer Center, Inc.
Cleveland, Ohio
800-362-1454 (toll-free for northeast Ohio residents)

Ohio State University
Comprehensive Cancer Center
Columbus, Ohio
(614) 422-5022



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, which is important with our five children. And adjustable glass shelves, great for cleaning up spills.

The GE dispenser gives you chilled water, ice cubes, even crushed ice, without opening the door.

There's a separate temperature control for the meat pan.

Automatic defrosting, of course.

And I love the 'New Naturals'™ colors—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident. Maybe some day *my* GE refrigerator will become a family heirloom too!

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

continued

Cancer information

swered round the clock. At night and on weekends, when regular personnel are not available, a tape-recorded message refers callers to a backup service.

What information is available?

CIS offices can provide facts about:

- Specific types of cancer
- Ways cancer is detected
- Methods of diagnosing cancer
- Types of treatment for cancer
- Finding a doctor
- Local treatment and rehabilitation facilities and programs
- Emotional counseling programs for patients and/or families
- Home care
- Local transportation
- Financial aid
- Cancer quackery

The CIS personnel are also prepared to translate a physician's technical explanation into everyday language. They cannot and will not recommend specific treatment for individual problems. But they can and will put your physician in touch with cancer specialists who can assist in planning treatment.

The National Cancer Institute supplies each CIS with basic and regularly updated information about cancer. At each regional CIS office, the material is reviewed by the medical staff of the affiliated cancer center and is tailored to local practices and needs (another reason to call the regional center nearest you). The CIS will probably be able to respond to timely issues—local legislation, for example, or news media reports.

Some services develop their own resources, such as a directory of local health and welfare organizations that aid cancer patients. Such projects may be a cooperative effort between the CIS, American Cancer Society division, state and local health departments, and medical societies. Further, the CIS offices exchange useful materials with each other.

Written materials used to supplement phone calls are provided by the National Cancer Institute and the American Cancer Society, or by the CIS itself in cooperation with cancer specialists.

Where to write for more information

Address specific requests to:
Office of Cancer Communications
National Cancer Institute
Bethesda, Maryland 20014

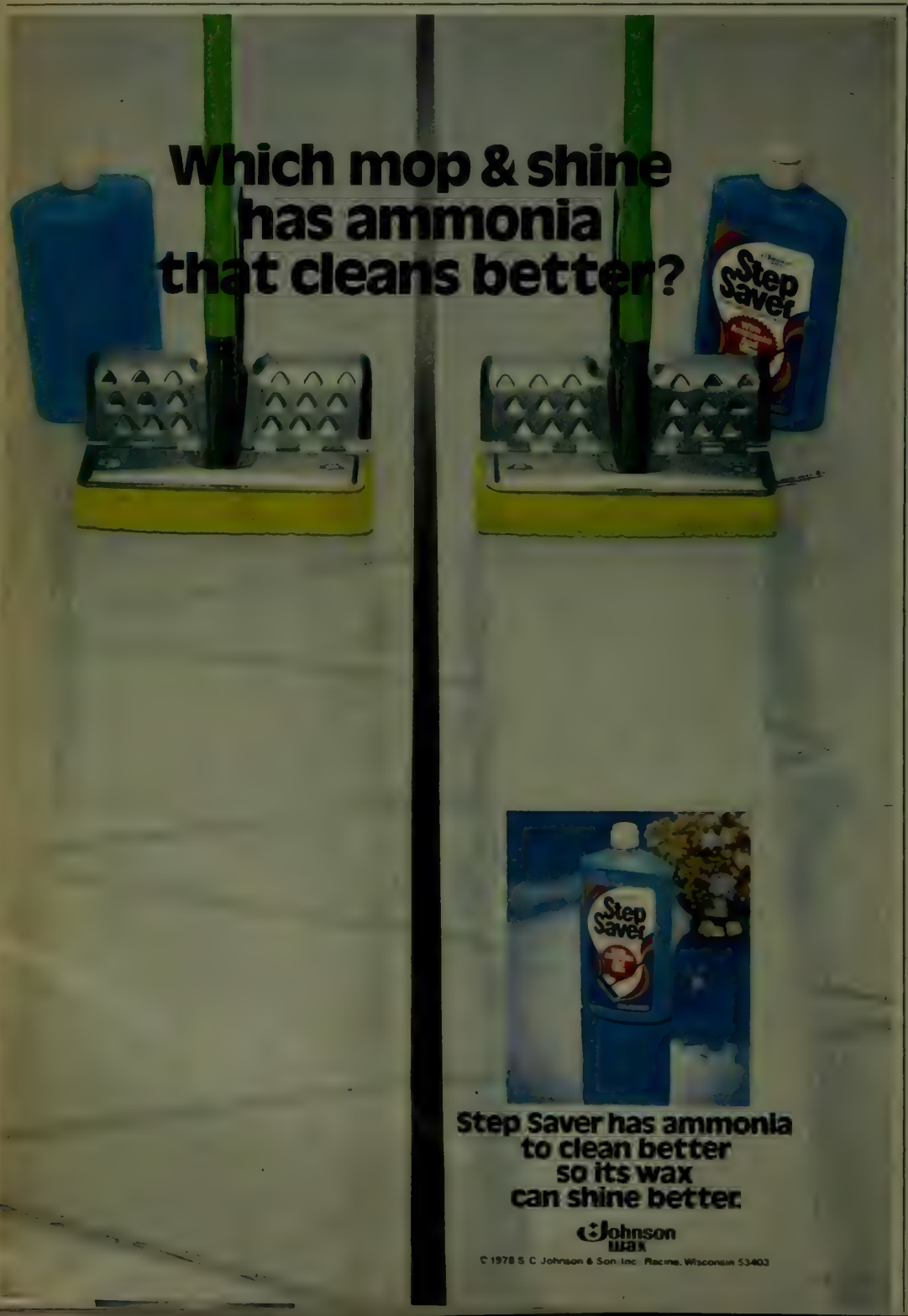
How to call

To use the CIS, check the list of numbers. If you live in one of the states, cities, or geographic locations mentioned, dial the toll-free number listed.

If you live elsewhere (except Alaska and Hawaii) dial the National CIS number:1-800-638-6694.

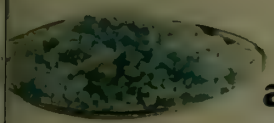
Follow your local phone company's instructions for dialing the toll-free "800" numbers, and check local phone procedures about dialing "1" before the long distance numbers. ■

(Produced in cooperation with Lynne Lamberg.)



YOU MAY NEVER GET ANOTHER CLOG.

Drāno busts tough clogs like no other brand... and keeps drains clear for 7¢ a week.



You may never get another clog because...

Just one tablespoon of Crystal Drāno once a week prevents build-up of hair or grease. No more backed up sinks because Drāno can actually stop clogs before they form.



Won't hurt pipes.

Even when used weekly, Crystal Drāno won't hurt your metal pipes.

Child-resistant cap.

After using Drāno, be sure to reclose our special cap tightly and store container out of reach of children on a high shelf or in a locked cabinet.

Busts tough clogs.

Drāno's concentrated crystal formula works harder than any other drain opener to melt grease, chew through hair, get rid of the really tough clogs in your kitchen, bathroom — all through the house.



Just 7¢ per use.

That's all it costs to use Crystal Drāno. Other drain openers cost 30¢ or more per use. And a plumber may charge $25 to clear a drain.

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A pocketful of Guide-To miracles for almost any household project! 18 new and revised titles in easy-to-handle booklet form! Contains over 900 pages and more than 1,000 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! Save over 40% by ordering all 18 today! Booklets are $1 each, 5 for $4, 12 for $8, all 18 for $10. **Include 50¢ postage.**

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____ **No. 02219 Fireplaces**
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____ **No. 02204 Enlarge-A-Room**
____ **No. 02232 Floors, Walls, and Ceilings**
____ **No. 02233 Home Upkeep and Repair**
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____ **No. 02234 Repairing & Refinishing Furniture**
____ **No. 02237 Masonry and Concrete**
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____ **No. 02224 Electrical Wiring Basics**
____ **No. 02242 Houseplants**
____ **No. 02248 Insulating Your Home**

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Total of Merchandise $ _____
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Fill in the boxes below — or on orders of $10 (entire set). **PHONE TOLL FREE 800-228-2048**, 24 hours a day (In some states you must dial 1 first.) In Nebraska call collect 402-571-4900

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OUR POLICY: *Full refund if not completely satisfied.*



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GARDENING IN MAY

May is tomato month in many parts of the country. Garden centers, nurseries, and even grocery stores are stocked to the rafters with an almost endless selection of tomato seedling varieties that few gardeners are able to resist. But to be sure you're getting the variety that suits your gardening needs, check the plant's label for important growth information. See below for information about this tomato terminology.

- **Determinate.** If a tomato plant is marked determinate, that means the plant stops growing after it reaches a certain height. The advantage is that most of the fruit ripens at the same time. This is especially important if you plan on doing any canning. Determinate tomatoes require no staking or supporting and should never be pruned.
- **Indeterminate.** By far the larger of the two classifications, indeterminate tomatoes continue growing throughout the season. The plants respond well to staking and pruning and produce fruit over a long period of time. Most of the indeterminate varieties begin to bear later in the season than determinate plants.
- **F.** A capital F following the variety name means that the variety is resistant to fusarium wilt, a common disease of tomato plants. It causes wilting and yellowing on the lower part of the plant and eventually kills the entire plant.
- **V.** A capital V following the variety name means that the variety is resistant to verticillium wilt, which is not quite as common as fusarium wilt. Verticillium wilt causes older leaves on the plant to yellow gradually and eventually fall off. The plants often live through the summer, but the fruit is unusable.
- **N.** A capital N after the variety name means that the variety is resistant to root nematodes. Suspect nematodes if the tomato plant becomes stunted and its foliage wilts during the day. If you uproot a nematode-infested plant you'll find knots or galls along the roots. ■

Congoleum

Exclusive seamless beauty up to 15 feet. Now you can make the rooms you love to live in—your eat-in kitchen, your family room, your dining area—look beautiful, wall-to-wall, without a single seam. Because Congoleum and only Congoleum offers you beautiful floorings from 6 to 15 feet wide, so professional or do-it-yourself installations can be easier *and* seamless in most areas of your home.

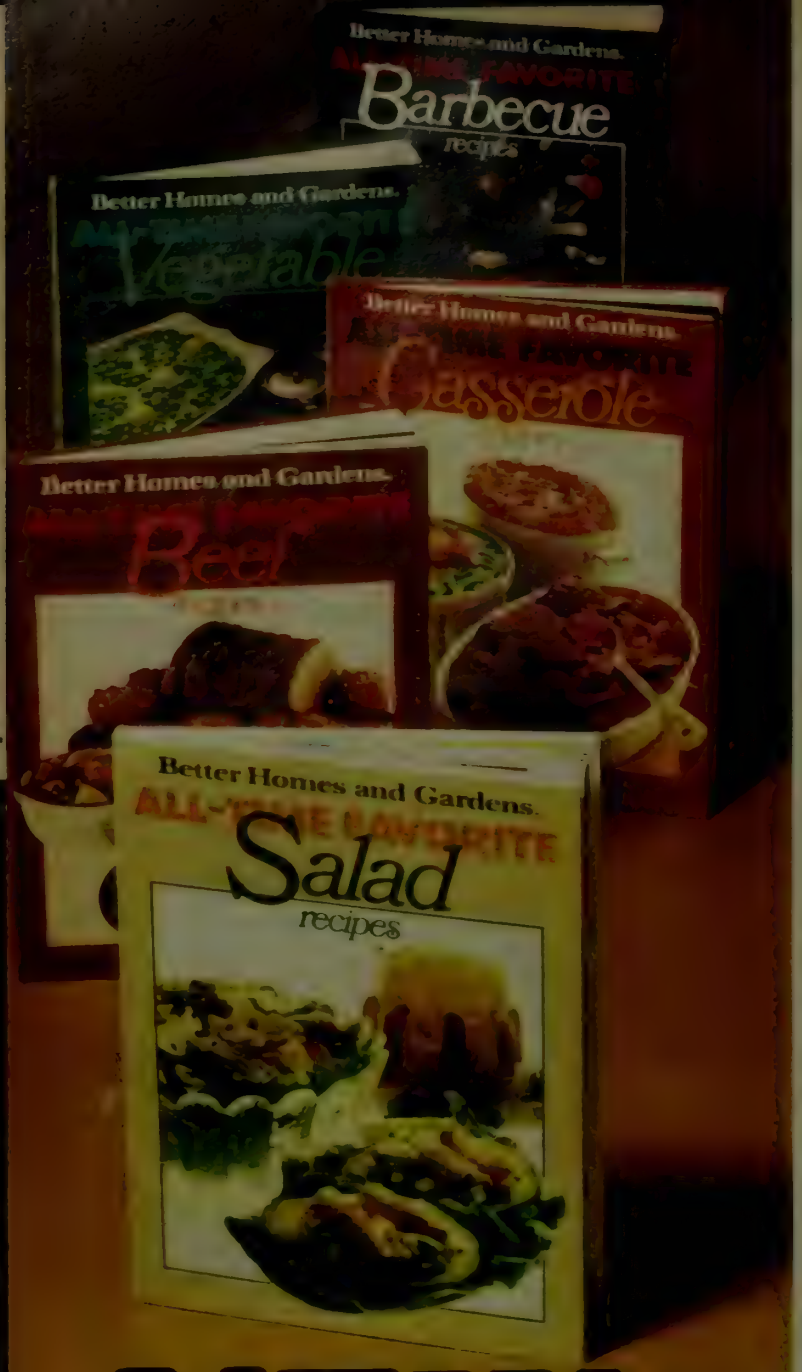
Beauty that really lasts. And Congoleum seamless beauty will stay lovely longer, because our brilliant designs and colors are protected by a no-wax wear-layer so durable that it resists stains and scuffs. With proper care, the Congoleum no-wax luster will last and last.

More beautiful choices than any other. Decorate! Come to Congoleum and select from over 300 different designs and colors—more designs and more colors in more widths than any other vinyl flooring. You're sure to find just what you have in mind.

Simple sponge mopping will usually keep your floor looking fresh. Congoleum Vinyl Dressing will provide a higher shine should a reduction of gloss occur in areas of heavier use. For complete maintenance and warranty information, see your local Congoleum retailer or write to Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.

Only Congoleum® gives you seamless flooring in rooms up to 15 feet wide. Seamless flooring that stays prettier, cleaner and newer looking.





NEW

Another Better Homes and Gardens All-Time Favorite Cook Book... Just $2.95

Now, in one low-cost book, our editors have combined the most popular salad recipes from nearly fifty years of publishing. With color photos throughout, this book features America's favorite vegetable salads, fruit salads, full-meal salads, molded salads and salad dressings — 150 recipes in all! Includes special "diet" salads and dressings ... even popular new "natural" salads using sprouts, yogurts and nuts.

And while you re at your booksellers, look for our other All-Time Favorite Cook Books... Beef, Casserole, Vegetable and Barbecue. All hardcover, just $2.95.

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WHEREVER BOOKS ARE SOLD



ITALIAN-STYLE MAIN DISHES AND YOGURT SNACKS

Do you enjoy impressing your family and friends with Italian-style main dishes? Is yogurt one of your favorite ingredients to use in snacks? Send us your recipes—you could win next December. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Italian-style Main Dishes

Any meat, poultry, fish, or egg main dish that is a traditional Italian dish or an adaptation of an Italian favorite will fit this category. Maybe you flavor a casserole with a mixture of Italian seasonings. Tips: **cacciatore, tuna lasagna, or pork scallopine.**

Yogurt Snacks

Your snack idea might be a dip, a spread, crackers, pretzels, bite-size sandwiches, or a beverage made with plain or flavored yogurt. Do you make a cheese spread with yogurt? Hints: **crab and yogurt fondue, yogurt-rye puffs, or pineapple-yogurt sipper.**

THIS MONTH'S WINNERS

(See recipes on pages 157 and 158)

Cooks-of-the-Month

Mrs. P. L. Browns, Denver, Colo.
Pearl Nickell, Clearwater, Fla.

Runners-up

Mrs. Lucille Dryden, Prairie Village, Kans.
Mrs. Betty Jane Ilardo, Tonawanda, N.Y.
Mrs. Gail Martin, Lockport, N.Y.
Mrs. William Strieber, Crofton, Md.

Honor Roll

Mrs. Mamie C. Brady, Tampa, Fla.
Rose Brunelle, Yorktown Heights, N.Y.
Carolyn Comstock, Gering, Nebr.
Mrs. Nora L. Fuller, Eau Claire, Wis.
Mrs. Gail M. Halverson, Cottage Grove, Minn.
Betty Jacobs, Loretto, Minn.
Ms. Carmela M. Meely, Walnut Creek, Calif.
Irene Ottun, Sargent, Nebr.
James L. Strieber, Tucson, Ariz.
Linda Tracy, Council Bluffs, Iowa

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "December Italian-style Main Dishes" or "December Yogurt Snacks."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, May 31. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7805 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**



Now. Only 1 mg 'tar.'

This is more than just low 'tar.' This is ultra-low 'tar.' This is Now, a cigarette with only 1 mg. 'tar.' If you want to be sure you're getting ultra-low 'tar,' count all the way down to Now's number 1.

©1976—R. J. REYNOLDS TOBACCO CO.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER MENTHOL: 1 mg. "tar," 1 mg. nicotine av. per cigarette by FTC method.

WHAT YOU CAN DO WITH A HOUSE LIKE THIS

IT'S HOME IMPROVEMENT TIME
A GOOD INVESTMENT

Open Up An Old Cape Cod

BY CHERYL SCOTT





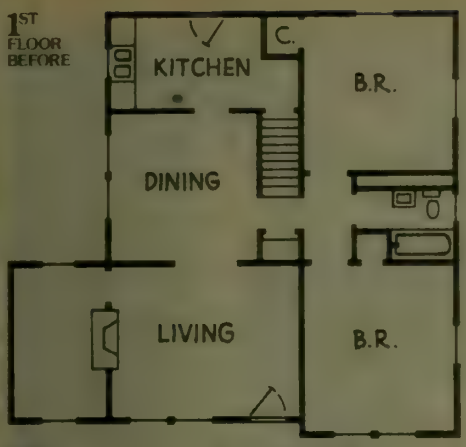
Two years ago this house was much like other 1935 Cape Cod homes—skimpy rooms crowded the first level, and tiny unheated bedrooms plus an attic made up the second floor. A previous owner had added aluminum siding, but little else had been done to change the house in the intervening years.

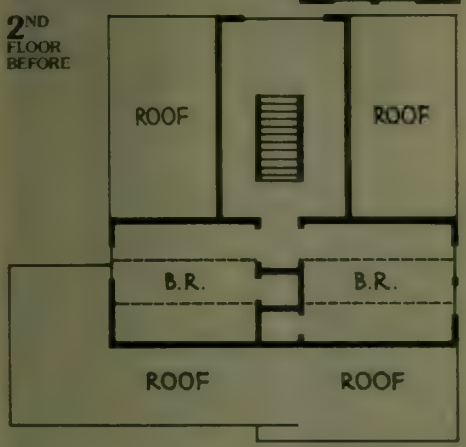
Then Jesus Tellez came along. He thought the house had potential, so he bought it and enlisted the help of a designer and a contractor. Together they launched a major remodeling that made everything shipshape and transformed the cramped Cape Cod into a comfortable, open-plan house. Here's how Tellez and company worked their remodeling magic.

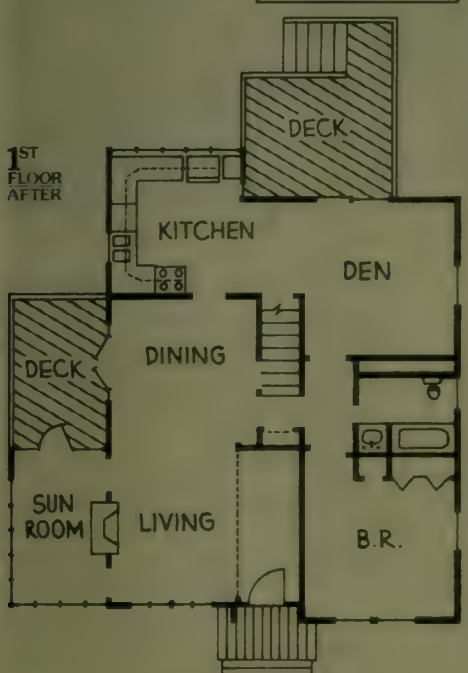
First Floor

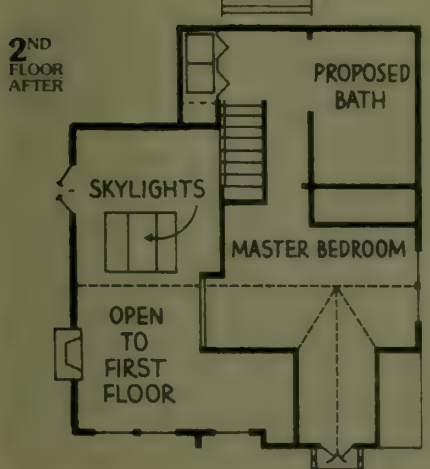
What accounts for the charm of the exterior, *above,* is the way the Tellez crew reworked the glass areas. They replaced double-hung windows with fixed glass, then added massive walnut-stained projecting wood casements to emphasize the new vertical lines. The wide trim treatment was also used to recycle the old front door. Next, cedar decking was applied over the original concrete stoop and a handsome entry was fashioned. For a fanciful touch, Tellez added custom-made neo-Gothic doors and a balcony off the master bedroom.

Successful remodelings are often the result of knowing what elements to trade. In this redo, Tellez forfeited one upstairs bedroom but used the resultant two-story space to form the living









room, *opposite, below.*

The wood-and-white exterior theme continues indoors, too. The support beam (2x10s bolted together and faced with fir 1x6s), the massive molding treatment at windows and doorways, and the restored original hardwood floors are perfect foils for the bright white drywall ceiling and wall surfaces. The original fireplace and hardwood mantel—found beneath layers of old paint—make a handsome focal point.

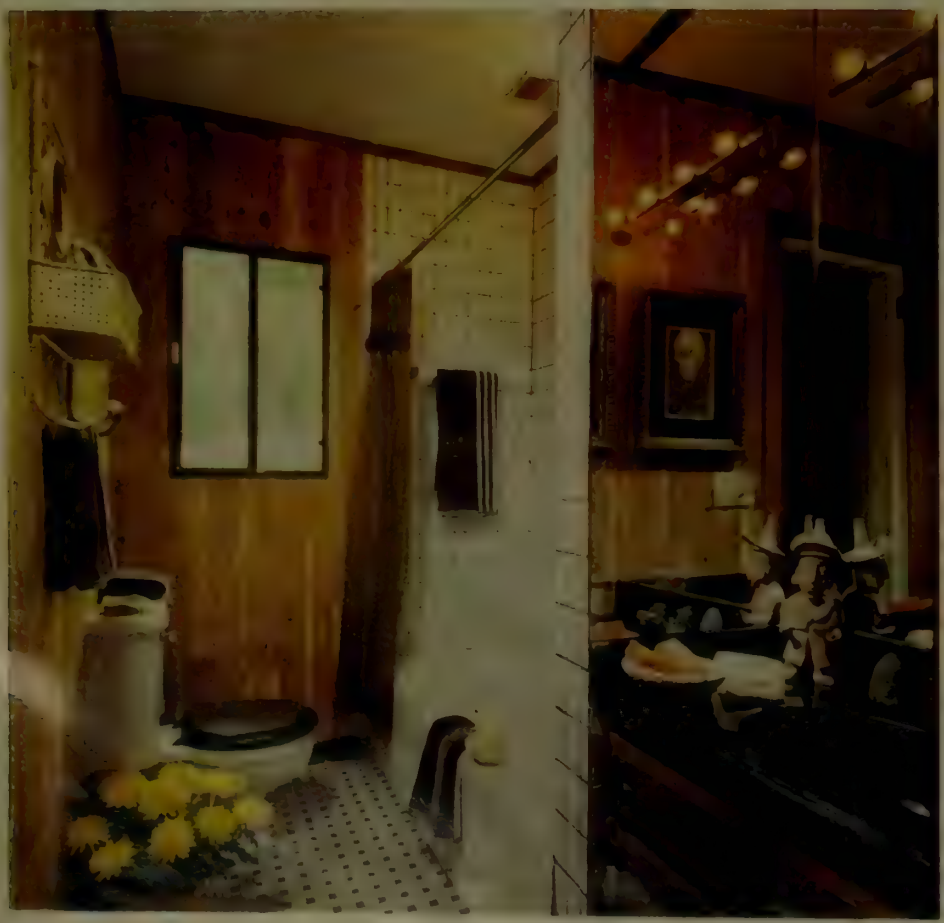
"Let there be light" was the motto that guided many of the crew's remodeling decisions. Tellez converted the old enclosed porch (beyond the fireplace wall) to a sun-room—and his houseplants thrive on the move. Another fun yet functional addition was the stained-glass window—a custom-made item that, surprisingly, was much less expensive than a similar antique piece would have been.

More light and airy touches are evident in this view toward the entry, *below.* While recessed lamps subtly define the entry area, track lighting provides necessary illumination for the conversation area without the clutter of freestanding lamps. A ceiling fan aids the air flow between the living room and the sitting area of the master bedroom suite overhead. That intriguing relief work on the master bedroom half-wall is a drywall sculpture.



Photographs: Maris/Semel. Drawings: Blaser/Court Art Studio
Designer: Garrett D. Mitchell. Contractor: Gary Steffler. Source: Ruth Grenci





The Tellez kitchen remodeling features stock cabinets and stock acrylic-plastic skylights, but there's nothing "stock" about the overall effect.

The bright, open feeling of the kitchen was achieved by bumping out an exterior wall six feet, then fitting the bump-out ceiling with skylights. A vertical fixed-glass panel also admits light and gives a view of the rear deck.

The hardwood flooring from the eliminated upstairs bedroom was recycled as flooring and backsplash material for the revamped kitchen. Several coats of polyurethane made all the wood surfaces in the room washable and spill-proof.

There's a mix of old and new in the remodeled bath, too. Retaining the original floor tile, the tub, and the toilet helped to cut the cost of the bath redo. Space was provided for the updated vanity area with its backsplash-to-ceiling-height mirrors, strip lighting, and cedar paneling by confiscating part of the closet of an adjoining bedroom.

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Second Floor

The master bedroom suite was created by opening the space upward and outward. The room's original low ceiling was knocked out to reveal dramatic roof lines. Then the room was expanded into the dormer space at the front of the house and capped off with the balcony beyond the arched doors. A sitting area, *right,* overlooks the living room and offers a cheery "good morning" view of sunlight streaming through the living area's stained-glass window and skylights.

The laundry area and space for a master bath (next on the remodeling agenda) complete the second floor.







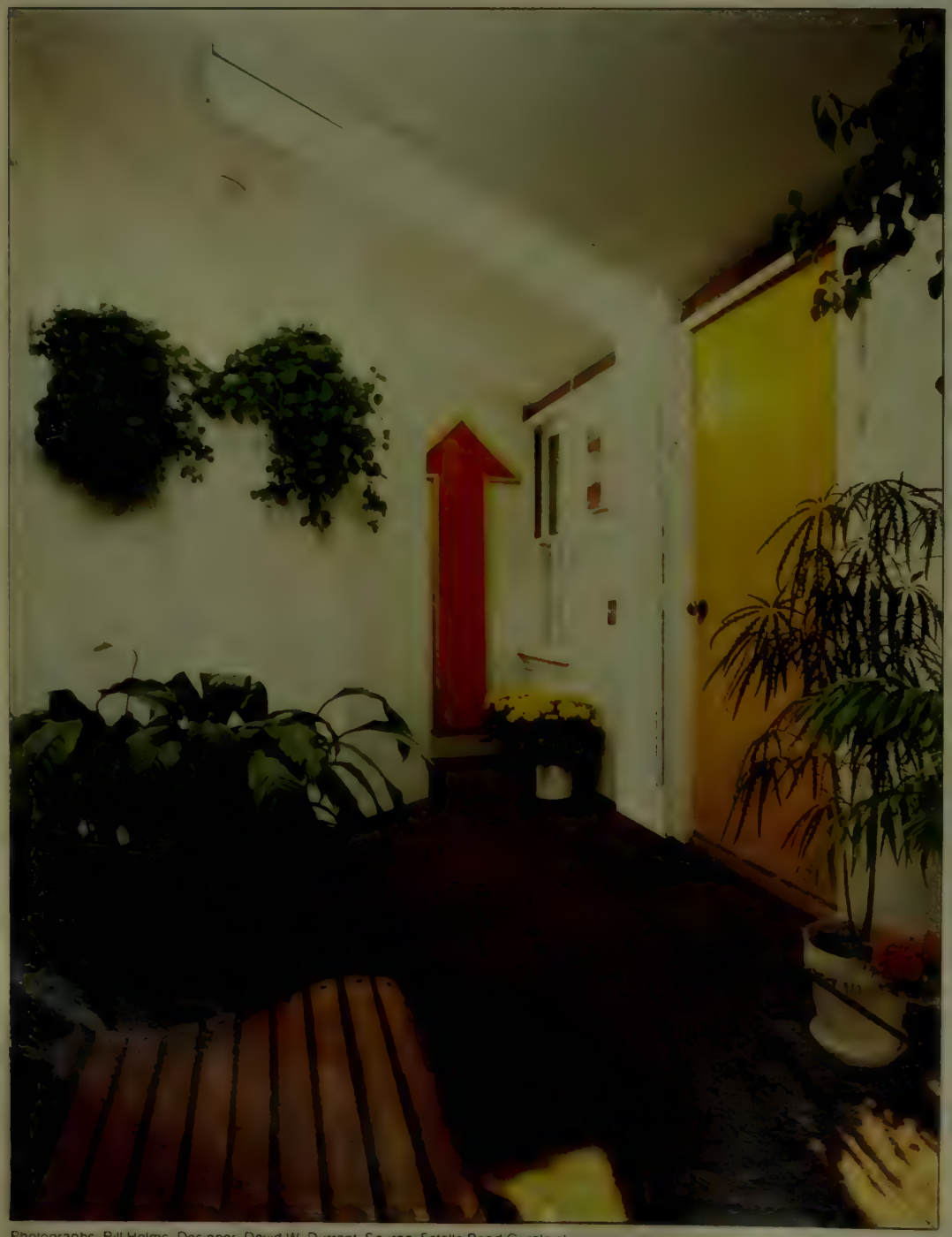
WHAT YOU CAN DO WITH A HOUSE LIKE THIS

IT'S HOME IMPROVEMENT TIME
A GOOD INVESTMENT

EXPAND AND REDO A BOXY OLD HOUSE

By David Haupert









This remodeling makes so much sense that it should start a big move to buy up every boxy old house in sight. In fact, two-story nondescripts like this one deserve to be the hottest thing since ranch houses. Here's why.

For starters, the price is right. Most of these old boxes are a bargain hunter's delight, regardless of condition. Pamela and David Durrant of near Boston bought the one pictured for a fraction of the cost of a new house the same size. But like similar relics, this one had other things going for it, too. For example, it

Photographs: Bill Helms. Designer: David W. Durrant. Source: Estelle Bond Guralnick

was sound and didn't require expensive repairs. And since its architectural style was more miscellaneous than historical, the Durrants didn't feel compelled to restore the house to its original condition.

Another advantage: None of the previous owners had "fixed up" the old box just the way the Durrants *wouldn't* do it, so they were able to start from scratch without compromising their tastes to save money.

The result of their labors was a striking redo of the lower level and two nifty additions—a big, bright kitchen and a spacious greenhouse. Total cost of improvements: $8,000 and hundreds of do-it-yourself hours.

MOVE THE ENTRY, PUT IT TO WORK

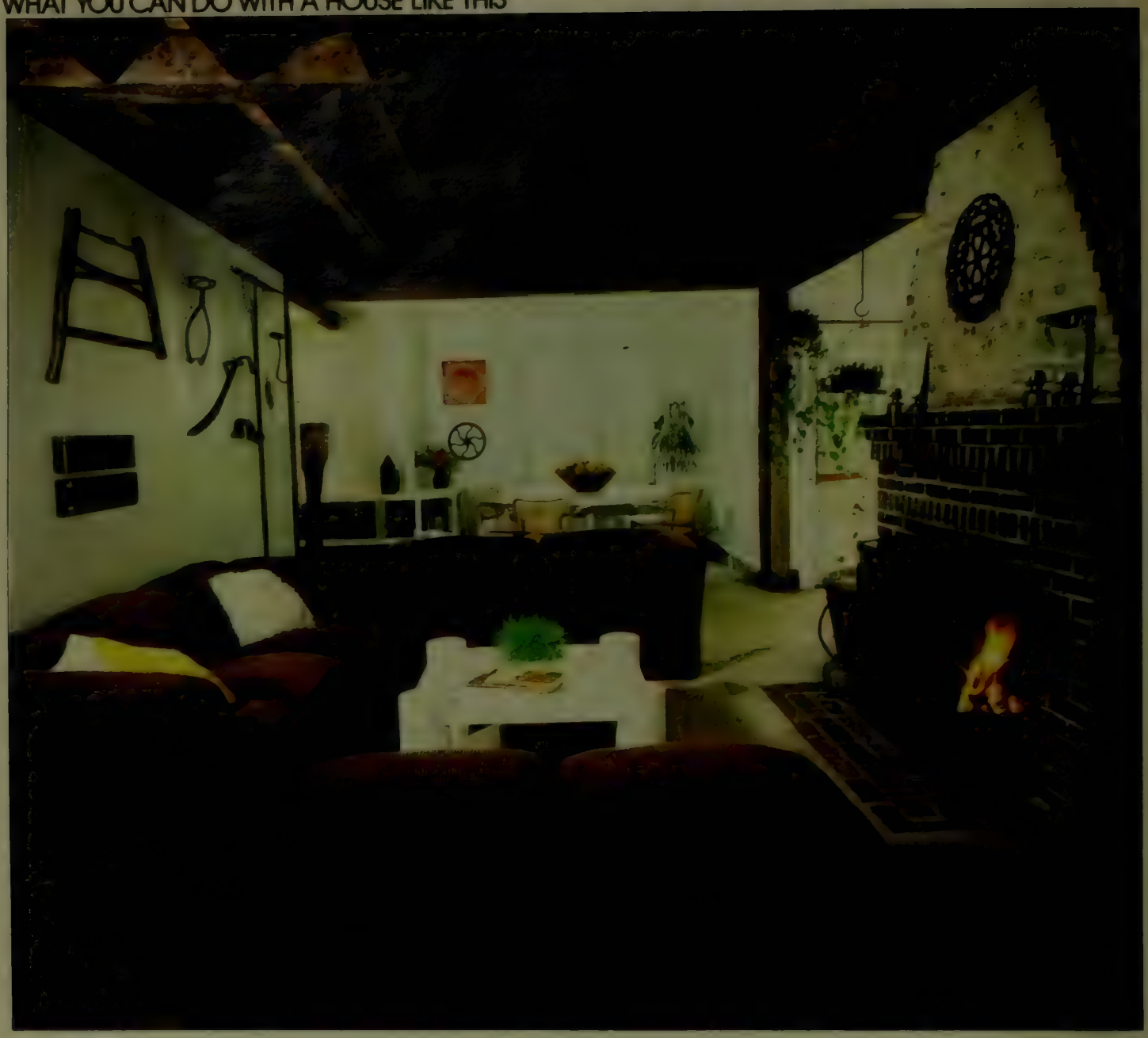
First on the agenda was to move the entrance from the side of the house to the front. This freed up the south side for a greenhouse and gave the front porch new duties.

At one end (*opposite page*), outdoor gear is stowed behind the angled wall at left; a sit-and-store bench hides behind the big arrow. The rest of the porch (*right*) is a cheery sitting area.

continued







OPEN UP THE LIVING ROOM

The top photo, a straight shot from front to rear from the entry, shows how comfortable and open the living/dining area is now. "I had to extend the room somehow," explained David, "so one of the things I did was to remove the fiberboard ceiling to expose all of the joists. That opened up the height a little and gave us a nice warm element to mellow the effect of the stark white walls." Two other changes brightened this potentially dark space: The Durrants removed the walls between the old kitchen and dining area and between the old entry and living area. These two openings now channel plenty of light from the new kitchen and greenhouse additions—fitted with large glass areas—into both ends of the living/dining space.

GIVE THE OLD ENTRY A WHOLE NEW LOOK

The handsome space at right looks and lives a lot better now than when it was an unsightly small hall and closet under the stair. David did a great job of reworking the stairway walls and creating a storage/divider that provides bonus wall space for arranging furniture in the living room.







ADD A KITCHEN —BIG AND BRIGHT

As with most remodelings, the kitchen was the costliest part. But, in this case, it's because the Durrants hired contractors to build the foundation and put up the shell. From that point on, everything you see in these photos was built and finished by the Durrants.

The old-fashioned stove does more than add nostalgia. "We use it to bake bread, dry herbs, and heat the greenhouse on cloudy days. In fact, we keep it busy all winter," Pamela said.

Perched in the middle of the kitchen is a two-level island. As David explained, "We felt that the cutting top should be high for chopping and sandwich making. And the cooktop needed to be low to make stirring easy."

BUILD STORAGE... AND MORE STORAGE

The entire back wall of the kitchen stashes the many appliances and implements the Durrants use to can, freeze, and cook their gourmet delights. The cubbyhole unit is set two inches away from the wall so the excess from each appliance cord can drop out of sight behind the counter.

Buying information on page 246



STEP BY STEP TO A STUNNING CERAMIC TILE FLOOR

BY JOAN McCLOSKEY AND DAVID ASHE

There's good news underfoot! You can customize any floor in your home with a stunning design of ceramic tile. The possibilities are practically limitless. With the freedom of an artist you can choose from a rainbow of colors and a multitude of shapes to create a one-of-a-kind tile floor.

The three rooms pictured here show what you can do with color, pattern, and shape variations. You can duplicate one of our floors (see page 62 for how-to details) or you can devise a design of your own by adapting a favorite needlepoint or quilt pattern.

SOUTHWEST INDIAN DRAMA

This distinctive floor, patterned after Southwest Indian rugs, conjures up visions of cactus, tumbleweed, and adobe houses. Umber quarry tile surrounds a ceramic tile "rug" made of 1x1 squares of white, buckskin, and cinnebar tiles.

The first step is to lay the quarry tile border over smooth and level plywood or concrete underlayment. If you're laying the tile over plywood, use only the grout recommended by the tile manufacturer. For a concrete floor, you can use either mortar or colored grout.

When the quarry tile background is set, nail down a sheet of ¼-inch-thick plywood in the center of the border. This will compensate for the thickness difference between the quarry tile (½ inch) and the ceramic tile (¼ inch). Apply a layer of mastic over the plywood and arrange the three colors of ceramic tile in an Indian rug design. (See page 64 for a grid pattern to guide you.) Grout between the ceramic tiles with black grout, wait 24 hours, and your Indian "rug" is ready to take on boots or moccasins.



SPUNKY SCOTTISH PLAID

Bonnie, our perky Scotty, obviously approves of the plaid tile treatment in the entryway. Though this floor looks intricate, it's easy to install. Each of the three colors of ceramic tile used comes in 12x12-inch sheets. The first step is to cut the sheets into 4x4-inch squares. Each square is made up of either 1x1-, 1x2-, or 2x2-inch ceramic tiles. In the pattern shown, the cobalt square (dark blue) consists of 1x1-inch tiles; the cerulean (light blue), 1x2-inch tiles; and the bone square, 2x2-inch tiles.

Once the squares are cut, apply mastic to the underlayment, press them into place, then grout. Now your floor is ready for a Highland fling.

We used three colors to form the plaid pattern, but you can make your own Scottish plaid floor with blues, greens, or reds and black. If your ancestry is a bit Scottish, you might use your family plaid as a pattern.



ORIENTAL SERENITY

Complete harmony of pattern, texture, and color is the hallmark of Oriental design. And that same harmony accounts for the serene beauty of this bathroom. You can duplicate this pattern by starting with two different sizes of the same tile: 4¼x4¼ inches and 6x4¼ inches. Lay the tiles randomly in rows so no two ends line up. Use black grout to emphasize the subtle vertical and horizontal lines.

The same tile is used throughout the bath—on the floor, walls, and tub enclosure. The subtle color was chosen to complement the sand-colored tub and the muslin shoji screen. Towels, baskets, even the luffa scrubber and sponges blend right into the neutral scheme.

Buying information, page 246

continued

A stunning ceramic tile floor

Installing ceramic tile is easy if you have the time and patience to do the job properly. Otherwise, you'll end up with a sloppy tiling job, and nothing looks worse. When you're planning installation, measure the floor carefully. Order a few extra tiles since they'll come in handy if you ever need to replace a cracked or broken one. Here's how to do the job right.

Three methods are suited to the do-it-yourselfer. (1) *The dry-set method* involves a special dry-set or latex/portland cement mortar to install ceramic tiles over concrete. (2) *The epoxy mortar method* calls for an epoxy grout. Pros recommend applying it over ⅝-inch exterior grade plywood underlayment, supported by a subfloor of ⅝-inch plywood or ¾-inch-thick boards. (3) *The organic adhesive method* calls for spreading the adhesive over ⅜-inch exterior plywood and a subfloor of ⅝-inch plywood or ¾-inch-thick boards. Grout with latex-modified cement or epoxy.

Surface preparation. Ceramic tiles aren't flexible, so be sure the surface under them is firm and even. Then clean the floor and remove shoe moldings. Cut off the bottoms of door stops and casings.

Install plywood underlayment, leaving ⅛ inch between sheets to allow for expansion. For epoxy mortar, the gap should be ¼ inch.

Laying out the floor. Strike two intersecting lines, each connecting the midpoints of opposite sides of the floor. If necessary, readjust the start line that's parallel to the doorway, so you'll have full tiles at the door.

Installation procedure. Unless you're using the dry-set or epoxy method, stick with flat tiles. Floor tiles don't have spacer lugs, so make your own spacers in the recommended width for the grout you're using.

With a notched trowel, spread the adhesive over a three-foot-square area bounded by the intersection of the two guidelines. (Work quickly if you're using dry-set mortar.) Start with the corner of the first tile touching the center mark; set tiles along one guideline, then the other. Fill in between the two rows, setting each tile with a slight twisting motion.

To cut a border tile, use a special tile cutter. Then place the cut edge within ¼ inch of the wall; molding will cover the edge.

Level the tiles by tapping them with a wood block and hammer. Let the adhesive cure at least 24 hours before grouting, 48 hours for dry-set mortar. Remove spacers.

Use the grout recommended by the tile manufacturer. Spread it with a wide spatula or rubber squeegee. Wipe off excess grout with a cloth, smooth the joints, and wipe again with a clean, dry cloth.

Pros recommend using silicone rubber grout for shower and bathroom floors. Apply the silicone with a caulking gun; follow tube directions for cleanup. Let the floor dry 24 hours after grouting.

For specific instructions on how to lay the three floors pictured earlier, follow these pointers.

continued on page 64



Heartworm disease. Here's the second-best way to prevent it.

The *best* way is to ask your veterinarian to test your dog and put it on STYRID® CARICIDE® heartworm preventive tablets or liquid during mosquito season. Because the common mosquito is a carrier of this fatal disease.

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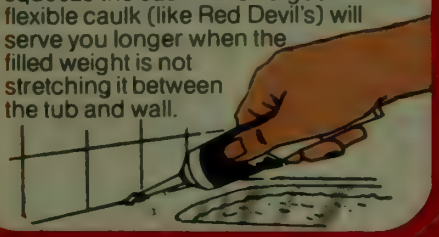
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Handy ideas on home fix-up

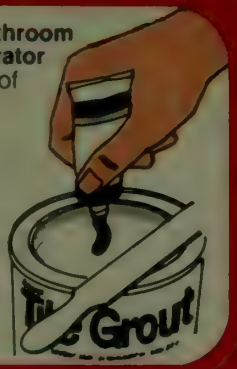
Fill the tub before you caulk. (Get in if you can, too.) Then, when the tub is empty, it'll rise slightly and squeeze the caulk. Even a good flexible caulk (like Red Devil's) will serve you longer when the filled weight is not stretching it between the tub and wall.



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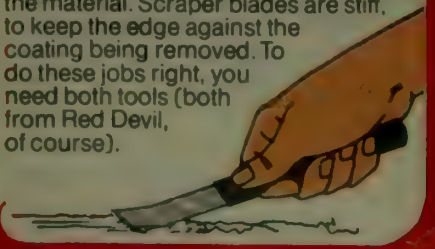
Give your new bathroom or mosaics a decorator look. Add a touch of color to the grout before you put it between the tiles. Just mix acrylic paint tint (from wherever you buy paint) with Red Devil Instant Tile Grout and see the exciting effect it creates.



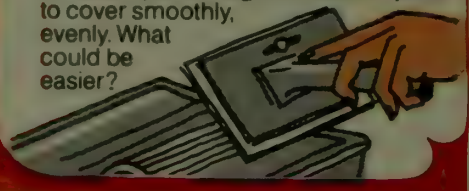
You don't cut glass with a glass cutter. You score it to release surface tension. So don't press too hard or go over it a second time. Hold your Red Devil cutter between the index and middle fingers as shown, (a drop of oil on the cutter helps, too). Then, you've got the score.



A putty knife is not a scraper. And vice versa. Putty knives (for spackling walls and puttying windows) have flexible blades to smooth-on the material. Scraper blades are stiff, to keep the edge against the coating being removed. To do these jobs right, you need both tools (both from Red Devil, of course).



Go easy on the paint with your pad painter. If you let the pad soak up too much paint, you won't get the best possible results. That's why Red Devil has a patented metering tray designed especially for pad painters. It puts on just the right amount of paint to cover smoothly, evenly. What could be easier?

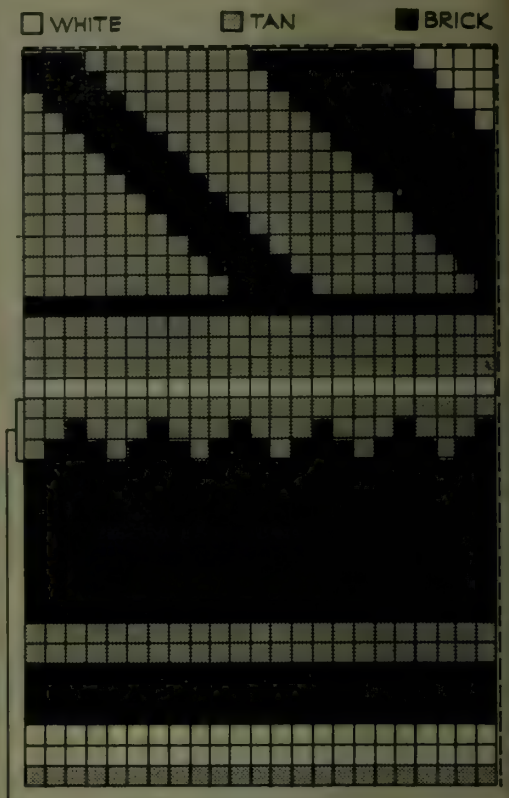


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Red Devil®

continued

A stunning ceramic tile floor



NOTE: THIS SECTION OF THE DESIGN WHEN REPEATED WILL END WITH A DOUBLE LENGTH OF TAN TILE

Southwest Indian drama

Measure the floor and decide how large the "rug" will be. Order quarry tile in 6x6-inch squares, plus cove and corner cove tiles. Nail down ¼-inch plywood underlayment in center of floor for "rug." Lay quarry tile according to instructions above. Order 1x1-inch ceramic mosaics in white, cinnebar, and buckskin. Cut the design for the Indian rug according to grid pattern. Lay according to directions above using black grout.

Oriental serenity

Measure the floor, plus walls and tub enclosure. Order crystalline antique tiles in 4¼x4¼ and 6x4¼ sizes, plus bullnose tiles for outside wall corners. Lay according to instructions above; use black grout.

Scottish plaid reserve

Measure the floor. Order ceramic mosaic tiles in the following sizes: 1x2 cerulean, 1x1 cobalt, 2x2 bone. Lay according to instructions above. Grout with white grout. ■

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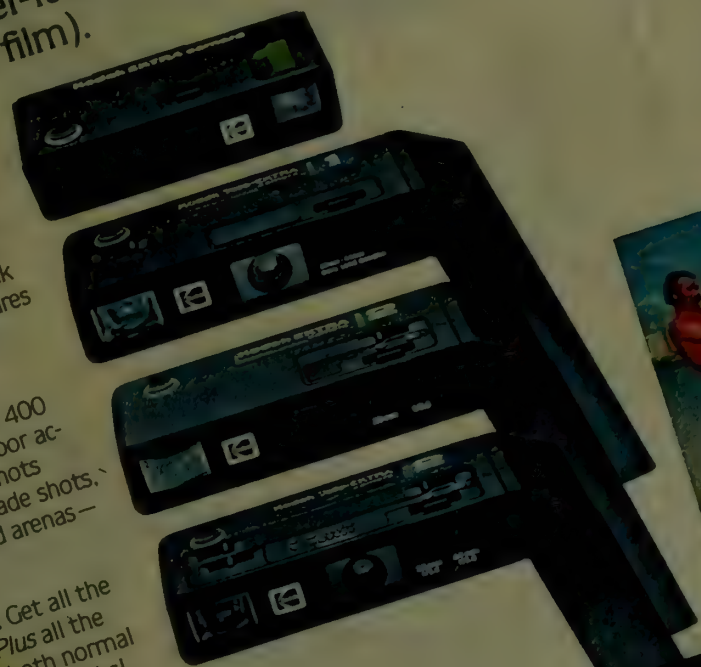
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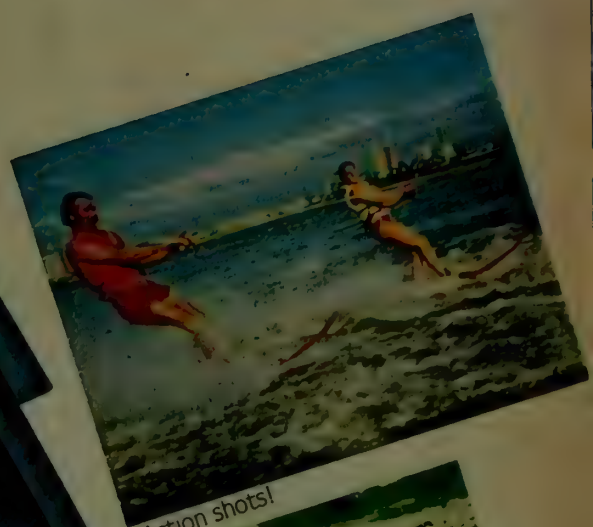
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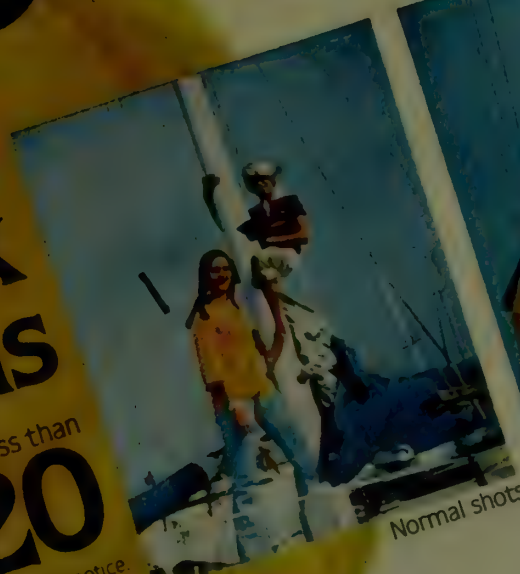




Action shots!



Shade shots!



Normal shots!



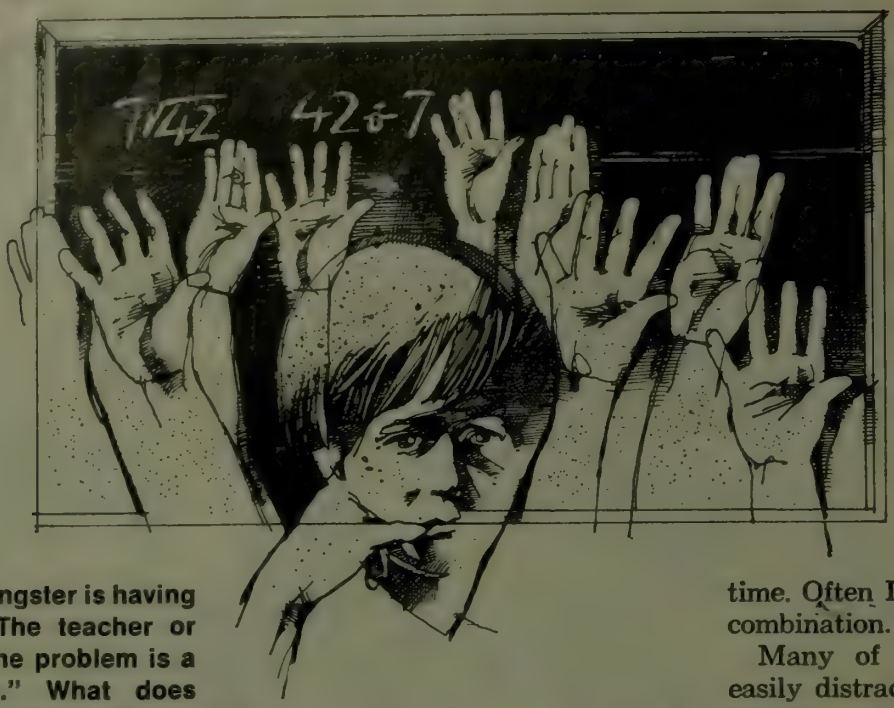
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Does your child have a learning disability?

Suppose your youngster is having trouble in school. The teacher or principal tells you the problem is a "learning disability." What does that really mean? Does the label apply, in fact, to your youngster? What can you do to put the situation into perspective? How can you make sure the child gets the right kind of help for his or her specific problems with learning?

First of all, don't panic when you hear the term "learning disability" ("LD" for short). It's a phrase that's been much in the limelight in recent years. Though it refers to a genuine problem for lots of children (and adults, too), many experts believe the LD label has become a catchall diagnosis. Too often, they maintain, the label is applied simply because no other explanation has been found for a child's failure to learn.

"There are many reasons why a child may fail to learn," says Eli Tash, administrator of the St. Francis Children's Activity and Achievement Center and a past president of the Association for Children with Learning Disabilities (ACLD). "The youngster may suffer from lack of motivation, poor teaching, confusion due to cultural differences, a profound inability to manage his own body. But those have nothing to do with learning disability; that's a very special situation."

The fact is, it's not always so easy to sort out tru[illegible] from other diff[illegible] you must approa[illegible] ly, making every effort [illegible] the precise nature of your [illegible] problem. Then the best remedial program can be planned, combining educational, parental, and possibly medical aid.

What is a learning disability?

The term attempts to describe a condition for children who have been proved in tests to be sound in body and mind but who just cannot seem to get the hang of reading, writing, and arithmetic, and who lag noticeably in school. The LD child may have normal or even superior intelligence and a strong desire to learn. Yet the youngster cannot perform the way formal, regular education demands. In short, there's a marked gap between capability and performance in school.

Learning disabilities take many different forms (see the box at the end of this article). The youngster may have difficulties with reading, language, math, or relating one concept to another. Many LD children have trouble in developing a sense of [illegible]ec[illegible]on or position (such as dis[illegible]guis[illegible]ng between right and left, [illegible]p and down), or understanding time. Often LD problems appear in combination.

Many of these youngsters are easily distracted and irritated, and awkward in their movements. There may be difficulty in concentrating, or in following simple instructions. Though some LD children are "hyperactive" (or "hyperkinetic," in medical terms)—unable to sit still for a minute—others are "hypoactive" (or "hypokinetic"), meaning withdrawn and passive.

With such a variety of symptoms—and many more—the label of "learning disability" is not very satisfactory, even to the educators and doctors who use it. But the dozens of other professional phrases—like "minimal brain dysfunction," "hyperkinesis," "perceptual handicap," and "maturational lag"—are also confusing.

Actually, few "experts" agree on the precise nature of the problem. There's also considerable controversy about its extent nationwide. Estimates vary from under five percent of the student population to well over 30 percent. (Boys usually outnumber girls by at least four to one.)

Some groups find the label is applied far too often; others feel the problem is so vast that it deserves much more attention and funding. Little wonder that parents are so confused about the issue!

Most authorities do agree on what LD is *not*. The LD child is not mentally retarded, physically handi-

continued

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continued

Learning disabilities

capped (impaired in vision or hearing, for example), culturally deprived, or primarily emotionally disturbed. Though the youngster may have many psychological problems, experts find these problems generally are the result of the learning failure, not the cause of it.

Is it a lifetime problem?

The specific disability may remain, but with proper training and emotional support the child can learn to deal with the problem so that it no longer impedes development. In fact, any parent can take heart at the long list of famous people who suffered from a learning disability—among them, Albert Einstein, William James, Thomas Edison, Woodrow Wilson, George Patton, and August Rodin.

Nevertheless, most learning disabilities are not something one simply "grows out of." Some experts do find that bodily changes at puberty may alter conditions such as hyperactivity—sometimes favorably. But there's no guarantee. Matters can get worse at that precarious stage of life, too.

The point is, if a learning disability is not recognized and dealt with, the child's growth can be distorted not just academically but psychologically, through an ongoing sense of failure and "being different." For that reason it is important to recognize the problem as soon as possible, pinpoint its exact nature, and set up an educational plan that is right for the particular child.

What should you do?

If you are told that your child has a learning disability, don't accept the judgment out of hand. Instead, do some important research right away. Consider all these approaches to the problem:

1. Insist on knowing who made the diagnosis. And don't stop with a general diagnosis, no matter how authoritative the pediatrician, neurologist, or other professional is.

You should take your child to a specialist in learning disabilities. Be sure it's a specialist who understands the wide range of LD problems. Many doctors and educators are not well-versed in the subject. If you don't know where to find a specialist, get information through organizations like the ACLD (the address is provided at the end of this article).

The specialist should give the child a thorough examination to determine his ability to process what he hears and sees; a psychological evaluation that includes intelligence testing of both verbal and performance abilities; and a language and academic evaluation.

2. Be sure that you understand the precise problem, once the diagnosis has been confirmed. (One test of your understanding, experts find, is to see if you and your spouse can explain the problem clearly to each other.) If your child's difficulty is explained to you in technical or professional language—like dyslexia or dysgraphia—don't be afraid to ask for a specific and understandable ex-

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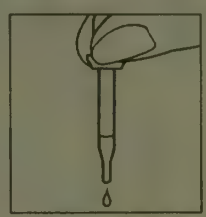
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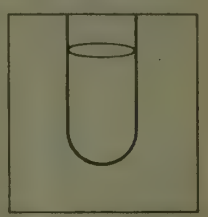
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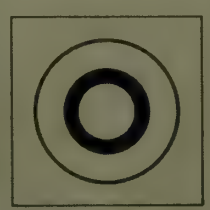




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continued

Learning disabilities

planation (see the box at the end of this article); in fact, you should insist on it. Then when you know the diagnosis, make sure you're told what to do about it.

3. Try to understand what the situation is like from the child's viewpoint. Though some learning problems may involve just a temporary lag in the child's development compared to that of his peers, a much more complicated and difficult problem may be involved. If so, the learning and/or behavioral abnormalities may result from a central nervous system malfunction.

In the broadest sense, the child becomes confused when he tries to handle information and communicate with others. "Things literally don't make sense," according to Mr. Tash. "The data coming through several senses may conflict—what the child feels and senses doesn't match up with what he hears and sees. It's like seasickness, with the inner ear all out of whack. The difference is, the LD child gets confused like this when a precise matchup of information is required, as it is in school."

For that reason, urging the LD child to "try harder" often does not work. He may be trying as hard as he can, but his brain just is not processing the information correctly. The child's development must be nurtured in other ways, often through special instruction for part or all of the school day.

4. Face your own feelings about the problem. Many parents tend to feel guilty or angry ("Why my child?") about their LD youngster. Yet no one knows precisely what causes LD. Theories include heredity, minor brain damage through injury or illness at birth or in early life, poor nutrition, slow nervous system development.

Whatever the cause, you must realize that the disability is beyond your control. It's useless—and senseless—to blame yourselves for the child's condition. Instead, focus on understanding the specifics of the

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continued

Learning disabilities

child's learning problems and finding the best program available to fit the child's needs.

What professional help exists?

In some cases, such as extreme hyperactivity uncomplicated by other factors, the use of medicine may calm the child sufficiently so that he or she can benefit from teaching techniques. (It is important to have any medical regimen carefully monitored by a professional. Sometimes the medications that are used make the child lethargic or interfere with sleep.) The medicines are usually discontinued in a few years, and there seem to be no long-term adverse effects, though some experts feel there's not enough evidence yet to determine the precise long-term effects.

Most cases of LD involve a deficit in one or more areas: perception, conceptualization, language ability, memory, control of attention or motor functions. A good deal of hard work and dedication is usually required on the part of educators and parents working together.

Once you know your child's specific needs, the next step is to find the educational environment that will be most helpful to him. You can get guidance by talking to the local school committee—usually a professional review team including a psychologist, social worker, speech therapist, reading specialist, and others. There are laws to back you up. Because of the laws, the Office of Education's Bureau of Education for the Handicapped has established programs and services to meet the needs of children with specific learning disabilities. All states also have procedures to help parents find the best facilities available for the child's needs in the area. And, most local school districts provide a professional review team for the handicapped that studies your child's educational needs and selects a placement. (If your community is without such a team, you may want to join with parents of other LD children to try to persuade the school system to develop a committee.)

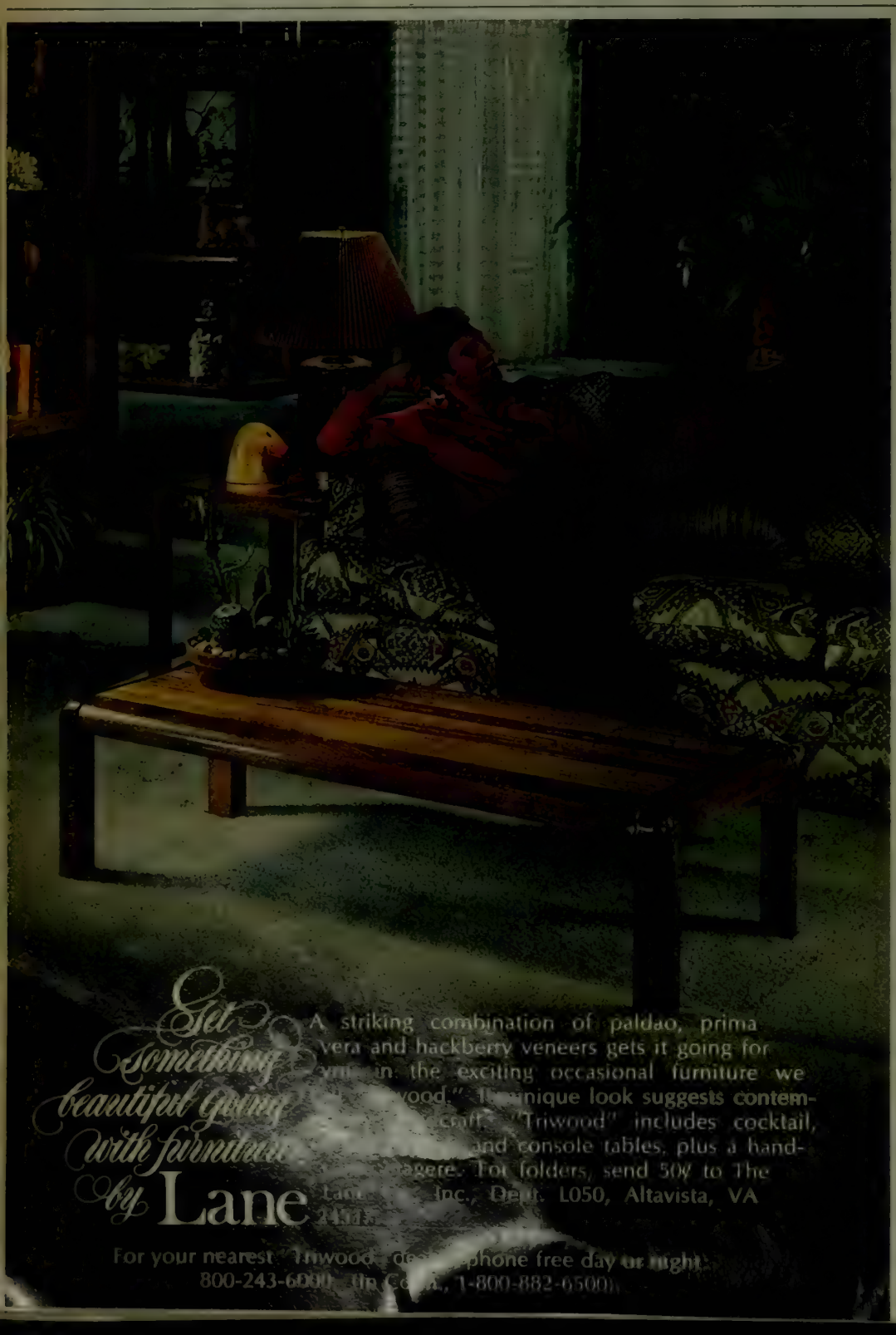
A new law also states that all handicapped children, whatever the nature or degree of the disability, must be taught in the "least restrictive environment" appropriate for each child. Optimally, that means the regular classroom is first choice, provided the program is appropriate for your child.

This attempt to "mainstream" students began last fall. The law mandates that the school, the teacher, and the parents get together to develop an individual educational plan for the handicapped youngster.

Already it's apparent that "mainstreaming" poses a lot of problems that are not easily resolved. (Teachers may not be trained to deal with LD children, for example.) Any parent of a handicapped child should strive to work closely with the school to develop the most realistic program possible for the child.

Your job as parent of a learning disabled child is to make sure that

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continued

Learning disabilities

whatever special instruction needed is still available. Some schools are tempted to use mainstreaming as an excuse to cut special education out of the budget. They argue—erroneously—that since the children are entering the regular classroom, there is no need to provide special instruction as well. The fact is, a combination of normal classroom experience plus special instruction is often required. At the same time, you'll want your child to have every chance possible to enter a normal classroom environment, if that makes sense for the youngster.

The following are examples of programs that are available in some communities:

- **Resource programs.** These programs provide special education and support while letting the child participate in regular classes. Part of each day is spent in a room with a specially trained teacher who uses many different techniques and materials to teach the child language, reading, or motor skills. For the greater part of the day, the child joins a regular class and thus spends as much time as possible with the other children in normal everyday situations.
- **"Itinerant Teachers" programs.** These are similar to resource programs, in that the child spends most of his time in the regular classroom and receives extra help from a special education teacher who often visits several schools.
- **Special classes.** These are mostly for disabled children who are unable to function in regular classrooms. Specialized training and a great deal of individual attention are provided, until the child is prepared to enter the regular classroom.

In addition to these programs, there are special schools in some areas of the country designed specifically for the learning disabled. Some are day schools for local children; others are boarding schools.

What can you do at home?

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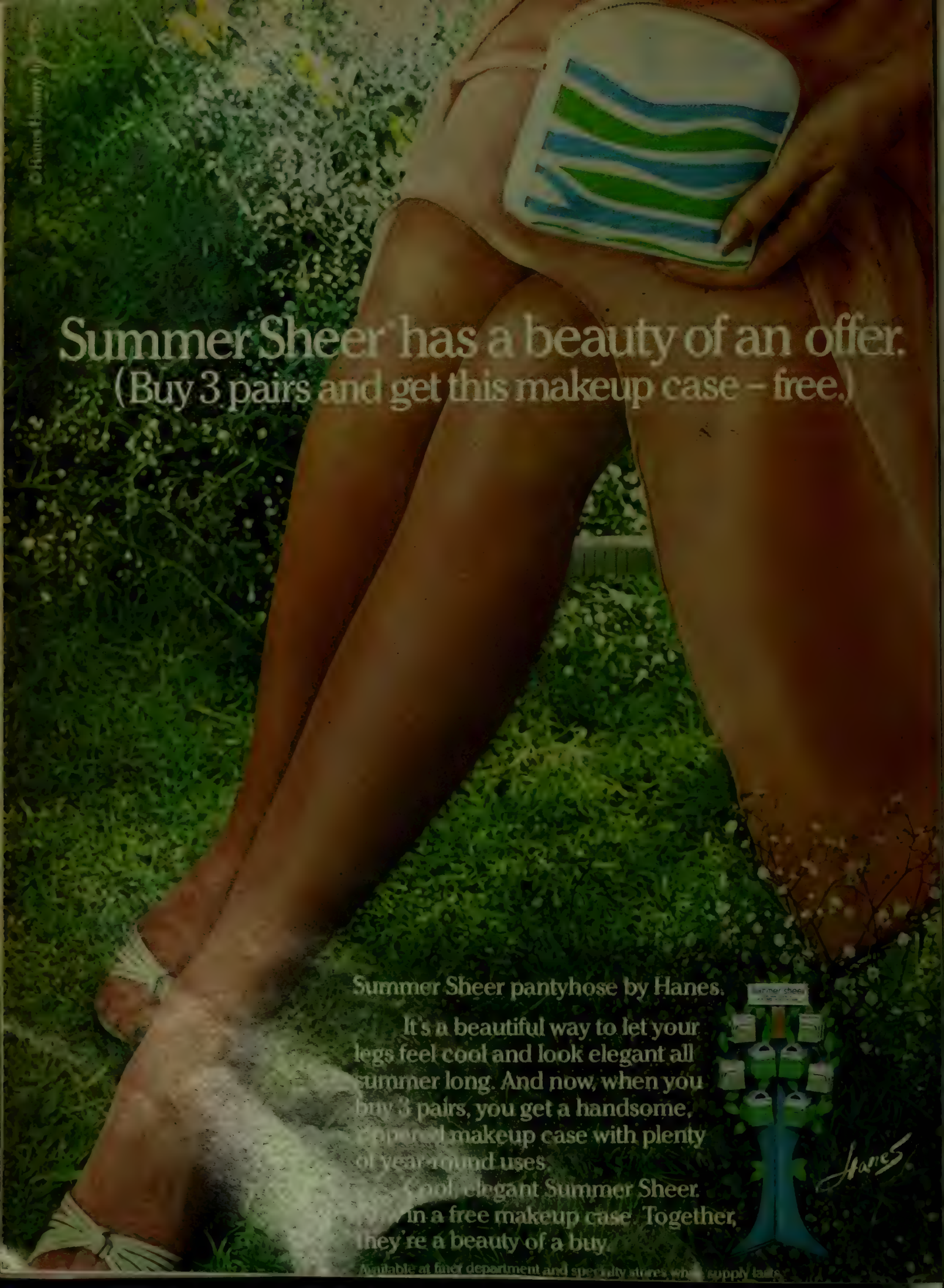


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Learning disabilities

bution is understanding. Most experts advise that you should *not* try to be a teacher. Without special training—and in view of your closeness to the child and personal stake in his welfare—the frustration you may experience can add to the problems. Also, you may not be able to devote as much time to the youngster's learning needs as you would like—especially when your daily life is pressured by other requirements in and out of the home.

But there's still a lot you can do at home. Here are some suggestions from education specialists who work closely with parents every step of the way.

- Maintain a warm and supportive emotional climate. This helps raise the child's opinion of himself and helps him realize your opinion of him is high. Understand that the youngster usually is not deliberately disobeying, but does not comprehend what you expect. Demonstrate your love for him by your actions, by putting your affection into words and gestures. Try to spend a certain amount of time with the child each day during which you talk on his level—about what he wants to talk about.
- Look for genuine opportunities to give praise and recognition, especially in front of others. Instead of criticizing and nagging, find the child's areas of strength so you'll have occasion to compliment him or her. Concentrate on giving the youngster something to do in those areas where he or she is likely to succeed. Nothing succeeds like success, especially for a child who is learning disabled.
- Concentrate on help with langauge skills. Learning disability symptoms usually center around difficulties with language development of one type or another—speaking, reading, writing, and so forth. If you have an LD preschool youngster, there are some things you can do—without "teaching certification"—to help your youngster along. Sing and talk to the child. Describe every-

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¼ cup julienne strips Cheddar cheese
¼ cup mayonnaise or salad dressing
2 tablespoons Italian dressing
1 hard-cooked egg, quartered

Line bowl with Romaine lettuce. Tear head lettuce into bite-sized pieces. Toss with next eight ingredients. Chill. Just before serving, toss with dressings. Garnish with egg. Serves 2-3.

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Learning disabilities

thing you are doing when you work, when you're out walking or driving or playing with the child.

Also read to the child as much as you can, especially stories the youngster likes. You might also try specific techniques to help the child expand his use of language—such as encouraging imitation of what you say, or associating unfamiliar words with objects. (A "giraffe" can be a picture in a book as well as an animal in a TV show and a creature at the zoo. The idea is to connect all three experiences to the one word—and to seek out such situations in order to help the child's language development.)

Can you spot LD problems before school starts?

It's important to watch for possible learning problems, but don't confuse ordinary differences in development between your child and others with signs of more serious trouble. Any single sign associated with LD could well be just a temporary quirk. After all, what is "hyperactive" in a child to one adult may be simple youthful exuberance to another.

However, if you perceive any prolonged unusual behavior or marked slowness in development, don't wait for the youngster to "outgrow" those traits. Bring them to the attention of your pediatrician—but check first to see that the doctor is up on LD problems and sensitive to variances in developmental stages in children.

For more information

• The Association for Children with Learning Disabilities (ACLD) is a federation of more than 750 chapters that can help you find the educational programs and other opportunities your child needs. Most of the members of ACLD are parents of LD children who share similar problems and frustrations. Drawing on personal experience, these parents can advise you about diagnostic clinics, special school programs, professional counseling,

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Learning disabilities

camps, job training, and many other things.

For information on any aspect of the problem, contact your local chapter of ACLD or send a self-addressed, stamped envelope to Association for Children with Learning Disabilities, 4156 Library Road, Pittsburgh, Pennsylvania 15234.

● The Orton Society, Inc., is a national scientific and educational association committed to the promotion of study, treatment, and prevention of specific language difficulties. Contact them at Suite 115, 84115 Bellona Lane, Towson, Maryland 21204. There are about 40 branches of the Orton Society throughout the U.S.

(Produced in cooperation with William Cole.)

What do the LD terms mean?

Note: There are capsule identifications and should not be considered full descriptions of any learning disability. Be sure that any terms used in the diagnosis of your child are fully explained by your doctor or a specialist.

ATAXIA. Abnormal (meaning below average) muscular control.

DYSLEXIA. Inability to read with understanding.

DYSGRAPHIA. Difficulty with writing.

DYSCALCULIA. Inability to grasp mathematical concepts with normal teaching.

HYPERACTIVITY (or HYPERKINESIS, in medical terms). Abnormally increased motor activity; constant movement without apparent purpose. Can also refer to excessive verbal responses.

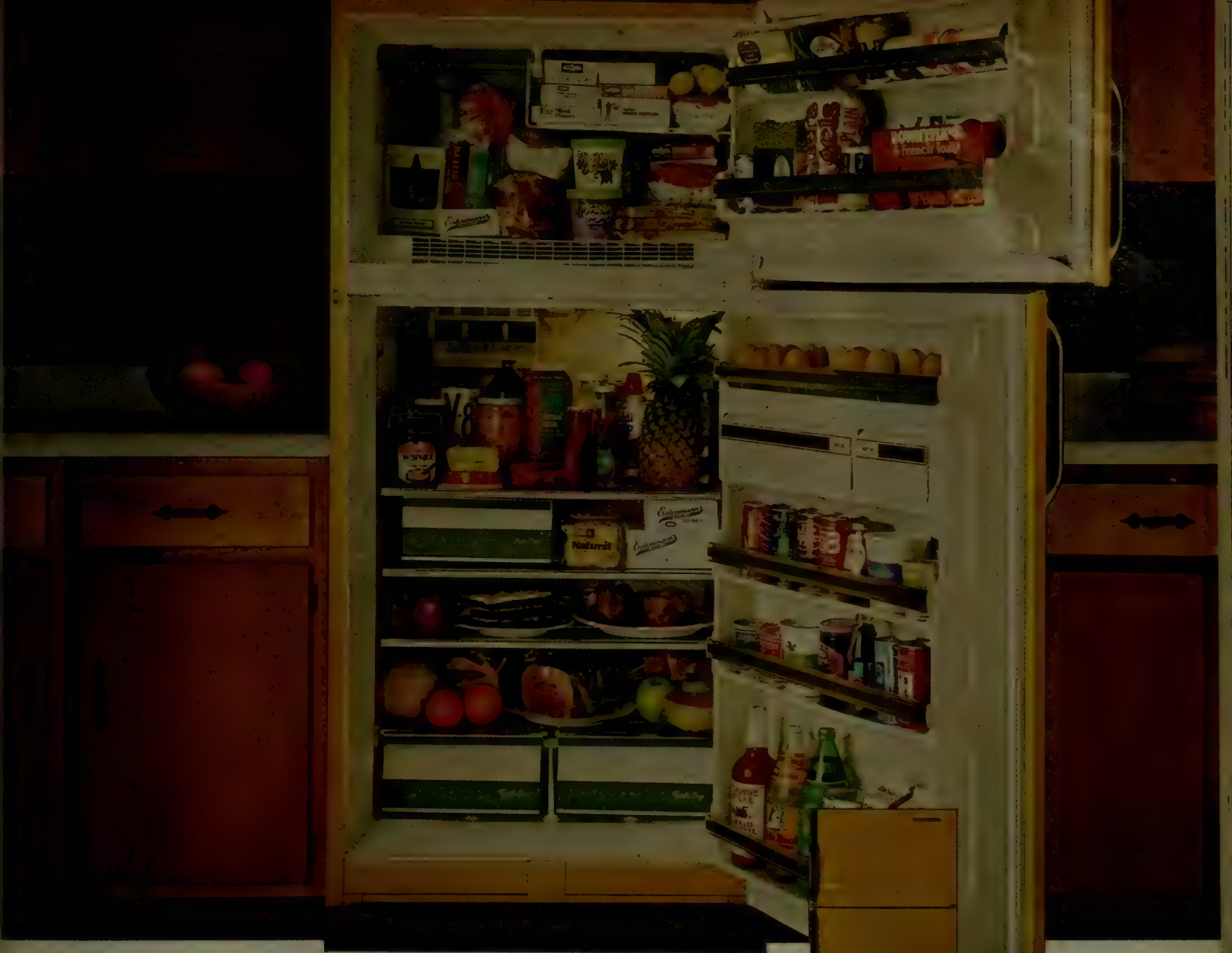
HYPOACTIVITY (or HYPOKINESIS). Abnormally quiescent state, unresponsive, tendency to withdraw, inattentive to stimuli.

PERCEPTUALLY HANDICAPPED. Inability to recognize or to become aware of certain words, objects, and other data through the senses (sight, hearing, touch, taste, and smell).

MATURATIONAL LAG. Lack or slowness of a child's neurological development.

MINIMAL BRAIN DYSFUNCTION (MBD). A minor neurological malfunction which prevents sensory stimuli from being properly processed by the brain. Some experts find the term out of date or used too generally, in order to avoid identifying more specific learning disorders.

STREPHOSYMBOLIA. The reversal of symbols as they're found in reading and writing ("was" for "saw," for example). ■



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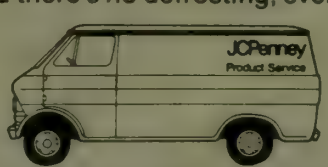






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Choosing a comforter

Dressing your bed in a cozy comforter is one way to have daytime good looks as well as nighttime warmth. Coordinated with sheets, a comforter can set the stage for a smashing decorating scheme. Here are some tips to keep in mind when you shop for a comforter.

Comforters and quilts

Unlike blankets, comforters and quilts have one or more layers of stuffing between a top and bottom covering. Because comforters have more of this stuffing or "loft" than quilts do, comforters are generally warmer and have a more luxurious look and feel.

Like quilts, comforters are covered with small running stitches—sewn by hand or machine—that go through the top cover, stuffing, and backing or bottom cover. Stitching may be in channels, or long rows that run the length of the comforter, or sewn in a variety of decorative patterns.

Since the stitching's main function is to keep the stuffing from lumping and shifting, make sure that the stitches are small and tight, and sewn securely through both sides. The pattern of stitches should not be too large, and it should be evenly distributed.

Fillers

The majority of comforters on the market are filled with man-made polyester fibers. Polyester has a variety of trade names, depending upon the manufacturer. Polyester is resilient, dry-cleanable or washable, non-allergenic, and resistant to mildew and moths.

Read the comforter label carefully to be sure that instructions for care are clearly specified. Avoid buying a comforter filled with unnamed fibers or with a synthetic other than polyester.

Down-filled comforters remain the ultimate covering for lightweight luxurious warmth. They are more expensive than synthetic comforters, must be dry-cleaned, and are not available in as wide a range of colors and fabric patterns as polyester comforters are. There are, however, kits available that allow you to make a down comforter at a more reasonable price.

Covering

Look for a comforter with a soft, durable covering. A comforter can be a sizable investment, and it should wear well for a number of years. Also consider whether or not your comforter will stay on the bed. Some fabrics have a tendency to slide. Many manufacturers solve the problem by backing a slippery satin top with a napped fabric. Most cottons will adhere well to other bed coverings.

Choose a comforter with looks that will also wear well over the years. That's getting easier because more and more reversible comforters are being manufactured, as well as zip-on comforter covers. ■



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75TH ANNIVERSARY

FRESH STRAWBERRY DESSERTS







Buying information, page 246

Photographs: Dieter

Does a bowl of plump, fresh strawberries topped with a generous dollop of whipped cream make your mouth water? Then you'll go for our trio of strawberry desserts. Try one now while strawberries are at their best.

Strawberries should be at their peak of flavor and nadir of price now through mid-July. When you shop, look for bright red berries with an even color, plump shape, and firm texture. And be aware that the largest berries aren't necessarily the sweetest. Strawberries are perishable so use as soon as possible.

ELEGANT STRAWBERRY PIE

1 recipe Berry Glaze
⅓ cup sliced almonds, toasted
1 9-inch baked and cooled pastry shell
1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
1¼ cups milk
1 cup dairy sour cream
2 cups sliced fresh strawberries

To make Berry Glaze: Combine ¼ cup *sugar* and 2 tablespoons *cornstarch*. Blend in ⅓ cup *water*, ⅓ cup *grenadine syrup*, and 1 tablespoon *lemon juice*. Cook and stir over medium heat till mixture thickens and bubbles. Cover and cool at room temperature (do not chill). Sprinkle almonds on bottom of pastry shell; set aside.

For filling: In small mixer bowl combine pudding mix, milk, and sour cream. Beat at low speed on electric mixer about 1 minute, using a rubber spatula to guide mixture toward beaters. *Immediately* pour pudding over almonds in pastry shell. Spread *one-third* of the Berry Glaze atop filling. Arrange the sliced strawberries atop in a circular pattern, beginning next to crust. Spoon remaining Berry Glaze over fruit. Chill till serving time.

LEMON-BERRY SHORTCAKE

1 recipe Shortcake
Butter *or* margarine, softened
4 cups fresh strawberries, sliced and sugared (1 quart)
1 recipe Lemon Custard Topper

To make Shortcake: In bowl combine 2 cups *all-purpose flour*, 2 tablespoons *sugar*, 1 tablespoon *baking powder*, ¾ teaspoon finely shredded *lemon peel*, and ½ teaspoon *salt*. Cut in ½ cup *butter or margarine* till mixture is crumbly. Blend 1 beaten *egg* and ⅔ cup *light cream or milk*. Add all at once to dry ingredients; stir only to moisten. Spread dough in greased 8x1½-inch round baking pan, building up edges slightly. Bake in 450° oven for 15 to 18 minutes. Remove from pan; cool on wire rack 5 minutes. Split cake horizontally. (If desired, insert toothpicks in sides of cake as a cutting guide.) Spread bottom layer with a little softened butter. Fill and top with strawberries and Lemon Custard Topper; serve warm. Makes 6 to 8 servings.

Lemon Custard Topper: In saucepan combine ⅓ cup *sugar*, 1 tablespoon *cornstarch*, and ⅛ teaspoon *salt*. Stir in ½ cup *milk*; cook and stir over medium heat till thick and bubbly. Stir about ½ cup of hot mixture into 2 beaten *egg yolks*. Return to pan, stirring constantly. Cook and stir 2 minutes more. Remove from heat; stir in 1 tablespoon *butter or margarine*, 1 teaspoon *vanilla*, ¼ teaspoon finely shredded *lemon peel*, and 2 tablespoons *lemon juice*. Cover surface with waxed paper or clear plastic wrap; chill. Whip ½ cup *whipping cream* to soft peaks; fold into chilled mixture.

FRESH STRAWBERRY FROST

3 cups fresh strawberries
1 cup sugar
¾ cup orange juice
3 tablespoons lemon juice
3 tablespoons orange liqueur

In blender container place *half* of the strawberries and all the remaining ingredients. Cover; blend till smooth. Add the remaining strawberries; blend again till smooth. Pour into 6-cup freezer tray; freeze about 2 hours or till partially firm. Break strawberry mixture into chunks; place in mixer bowl. Beat with electric mixer till smooth. Return mixture to freezer tray; freeze several hours or overnight. To serve, stir to break up frozen mixture. Makes 6 servings. ■



When you look for a fine white wine, here's what to look for.

White wine is most delicate. And most difficult to make. So first, look for a dedicated and knowledgeable winery. One with years of experience. And one that believes in making the finest traditional wines.

To judge a fine white wine—Pinot Chardonnay, for example—start by checking its color. It should be clear and bright with a light straw to pale gold tint. Its fragrance should be fresh and assertive. And its taste—full, crisp and complex.

Above all, remember that a fine Pinot Chardonnay wine always begins with the finest Pinot Chardonnay grapes. So look for a wine produced in one of the world's great wine growing regions—such as Almadén's California vineyards.

Here we care for our grapes as if they were our children. And we think you will taste this tradition of quality in all our wines.

To learn more about wine, send a postcard for a free copy of "The grapes and wines of Almadén" to: Almadén, P. O. Box 24249 BH, San Jose, CA 95154.

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The beautiful Andersen Window

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HEALTH Michael P. Scott



HOW TO CUT DOWN HOUSEHOLD NOISE

All day long our ears are assaulted by sounds—the jangle of telephones, the whine of jet engines, the roar of a busy freeway, and the clatter of a busy office or factory.

To help our ears recuperate from these daily assaults of noise, we need periods of quiet, and our homes should provide that respite.

Unfortunately, rattling furnace motors, whirring blenders, vociferous vacuum cleaners, and unmuffled lawn mowers only add more noise to the din.

There comes a point when even the drip of a faucet makes you want to scream for quiet. But hang on and read on. We'll show you how to make your home quieter so your ears can have the rest they need.

The effects of noise pollution

There are four major effects of noise pollution:

- *Noise causes hearing loss.* In fact, according to Dr. Maurice Miller, professor of audiology at New York University, "Noise probably accounts for more hearing loss than all other factors combined. Forty-million people work in an environment noisy enough to damage their hearing."
- *Noise interferes with communication.* That's no surprise if you've ever had to yell at the top of your lungs to get the kids to turn down the TV set. Scientists refer to the disruption of communication by noise

continued

Drawing Hellman Design Associates

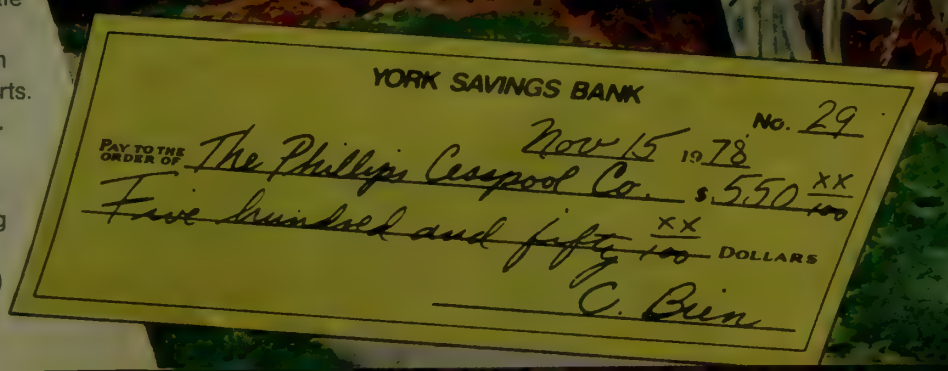
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continued

House noise

as "masking." Noise can make it difficult for a teacher to communicate with students, for example. And in a factory, the noise of the machine can muffle a worker's shouts for help.

● *Noise disrupts or prevents sleep.* Noise is a particular problem for millions of Americans who work night shifts. The noises most of us ignore during daytime hours—traffic, household appliances, even conversation—often disturb or prevent the sleep of night workers.

● *Unwanted noise is an irritant.* The drip of a faucet or the hum of an electric motor amplified through a wall sets nerves on end. An irritating noise has even been known to drive some people to violence.

The body's sympathetic nervous system also reacts to noise. The "fight or flight" reaction is a good example. Normally a loud or sudden noise causes your heart to beat faster, your breathing rate and blood pressure to increase, your eyes to dilate, and certain hormones to be released into the blood stream. These reactions prepare you to flee from a dangerous situation or to defend yourself. Usually, if the noise isn't produced by something dangerous, your heart rate, breathing, and blood pressure quickly return to normal. But scientists are investigating the possibility that constant exposure to noise keeps such sympathetic responses at higher than normal levels and by doing so may ultimately contribute to heart disease and high blood pressure.

Noise levels

Noise is measured in logarithmic units called decibels (dB).

Most conversation takes place at 60dB, and pain can occur above 120dB. Usually, just one exposure to a loud sound won't cause hearing loss. Instead, hearing loss occurs after years of cumulative exposure to sound. For instance, if persons most susceptible to hearing loss are exposed to an average sound level of 70dB five days a week, they might show a small amount of hearing loss at the end of 40 years. A recent study by the Environmental Protection Agency (EPA) showed that typical homemakers are exposed to weekly sound levels ranging from 69.0 dB to 80.7 dB. The average was 74.3 dB.

One common assault on the ears that definitely can cause hearing loss is loudly amplified rock music, according to Dr. Wesley H. Bradley of the National Institute of Neurological and Communicative Disorders and Stroke (NINCDS). Some schools now require rock bands to restrict their volume to safe limits.

Many states and communities recognize the harmful effects of noise and have passed noise pollution ordinances that restrict the noise from trucks or motorcycles.

The Environmental Protection Agency is studying the noise produced by a number of consumer products and is developing a labeling system that will allow consumers to tell at a glance how much noise products make. Labeling will also be used to rate the effectiveness of sound-deadening products such as acoustic tile and hearing protectors (earplugs and earmuffs). Such

continued

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GENERAL ELECTRIC

continued

House noise

regulations, as yet, do little to quiet the home, but you can.

Quiet your home

Here are some tips (from the National Bureau of Standards, the Environmental Protection Agency, and others) about how you can quiet your house and thus help your hearing and your nerves. (Some of the suggestions will not only make your house quieter, they'll help you save energy, too.)

- Wear ear protectors when you work with equipment that produces sustained loud sounds (power tools, lawn mowers, chain saws), or with tools that produce a sudden loud sound (shotguns or power nail drivers).
- Use carpeting to reduce the noise of foot traffic and keep sounds from traveling through a ceiling to the floor below. Carpet also deadens the reverberation of sounds.
- Install sound-absorbing material on ceilings.
- Replace hollow-core doors with solid-core doors and make sure the doors are equipped with rubber or metal jamb and sill gaskets.
- Isolate small appliances from floors, walls, and counter tops. To deaden noise, place a sponge- or solid-rubber pad under a blender, and place pads under and at all contact points of a dishwasher or washing machine.
- Make sure large appliances don't rest against a wall. The wall acts as a sounding board and amplifies the noise from the appliance.
- Apply rubber or cork to cupboard shelves. Wooden cupboards are quieter than metal ones.
- Isolate motors connected to ductwork or piping (a garbage disposal or ventilating fan). Rubber gaskets or flexible hoses that separate the motor from the duct or tubing help reduce the amount of noise that travels along the ductwork or piping.



SOUND LEVELS

The following sounds, and their approximate dB levels, may vary depending on the source and the distance from the source of sound.

dB level	*Sound*
140	shotgun blast, firecrackers
130	riveting, air-raid siren
120	threshold of pain, some auto horns, rock band (amplified)
110	jet plane flying overhead, thunder
100	power mower, woodworking shop, chain saw, motorcycle, snowmobile
90	blender, subway
80	garbage disposal, dishwasher, window air conditioner, alarm clock
75	electric shaver
70	electric typewriter, vacuum cleaner, noisy restaurant
60	normal conversation, singing birds
55	average clothes dryer
40	quiet office, refrigerator, floor fan (to 70dB), library
30	quiet neighborhood, soft whisper from 5 feet away
20	rustling leaves
10	normal breathing, faintest sounds an adult can hear

continued



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The Number One Solar Pool Blanket in the United States and Canada!

Raises pool water temperature 10-15 degrees in season!

The transparent Solar Blanket allows the sun's radiant heat to be absorbed by the pool at all depths—warming the water by as much as 10 to 15 degrees in season.

Cuts pool heating costs up to 75%!

By utilizing the sun's free heat, the Sealed Air Solar Pool Blanket *effectively conserves natural gas* and other forms of energy required by conventional pool heaters.

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An 18′ x 36′ uncovered pool loses an average of 1,700 gallons of water per month by evaporation. Our Solar Blanket substantially reduces this costly and needless loss of water.

Extends your swimming season!

By raising pool water temperature, your Solar Pool Blanket allows you to swim earlier in the spring and later in the fall without the aid of a pool heater.

Easy to install! Fits all pools!

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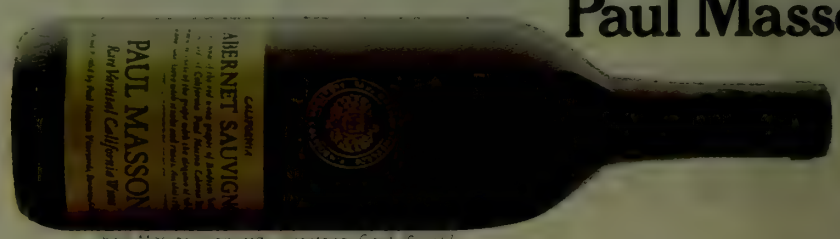
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Nothing good happens fast. Paul Masson



Paul Masson Vineyards, Saratoga, Calif. © 1977

continued

House noise

- Operate stereo and television equipment quietly. If there is a lot of noise in a house, though, soft music may help mask the annoying noise.
- Replace metal garbage cans with plastic ones.
- Use large, slow-running, floor-model fans instead of smaller, faster, and noisier ones.
- Substitute squirrel-cage-type fans for propeller-type fans whenever possible (perhaps you need to replace the fan above your stove, or the furnace or air-conditioner fan). The noise reduction becomes dramatic when you separate the fan from the opening into the room by six or seven feet of fiber glass-lined ductwork.
- Keep small engines in tune. A properly [illegible] engine runs quieter. Keep the muffler on your lawn mower or motorcycle in good condition.
- Wrap pipes with foam-rubber sleeves and isolate them from walls, floors, or joists with pipe clamps or supports. Make sure the pipe is separated from the clamp by rubber or fiber glass.
- Install central air conditioning to reduce neighborhood noises during summer months.
- Install storm windows or double-glazed windows.
- Close the fireplace damper and place a plywood cover in front of the fireplace when it's not in use.
- Make sure that all openings from the inside of the house to the outside are sealed (mail drops, dryer vents, gas and electrical conduits).
- Install a pneumatic door closer to eliminate slamming.
- Break up large, open spaces in a house by using room dividers.
- Don't buy children's toys that produce intensive or explosive sounds; such toys can cause permanent ear damage.
- When you're shopping for a new appliance, use your ears. Ask the salesperson to operate the appliance, if possible, before you buy.

A little forethought on your part may help keep your neighbor's home quiet too (and help to keep peace in the neighborhood).

For instance, if you have window air-conditioners, try to install them so they are not opposite a neighbor's bedroom window.

When you use power tools or equipment outdoors, operate them at a reasonable hour. If you must mow the lawn early Saturday morning, remember that the slower the engine setting, the quieter the engine will run.

If you want more information

For free information about noise including the pamphlet *"Noise Around Our Homes,"* write: Environmental Protection Agency, Noise Office-SLP, Washington, D.C. 20460.

Write for the National Bureau of Standards book: *Quieting: A Practical Guide to Noise Control,* Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. SD Catalog Number C13.11:-119/Stock No. 003-003-01646-2. This 163-page book costs $5.10 and is an excellent source of information about quieting the home, office, even your automobile. ■

THE NEW MONZA WAGON.
ROOM, ECONOMY AND A SURPRISINGLY LOW PRICE.



The new Monza is an ideal wagon for young or small families. And it's full of surprises.



It seats four in comfort, with room behind the rear seat for up to 26.5 cubic feet of cargo. That's more than the trunk space in any large sedan.

With the rear seat down, you have more than 46 cubic feet of space. And the load area is nearly four feet wide and over five feet long.

EPA ESTIMATES

34/24

HWY CITY

Monza also offers pleasant news about gas mileage, as you can see by the figures above. No other small American-built wagon beats Monza's mileage ratings. Those are EPA estimates with the standard 151 Cu. In. cast-iron 4-cylinder powerplant and 4-speed manual transmission. (Estimates lower in California. Your mileage will vary depending on how and where you drive, your wagon's condition and available equipment.)

4 CYL OR V6

And Monza Wagon offers you a choice of powerplants. Besides the standard 151 Cu. In. Four, there is an available V6.

(Monza Wagons are equipped with GM-built engines produced by various divisions. See your dealer for details.)

The new Monza Wagon has two more surprises in store: A wealth of standard equipment. And a surprisingly low Manufacturer's Suggested Retail Price of just $3698 including dealer preparation. Priced higher in California. Taxes, destination charges, license and available equipment not included.

$3698

MONZA WAGON STANDARD FEATURES:

- **Cast-iron 151 Cu. In. 4-cylinder engine**
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- **Full wheel covers**
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- **One-piece molded headliner**

Chevrolet Wagon Stop

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Variable Power Levels. [illegible] you select the kind of setting you're used to in conventional ovens.

Digital Clock. [illegible] clock that turns itself on when you set the controls to cook by temperature. It tells you the temperature.

Food Temperature Probe. Cook automatically by temperature just by inserting our stainless steel probe into meats, vegetables, casseroles, even liquids.

Large Capacity. The 7900 has a 1.25 cu. ft. capacity. Which means room for a 22-lb. turkey or a 23-lb. ham—or a lot of whatever you want to cook.

5-Year Limited Warranty. Compare our warranty to our competitors'. We spell it out so you can.

Different Models, Sizes and Styles. All made by our parent company. And all sold to people who like good food all over the world. So see the Panasonic microwave ovens. And find out why they're made by one of the largest manufacturers of microwave ovens in the world.

For a copy of the recipes pictured in this ad and other international recipes, ask for your booklet, "International Recipes," at your Panasonic microwave oven dealer.

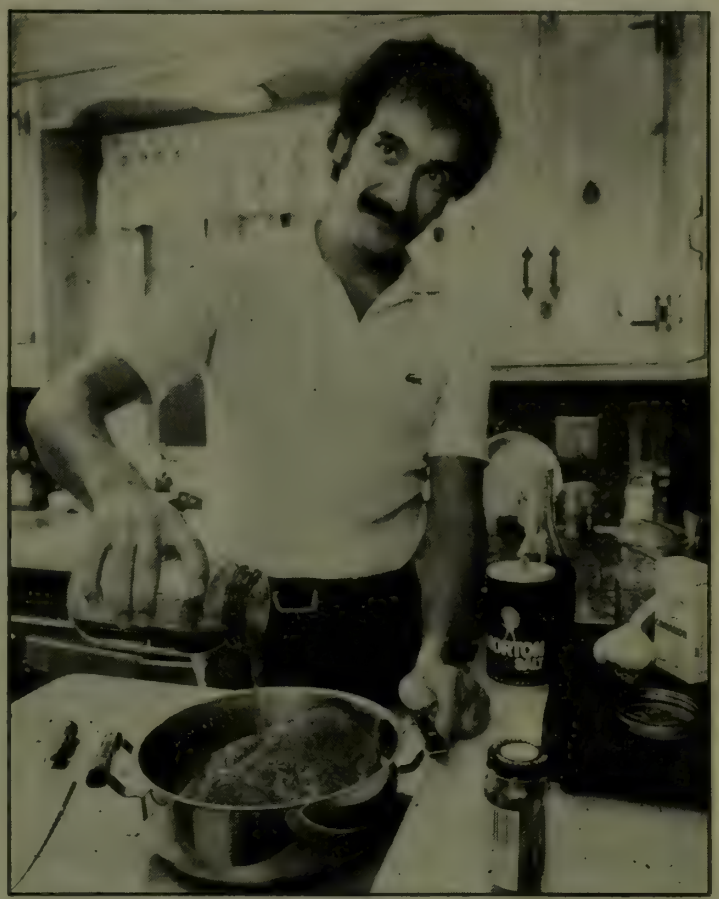
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just slightly ahead of our time.

*Panasonic gives you a limited warranty on [illegible] terms. Temperature probe (probe comes only with models NE-[illegible]7900) and [illegible] and cabinet finishes. It covers [illegible] labor for five years in the event of [illegible] defect. The warranty includes replacement of the magnetron tube. Carry-in service is [illegible] by Panasonic. [illegible] in-home service is also available, but you are responsible for [illegible] service call charge.

HE COOKS

Peloponnesian Pot Roast





Photographs: Helms

George Scangos prefers well-prepared French cuisine when he's dining out, but when it comes to cooking on his own, he gravitates to Greek and Italian dishes. "I learned to make Peloponnesian Pot Roast from a first-rate Greek cook—my father," explains George. What makes the dish deliciously different is that the beef is seasoned with various spices.

George and his wife frequently share a home-cooked meal with friends from Yale University where George is completing postdoctoral research. George's and Leslie's most popular company menu is Peloponnesian Pot Roast, spaghetti, and a salad accompanied by some red wine.

PELOPONNESIAN POT ROAST

1 2½- to 3-pound beef pot roast
8 cloves garlic
Salt and pepper
2 tablespoons cooking oil
3 8-ounce cans (3 cups) tomato sauce
2 tablespoons vinegar
1 teaspoon ground nutmeg
6 to 8 whole cloves
½ teaspoon ground cinnamon
½ teaspoon ground allspice
Hot cooked spaghetti

Make slits in top of roast with tip of knife; insert garlic cloves. Sprinkle roast with salt and pepper. In large skillet brown meat on both sides in hot oil. Combine tomato sauce, vinegar, nutmeg, cloves, cinnamon, and allspice. Pour mixture over meat in skillet. Cover and simmer for 1½ hours or till meat is tender. Remove meat to cutting board; keep warm. Bring juices in skillet to boiling; boil, uncovered, about 5 minutes or till liquid is reduced to 3 cups. Remove garlic cloves from meat, if desired. Slice meat. Spoon some of the sauce over the meat. Serve remaining sauce with spaghetti. Makes 6 to 8 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.



Reg. $12.99. Save on all sizes and eleven colors of Chico open-weave pinch pleated draperies. Available unlined, as shown, or lined with 100% polyester batiste. Lined, reg. $19.99, 48 in. x 84 in., sale $16.99.

SALE DRAPERIES

$9.99

48 in. x 84 in. unlined

Sleek lines, loose side and back cushions. Kiln-dried, all wood, doweled frames. No-sag base construction. Padded arms. Thick polyurethane foam seat cushions.

All pieces are available in 100% Herculon® olefin, treated with SCOTCHGARD® Brand Fabric Protector as shown below, or in eighteen other popular fabrics. Sale prices may vary with the fabric you choose.

Sofa and demi-sofa	*reg. $899.90*	*Sale $699.00*
Sofa	*reg. $499.95*	*Sale $389.00*
Demi-sofa	*reg. $399.95*	*Sale $310.00*
Sleeper sectional:	*reg. $999.95*	*Sale $799.00*
Wedge sofa	*reg. $477.50*	*Sale $387.00*
Armless sleep-sofa	*reg. $392.45*	*Sale $322.00*
Ottoman	*reg. $130.00*	*Sale $ 90.00*
Sofa sectional:	*reg. $899.90*	*Sale $699.00*
Wedge sofa	*reg. $477.50*	*Sale $387.00*
Armless sofa	*reg. $292.45*	*Sale $222.00*
Ottoman	*reg. $130.00*	*Sale $ 90.00*

SALE SOFA AND DEMI-SOFA

$699.00

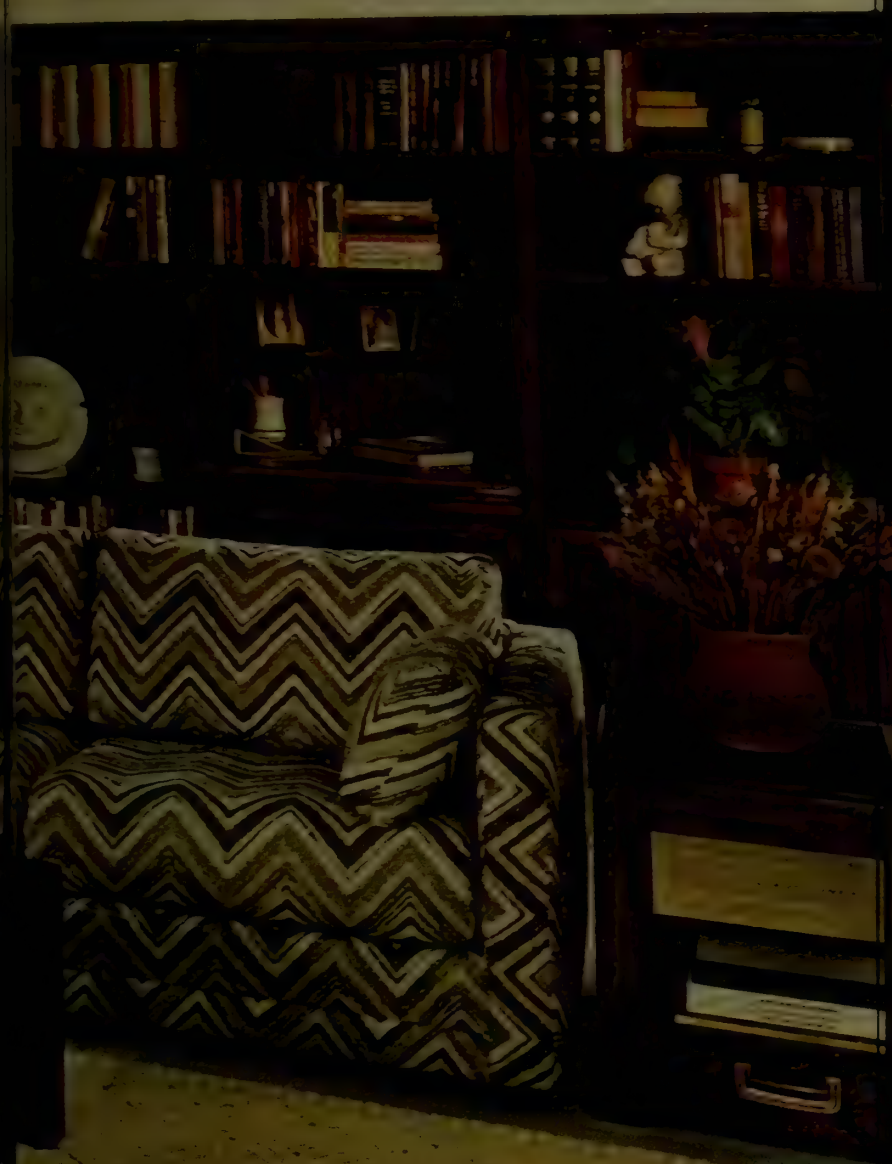
DRAMATIC

Woodbrook occasional tables are constructed from solid oak and oak veneers. Smoke glass inserts have beveled edges. Coordinating wall units are all wood products and each measures 6 feet high, 30 inches wide and 16½ inches deep. Brass-finished hardware.

SALE WALL UNITS AND TABLES
$119.00 to $209.00

Open wall unit	*reg. $169.95*	*Sale $149.00*
Two-door wall unit	*reg. $189.95*	*Sale $169.00*
Desk wall unit	*reg. $229.95*	*Sale $209.00*
Cocktail table	*reg. $159.95*	*Sale $139.00*
End table	*reg. $139.95*	*Sale $119.00*
Lamp table	*reg. $149.95*	*Sale $129.00*
Sofa table	*reg. $169.95*	*Sale $149.00*
Bookcase end table	*reg. $179.95*	*Sale $159.00*
Drawer end table	*reg. $169.95*	*Sale $149.00*
Square cocktail table	*reg. $189.95*	*Sale $169.00*

FUNCTIONAL





SALE LAMP
$34.99

Marbleized orange glaze lamp, reg. $39.99. Straw-toned lamp seen at left, reg. $32.99, sale $29.99. Both are 27½ in. tall.



SALE SLEEPER SECTIONAL
$799.00
Save $200.00!

Large selection. Arrangement shown is made up from ten bunches.

DRIED FLOWERS **99¢** *a bunch regular price*

Save $50 on this magnificent rug in the 9 ft. x 12 ft. size. All sizes and colors are on sale. Loom woven with 100% acrylic yarns in a deluxe loop-d pattern. A full 45 ounces of yarn per square yard!

SALE DYNASTY RUGS
$299.99

Sale April 23 through May 27, 1978
(Most items on sale)
Available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

The Normandy Village Collection. Only at Sears

pleasurable



SALE TABLE
$324.00

Sears "Now and Then" dining room. That's [illegible] styled and constructed to be used every day.

All pieces are made from solid oak and [illegible] with select oak veneers. Table [illegible] with two 12 inch [illegible] with 100% nylon [illegible] SCOTCHGARD Brand [illegible]

Table [illegible]
Side chair [illegible]
Arm chair [illegible]

China base	*reg. $270.00*	*Sale $230.00*
China deck	*reg. $330.00*	*Sale $270.00*
Custom made table pad (66 in. x 42 in.)	*reg. $ 74.95*	*Sale $ 69.88*

Memoir fringed rugs. In sizes from 27 in. x 45 in. to 9 ft. x 12 ft.

They're made from 100% nylon pile, the most durable carpet fiber. The yarn is dyed before the rug is made for deep color clarity. And the knotted 4-inch fringe gives a custom made look. Sizes up to 42 in. x 70 in. are machine washable. And Sears exclusive Dynabond™ backing is skid, peel and crack resistant.

Six lovely colors—come buy several!

Save $100 on Sears 4-piece "Now and Then" bedroom set. Inspired by Shaker country furniture, all pieces are made from solid oak and solid pine with selected oak veneers. Brass-finished hardware.

The hi-rise nightstands, stack units and light-bridge make full use of your wall space and provide an elegant frame for your magnificent fan headboard.

Bedroom set, 4-pieces	*reg. $999.95*	*Sale $899.00*
fan headboard, full/queen	*reg. $239.95*	*Sale $219.00*
triple dresser	*reg. $390.00*	*Sale $350.00*
five-drawer chest	*reg. $270.00*	*Sale $240.00*
vertical mirror	*reg. $100.00*	*Sale $ 90.00*
Lightbridge, queen size	*reg. $179.95*	*Sale $159.00*
Hi-rise nightstand	*reg. $229.95*	*Sale $199.00*
Glass door stack unit	*reg. $ 99.95*	*Sale $ 89.88*

SALE BEDROOM SET

$899.00 *4-piece Bedroom set*

Save $25 on all sizes and colors of Custom Shop Enchanted Meadow bedspreads. The fabric looks like hand-painted antique satin. 68% rayon, 32% acetate. Outline quilted. Generous polyester fiberfill.

Matching and coordinating drapery fabrics are also on sale.

Save 20% on all sizes and colors of Custom Shop Enchanted Meadow woven wood shades. Just $120.00 for the 48 in. x 60 in. size.

SALE CUSTOM BEDSPREAD

$125.00 *full size*

MEMORABLE



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Sale April 23 through May 27, 1978 (Most items on sale)

Available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.


Who said eyelet has to be white? Sears Angel II eyelet comes in crisp, bright colors. 65% polyester, 35% cotton fabric. Little or no ironing. All sizes on sale. Reg. $39.99 full size. Reg. $36.99 twin size. Pillow sham at reg. price
SALE BEDSPREADS
$31.99 Twin size
$34.99 Full size
Reg. $9.99. 65% polyester, 35% cotton fabric. Little or no ironing. All sizes and colors on sale
Fashion curtain, (not shown), reg. $6.99, 72 in. x 24 in., sale $5.99.
SALE PANEL CURTAINS
$8.99 53 in. x 84 in.
Reg. $29.99. In lots of crisp, bright colors and fourteen sizes. Deep eyelet ruffles. Corners are rounded to drape beautifully. 65% polyester, 35% cotton fabric. Machine washable. Little or no ironing.
SALE PRISCILLA CURTAINS
$24.99 98 in. x 81 in.
Tranquil

All the glory of the morning printed on Sears Perma-Prest® cheerful floral muslin sheets. 50% cotton, 50% polyester. At glorious regular prices for all sizes.

SHEETS
$2.99 Twin size $3.99 Full size

The same Perma-Prest® sheet fabric quilted into a fluffy polyester filled comforter. All sizes at pleasing regular prices.

COMFORTERS
$19.99 Twin size $24.99 Full size

Matching solid color bed ruffles come in all sizes and four solid colors. 50% polyester, 50% cotton Perma-Prest® fabric. All sizes at regular prices. $7.99 twin size.

BED RUFFLES
$8.99 Full size

Here again cheerful flowers bloom on quilted bedspreads. Only $20 for twin or full size. All sizes have regular prices to brighten your day. Perma-Prest® fabric, nylon backing and filled with longlasting polyester.

BEDSPREADS
$20.00 Twin or Full size

Save $20.00 on this lovely rattan headboard in full size. Save $15.00 on twin size. On sale for just $59.88.

SALE RATTAN HEADBOARDS
$74.88 Full/Queen size

cheerful

Pinch pleated headings and Perma-Prest® fabric. Large range of sizes all at wonderful regular prices. What a nice, bright frame for the sunshine of a brand new day!

DRAPERIES
$13.00 48 in. x 84 in.



Sale April 23 through May 27, 1978
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The Normandy Village Collection. Only at Sears

Beautiful

Sears Bentwood dinette features table and chair legs constructed from durable tubular steel painted white. Mar-resistant table top with one leaf. Padded vinyl seats. Reg. $249.95,

SALE TABLE AND 4 CHAIRS

$199.00

Creamy café curtains with swag. 50% polyester, 50% rayon. Machine washable. All sizes on sale. 72 in. x 24 in. reg. $4.99,

SALE CURTAINS

$4.49



Strawberry Footlights Supreme carpeting. 100% Antron® nylon pile, treated with SCOTCHGARD® Brand Fabric Protector. Reg. $8.99 sq. yd.

SALE CARPETING **$7.99** *sq. yd.*

Linen-look placemats. 50% cotton, 50% polyester. At reg. price $2.49 each.



Luscious strawberries and rich green leaves on a bed of cream create Sears beautiful Strawberry pattern stoneware. And Sears stoneware is durable, chip resistant and dishwasher safe. Reg. $69.99,

SALE STONEWARE

$59.99 *45-piece set*

Take off the strawberries and you have Sears Berry Band pattern stoneware. Forty-five piece set reg. $59.99, sale $49.99. Accessories at regular prices:
Mugs, set of 4. $9.99
Casseroles, set of 4. $24.99
Canisters, set of 4. $34.99
Casserole with stand. $24.99
Platter. $14.99
Ovenware, 3-piece set. $24.99

Useful



Strawberries at regular prices:
Kitchen towel. $1.89
Dishcloth. $1.19
Heat-resistant pot holder. $1.29
Quilted toaster cover. $3.49
Apron. $7.49
Quilted hot handler. $3.99
Oven mitt. $1.99



Drape your table with strawberries on a creamy tablecloth. Perma-Prest® fabric. Machine washable. Rectangle or oval shapes, 52 in. x 70 in. reg. $12.99, sale $10.39. Set of 4 dinner napkins reg. $6.99, sale $5.59.

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your bedroom walls with restful dignity.

The tri-view mirror shows off you and your lovely bedroom from three directions.

The unique library headboard is spectacular to look at, space-saving and handy.

Every piece is made from all hardwood with a rich pecan engraved finish. For added character, all surfaces are distressed and antiqued. Brass-finished hardware.

Bedroom set, 4-pieces	*reg. $799.95*	*Sale $699.00*
Headboard, full/queen	*reg. $179.95*	*Sale $149.00*
Triple dresser	*reg. $273.00*	*Sale $240.00*
Chest	*reg. $232.00*	*Sale $205.00*
Tri-view mirror	*reg. $115.00*	*Sale $105.00*

SALE BEDROOM SET

$699.00 *4-pieces*

Inviting

Designed exclusively for Sears by Erica Wilson, this delightful floral pattern is available in three colors.

The bedspread is made from a 50% polyester, 50% cotton Perma-Prest® fabric. Backed with nylon tricot. And filled with puffy polyester fiberfill.

All sizes are on sale. Twin reg. $29.99, full reg. $34.99.

SALE BEDSPREADS

$24.99 *Twin size* **$29.99** *Full size*

The same Erica Wilson design, here in draperies backed with acrylic foam for added weight and insulation. Blind-stitched hems, mitered corners. Three colors and many sizes are available.





Gracious

Sears Grandesign dining room. So magnificent! Just look at the exquisite inlaid-look pattern on the tabletop. And how nicely the chairs complement the table detail. Natural cane high back chairs with padded chair seats upholstered in beige tones.

Every piece has hardwood structural parts and a pecan engraved, distressed finish. Metal grillwork accents and brass-finished hardware.

SALE $499.00 *Table and 4 chairs*

Table and 4 chairs	*reg. $549.95*	*Sale $499.00*
Table	*reg. $269.95*	*Sale $239.00*
Side chair	*reg. $ 70.00*	*Sale $ 65.00*
Arm chair	*reg. $ 90.00*	*Sale $ 80.00*
China base	*reg. $210.00*	*Sale $185.00*
China deck	*reg. $240.00*	*Sale $215.00*
Server	*reg. $299.95*	*Sale $269.00*
Custom made table pad (42 in. x 84 in.)		*at reg. price $59.95*

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Romantic

Create a private world of day dreams and sweet dreams for your daughter with bedroom furniture styled in the charming country French tradition.

A delight to the eye. And the pocketbook. All these pieces in Sears exclusive Bonnet grouping are offered at this special low price:

Three-drawer dresser reg. $109.95
Dressing table with vanity mirror reg. $109.95
Four drawer desk reg. $109.95
Large hutch reg. $109.95
Five-drawer lingerie chest reg. $109.95
Storage chest reg. $109.95

SALE
BONNET PIECES
$99.88 *Each*



The bedroom [illegible] includes other pieces [illegible]

The Bonnet lamp [illegible] light shine out [illegible] dresser top, nightstand or [illegible] available at regular price.

The perfect match for a romantic mood? Frosty pastel watercolors on the machine washable ruffle-edged canopy cover. Watercolors, too, on the [illegible] quilted bouffant bedspread.

Machine washable. Reg. $39.99 full size, sale $34.99. Reg. $36.99 twin size,

SALE BEDSPREAD
$31.99 *Twin size*

Practical



Curl up and dream on this gracefully arched canopy bed. Canopy frame, bed and rails, reg. $129.90 twin size,

SALE CANOPY BED
$89.88 *Twin size*



Romantic furniture with a practical side: all dresser, chest and desk tops are covered with laminated plastic to help resist marring, scratches and stains. Joints are securely glued then stapled or screwed into place. And the finish? Delicate. Antique white decorated with bands the color of old gold.

All pieces are treated with a five-coat finish for easy cleaning.

Three-drawer dresser reg. $109.95, Sale $99.88. Storage chest reg. $109.95, Sale $99.88.

A place for everything, and everything in its place. A description to fit the multi-shelved hutch and sturdy desk.

Solid pine, hardwoods, and lightweight fiberboard drawer fronts. Heavy-duty hardboards are specially chosen and used where they are needed most for strength, durability and support. Four-drawer desk reg. $109.95, Sale $99.88. Large hutch reg. $109.95, Sale $99.88.



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delightful



Wash your bathroom with the fresh and lovely Watercolor Floral pattern from Sears.

Ruffle-edged double shower draperies woven of semi-sheer 100% polyester batiste. With ruffle valance and tiebacks. All machine washable. White vinyl liner included. Reg. $19.99.

SALE SHOWER DRAPERIES

$16.99

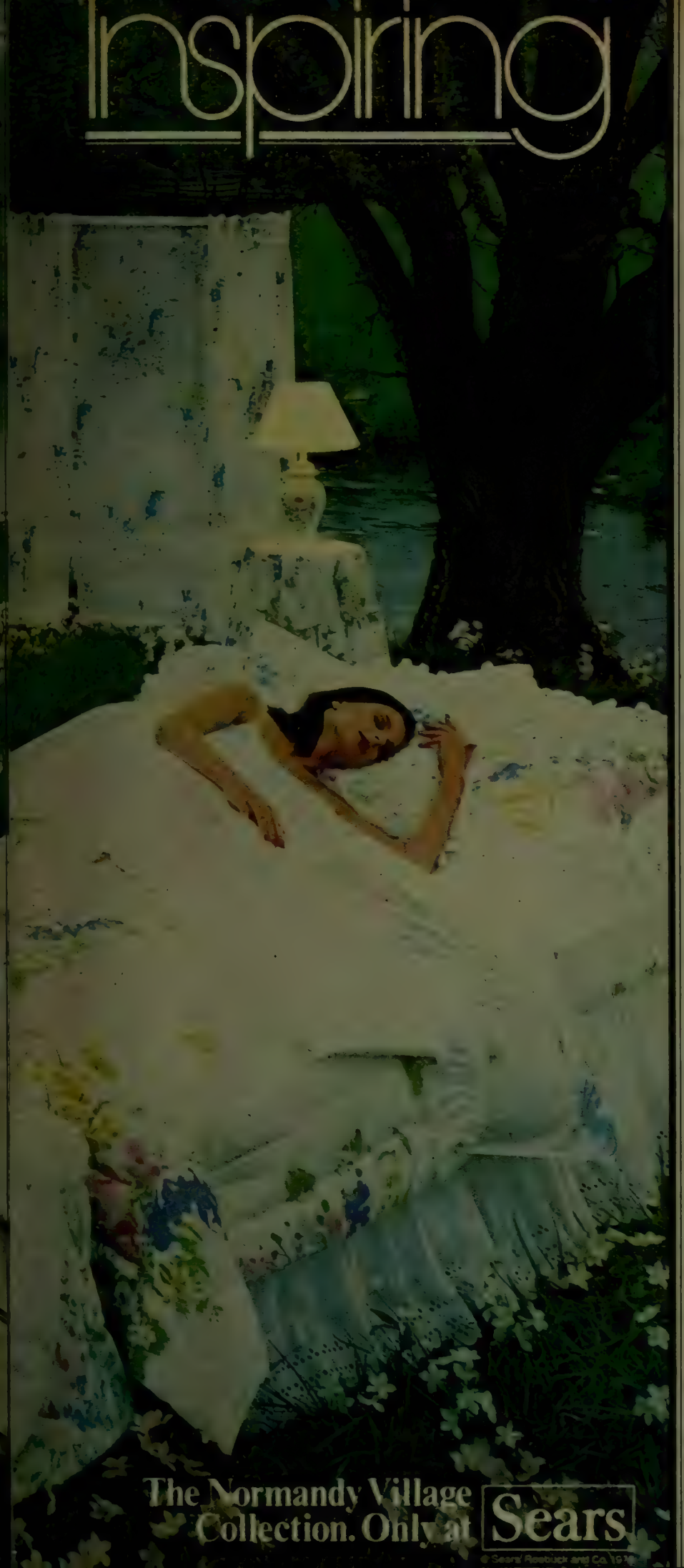
Matching window curtains available.

Gentle watercolor patterned towels in a new larger size. Looped for absorbency on one side, sheared on the other for softness. All sizes on sale. Bath towel, 24 in. x 46 in., reg. $4.99.

SALE BATH TOWELS

$3.99 *Each*

Two-toned Superplush Misty premium nylon pile bath rugs and carpeting. Bath rug, 24 in. x 36 in., reg. $7.99, sale $5.99. Carpeting, 5 ft. x 6 ft., reg. $36.99, sale $28.99.



Pinch-pleated draperies. 50% cotton and 50% polyester. Foam backed. Machine washable. All sizes on sale. Reg. $19.99, 50 in. x 84 in.,

SALE DRAPERIES
$17.99

Breezy 100% polyester batiste, semi-sheer rod pocket panels. Machine washable. Little or no ironing. All sizes on sale. Reg. $5.99, 40 in. x 84 in.,

SALE PANEL CURTAINS
$5.49

Watercolors swirl across a classic ginger jar lamp. The topping? A frosty white pleated shade. Reg. $39.99,

SALE LAMP
$34.99

Ruffle-edged pillow sham. Perma-Prest® fabric of 50% cotton and 50% polyester. Machine washable. At regular price $7.99.

Watercolor Floral Perma-Prest percale sheets. 50% combed cotton and 50% polyester. Reg. $5.99 twin size, $6.99 full size,

SALE PERCALE SHEETS
$4.99 *Twin size* **$5.99** *Full size*

Comparable values on queen and king sizes.

Fluffy reversible comforters. Perma-Prest percale cover of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Machine washable. Reg. $29.99 twin size, $35.99 full size,

SALE COMFORTERS
$25.99 *Twin size* **$31.99** *Full size*

Quilted throw-style bedspreads. Perma-Prest fabric of 50% cotton and 50% polyester. Puffy polyester fill. Machine washable. Reg. $26.99 twin size, $29.99 full size,

SALE BEDSPREADS
$21.99 *Twin size* **$24.99** *Full size*

Perma-Prest eyelet bed ruffles. 14-inch flounce. Woven of 50% cotton and 50% polyester. Lace trim 65% polyester and 35% cotton. Machine washable. At regular prices $13.99 twin size, $14.99 full size.

Sale April 23 through May 27, 1978
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Medley Garden Perma-Prest® percale sheets. 50% combed cotton, 50% polyester. Four colors. Reg. $4.99 twin size. $5.99 full size. Medley Plaid percale sheets are also on sale for the same low prices.

SALE PERCALE SHEETS

$3.99 *Twin size* **$4.99** *Full size*

Medley Garden Perma-Prest percale comforters. Cover woven of 50% cotton and 50% polyester. Dura-Puff® polyester fill won't lump or shift. Reversible to solid blue. Machine washable. Reg. $29.99 twin size, $35.99 full size,

SALE COMFORTERS

$25.99 *Twin size* **$31.99** *Full size*



Restful

Sears brings the colors of a dreamy summer sky down to earth and creates a tranquil medley of blues and white for sheets, pillow shams, comforters and bed ruffles.

All in all, a fragrant garden of color for a peaceful earth-bound bedroom.

Medley Garden Perma-Prest bed ruffles and pillow shams. 50% cotton, 50% polyester. Bed ruffles at regular prices $13.99 twin size, $14.99 full size. Pillow sham at regular price $7.99.

Bright, beautiful 100% cotton Stained Glass towels. One side looped for absorbency, the other sheared for softness. Five color combinations. Reg. $5.99 bath size,

SALE BATH TOWELS

$4.99 *Each*

Bright and shiny. That's a 100% vinyl Stained Glass shower curtain. In five different color combinations. Reg. $9.99.

SALE SHOWER CURTAIN **$7.99**

Stained Glass meets its match with colorful furry-soft Prr-e-Soft bath rugs and carpet. 100% Dacron® polyester pile backed with cushion-grip latex. All sizes on sale. Carpet reg. $28.99, 5 ft. x 6 ft., sale $22.99. Rug reg. $5.49, 24 in. x 36 in.,

SALE BATH RUG **$3.99**

colorful

Take the bold approach and give your bathroom a brilliant new lease on life with Stained Glass from Sears.



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Sale April 23 through May 27, 1978 (Most items on sale)

Available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

Reg. $19.99. Save on all sizes of Chico Plaid open-weave draperies. Shown here in just one of 6 great plaid color choices. Machine washable.

SALE DRAPERIES

$16.99

48 in. x 84 in.

Save $100 on Sears Woodbrook sofa. Handsome and then some: clean, classic lines defined with solid oak trim. Reg. $499.95.

Save $100 on a sofa sleeper version. Just $499.00 queen size.

The durable upholstery fabric is 100% Herculon® olefin, treated with SCOTCHGARD® Brand Fabric Protector. Loose side, back and seat cushions of polyurethane foam. Sturdy all wood frames. No-sag base construction.

SALE SOFA

$399.00

Save $40 on Sears Hampshire recliner. Kiln-dried, double-doweled hardwood frame. Coil spring seat for lasting comfort. Multi-position mechanism. In Herculon® olefin treated with SCOTCHGARD® Brand Fabric Protector or vinyl, as shown.

SALE WALL HUGGER® RECLINER

$199.00

HANDSOME

Save $[illegible]
Solid [illegible]

SALE [illegible]

$34.99

What wonderful prices. Every sturdy piece in this family room comes unassembled. So easy to put together—no tools needed.

The Palmdale family room set includes a sofa, chair, ottoman, cocktail table and end table. All made from solid pine frames with woodgrain plastic laminated particle board table tops and arm insets. Cushions are polyurethane foam wrapped with polyester fiberfill and covered with 100% Herculon® olefin.

The "Oak Accents" étagère, bunch table and lamp table are made from solid oak with tempered smoke glass shelves and tops. Many other pieces are also on sale.

Sofa	*reg. $349.95*	*Sale $299.00*
Chair	*reg. $229.95*	*Sale $199.00*
Ottoman	*reg. $ 99.95*	*Sale $ 89.00*
Cocktail table	*reg. $ 99.95*	*Sale $ 89.00*
End table	*reg. $ 99.95*	*Sale $ 89.00*
Étagère	*reg. $ 99.99*	*Sale $ 89.99*
Bunch table	*reg. $ 29.99*	*Sale $ 24.99*
Lamp table	*reg. $ 49.99*	*Sale $ 39.99*

SALE FAMILY ROOM FURNITURE

$24.99 to $299.00



Save $40 on Sears hi-back Woodbrook chair. Save $10 on its matching ottoman, sale $109.00.

The same durable construction as the sofa at left with solid oak trim, covered with 100% Herculon® olefin ribbed velvet and treated with SCOTCHGARD® Brand Fabric Protector.

SALE CHAIR

$289.00

Casual

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Available in most larger Sears retail stores.

A RAINWATER SYSTEM THAT'S A SNAP TO INSTALL

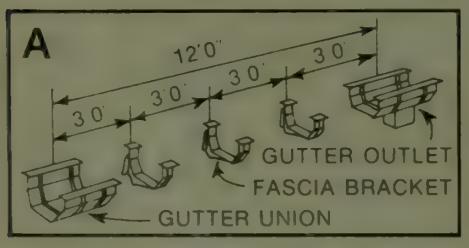
Installing or replacing your gutters and downspouts need not be as much of a problem as you think. By simply snapping together component parts that are made of durable plastic, you can easily construct your own rainwater system in record time.

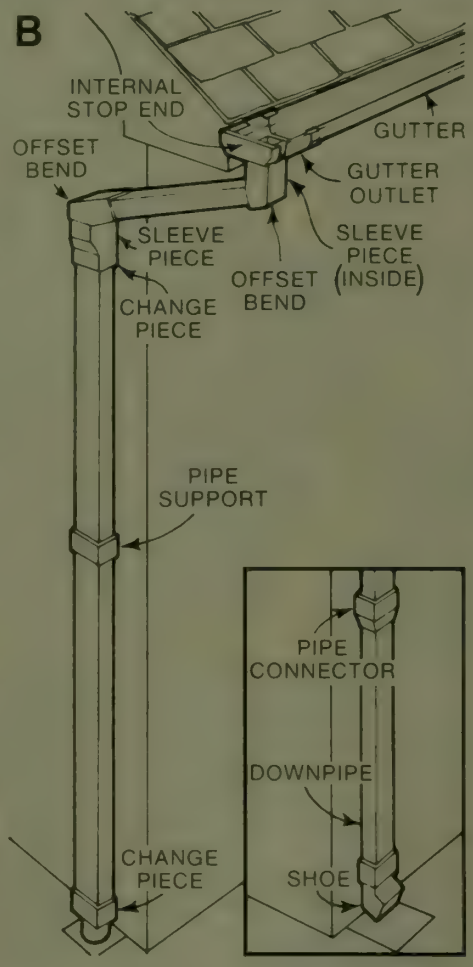
The components literally snap in place, like those of a child's toy. Each junction fits precisely and securely, without any need for messy mastics or complicated rivets. And just one screw secures most of the components to your house.

When assembled, the system seals completely. Connections are designed for all-weather expansion and contraction, and all gutter components have rubberized seals to prevent leakage.

The sleek rectilinear unit requires minimal maintenance since the vinyl won't rot, chip, or peel. The color goes all the way through too, so you won't have to paint the components.

In product testing done by the manufacturer, the system has been shown capable of handling rainfalls as heavy as three inches per hour and has been used successfully in more extreme weather conditions. And with recommended gutter decline of one inch in 50 feet, the system will drain a roof area of 1,156 square feet. This solid vinyl rainwater system has been used extensively in housing projects throughout Europe and Scandinavia during the past ten years.





Tools required

The only tools you'll need are a screwdriver, a drill, and a fine-tooth saw. Gutters and downspouts (called downpipes in this system) come in 12-foot lengths, so you'll most likely have to do a little cutting to fit them to your house. All components come with necessary screws and with pre-drilled holes. You'll only have to make the holes in your gutter run and along the downpipe. A special backing piece can be ordered from the manufacturer to secure downpipes to uneven masonry or rough, pebbly construction.

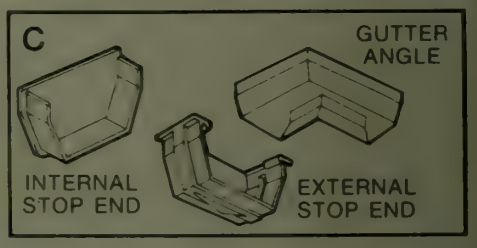
Installation

To install the gutters, start by attaching fascia brackets to the gutter run of your house at three-foot increments (*see illustrations A and B*). The gutter easily fits into the brackets and snaps securely into place. Where one length of gutter attaches to another, a gutter union seals the two pieces together and at the same time allows for expansion and contraction.

Stop ends and angles (*see illustration C*) fit at gutter ends and corners.

At the lower end of the gutter run, attach the gutter outlet, which connects the gutter to the downpipe. If you need to bring the downpipe away from the roof overhang back to the side of your house, use a swan-neck, made of two offset bands and a piece of downpipe. If you can do without the swan-neck, simply fit the downspout directly into the gutter outlet.

Change pieces and offset bends are used where your downpipe changes direction along the face of the wall.



A pipe support attaches to a wall clip which screws into your wall, securing the downpipe. Two lengths of downpipe can be snapped together with a pipe connector, which includes a pipe support.

At the bottom of the downspout, use either a change piece to fit the rectangular pipe into an existing circular drain, or a shoe, which angles away from the downpipe and can be installed either above or below the ground. ■

Buying information, page 246

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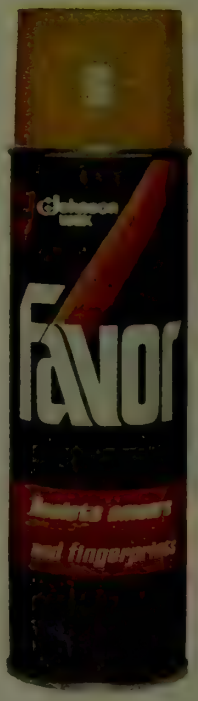
This Unretouched Photograph Proves that even 12 days later Favor still resists smears and fingerprints.

Here's proof that "tough shine" Favor resists smears and fingerprints

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GARDENING

HOUSEPLANT HOW-TO

Plants with colorful or unusual foliage make any houseplant collection more attractive. Try calatheas if you don't have much space or time for your plants.



Photographs: Thomas E. Hooper

The most commonly known calathea is *Calathea makoyana, shown above.* It's nicknamed peacock plant because of its iridescent mottled green leaves; the undersides of the leaves are a pale purple and the stems of the plant are red. Not all calatheas are this colorful—many have all-green foliage and stems.



We really didn't paint the stripes on the *C. ornata* 'Roseo-lineata', *shown above,* although the markings look as if we did just that. The stripes are rose pink.

continued

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Better Homes & Gardens May 1978

The best dressed homes wear Bird.





continued

Houseplant how-to

Calatheas are often mistaken for marantas (prayer plants) because they have similar foliage. Actually, the plants are related. They both belong to the marantaceae family; the family also includes almost two dozen other plant groupings.

Above all else, calatheas require evenly moist soil and high humidity. Their leaf tips will quickly turn brown if the humidity isn't high enough, so mist the plants several times a day or run a cool vaporizer near them. Water every three to four days, but don't let soil get soggy.

Calatheas are ideal terrarium plants—they'll flourish in the evenly moist humid conditions. Eventually, however, they may outgrow a small terrarium.

Give the plants medium to bright light, but no direct sun. They'll do well on a tabletop or shelf that receives east or west light, or on a north windowsill. Calatheas can't tolerate temperatures below 60 to 65 degrees F.

Feed calatheas in spring and summer when they're beginning to put out new growth. Use a standard foliage houseplant fertilizer or blooming plant food. Propagate by root division in the spring.

Spring tips

Now that spring is finally here, most of your houseplants will be putting out new growth soon. Here's how you can encourage them.

1. Water more frequently now that plants are no longer dormant.

2. Start fertilizing foliage plants to promote strong healthy growth. Feed flowering plants with a fertilizer formulated specifically for blooming plants. These fertilizers are high in potash and low in nitrogen.

3. Wipe leaves to remove dust accumulation caused by dry winter heat. Use a soft, dampened cloth.

4. Start new plants from cuttings. Take slips from peperomia, pilea, monstera, philodendron, Swedish ivy, fittonia, and wandering Jew.

5. Move sun-shy ferns, like bird's-nest and maidenhair, from east and west windows to north ones. ■

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A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU

TIPS TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

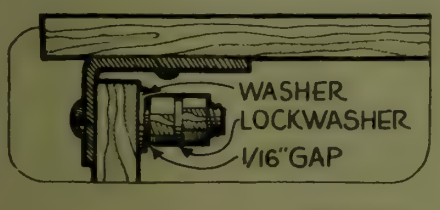
PROBLEM

A swagged stud that anchored the top of your stepladder to one of the legs has pulled loose, making the ladder so wobbly that it's dangerous to use.

SOLUTION

Replace the stud with a stove bolt, washer, lock washer, and two nuts, joining them as shown below. Tighten the nuts against each other (with lock washer between), and leave a 1/16-inch gap between them and the loose washer next to the ladder leg.

A.C., Mahwah, N.J.



PROBLEM

You've tried to reconstruct a portion of the decorative pattern that's broken off an old picture frame, but the section you've filled in by hand looks worse than the bare spot it replaced.

SOLUTION

Press a thick layer of molding clay onto an undamaged portion of the pattern—identical to the missing design—and force the clay into each and every crevice to produce a mold. Then gently pry off the mold—being careful not to twist it out of shape—and put it in the freezer for a couple of hours. When the clay is hard, fill it with a thick mixture of plaster of paris and let the mixture set for several days. Carefully remove the clay, then gently trim, sand, and size the replacement pattern and glue it into position on the frame. Finish the patch to match the rest of the frame.

Mrs. M.S., Mooreland, Okla.

PROBLEM

Sharp items, such as awls, ice picks, and skewers, jab your fingers when you're groping around in a crammed-to-the-brim drawer for something you want.

SOLUTION

Cover the sharp tips with rubber point protectors, sold mainly for knitting needles.

S.H., N.Y., N.Y.

PROBLEM

You've allowed your grass to get so long it will require two cuttings to keep clumps of grass from clogging the mower and cluttering your lawn.

SOLUTION

Adjust the height of your mower so the front is higher than the back. This slants the blade so it cuts each blade of grass twice—high when the front of the mower passes over the grass, low when the rear follows suit.

E.I., Jr., Rochester, N.Y.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

PROBLEM

You have old, heavy window screens that are worth saving, but the steel screen wire in them is rusty and darkened with age.

SOLUTION

Wash both sides of the screens with soap and water and scrape off any loose particles with a wire brush. After the screens have dried thoroughly in the sun, spray them with silver paint—preferably a rust-resistant brand—and allow them to dry overnight. The wire will look like new again.

J.H., Lafayette, Calif.

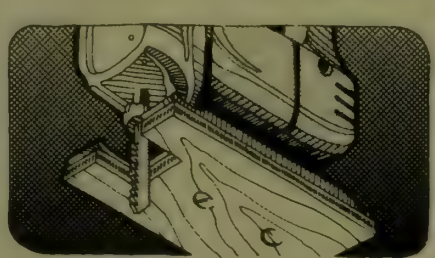
PROBLEM

The upper portion of the blade on your saber saw gets most of the work and rapidly becomes dull, while the rest of the blade is still as good as new.

SOLUTION

If your saw does not require blades with specially contoured tops that fit only that brand, just break off an old blade and use the short, but relatively untouched, bottom portion. And if this isn't possible, cut a solepiece from 1/4-inch plywood and bolt it to the shoe of your saw, as shown. (Use countersunk holes to recess the bolt heads.) To add even more life to your blades, make two more solepieces—one from 1/2-inch plywood, another from 3/4-inch plywood—then graduate from 1/4 to 1/2 to 3/4.

B.C., Bowen, Ill.



NEEDLEWORK TREASURES FROM *Aunt Mary's*

By Nancy Lindemeyer,
Ciba Vaughan, Joan Cravens

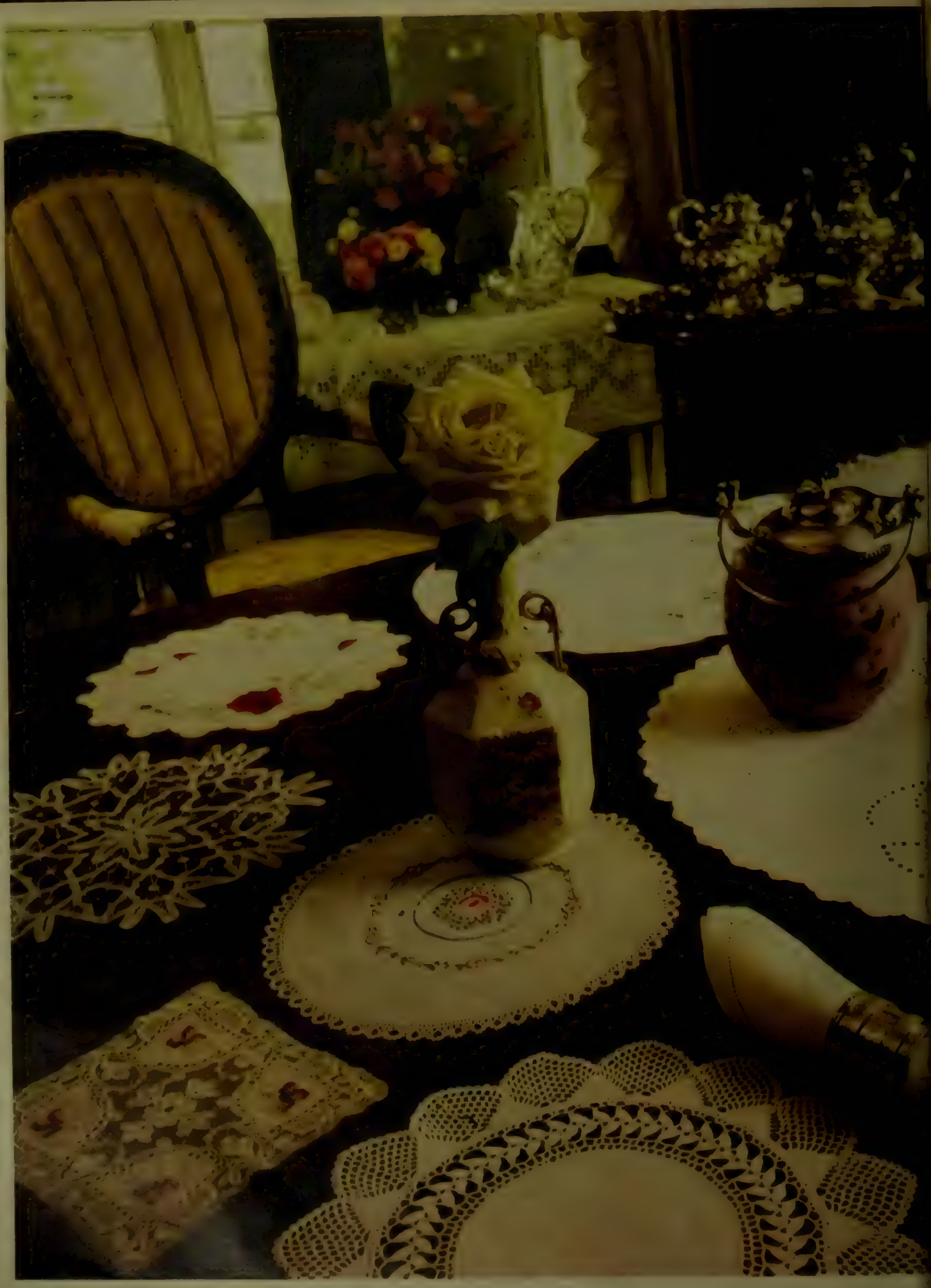


Although the charming lady pictured above is related to only one member of our staff, she has become "Aunt" Mary to many of us. The careful curator of a unique family collection of needlework and antiques, Aunt Mary is always willing to share the delights and treasures of her home. And because we so enjoy our visits to Aunt Mary's house, we have arranged this one for you. Here is a sampling of exquisite needlework—not only for you to see, but also to reproduce for your own home. Why not start with the elegant crocheted tablecloth, *above*, or Auntie Alpha Dee Walton's lovely counted-thread table runner, *right*? Instructions, page 170.





Photographs: Mike Dieter





Aunt Mary's



Doilies—crocheted, knitted, embroidered—are among Aunt Mary's most prized needlework treasures because many have been made by family members and friends. For example, the embroidered rose doily, *left rear,* was stitched by Aunt Mary's mother, Rosa Walton Bennison, shown in a framed photo at right as she appeared on her wedding day. To re-create this design and many of the others shown here, see page 170

A generation or two ago, knitted lace was a common handicraft, and doilies like the one in the foreground of the photograph above graced many a table and dresser top. If you're an experienced knitter, you'll enjoy the challenge of a pattern like this. Or if you are a crocheter looking for a change-of-pace project, why not select a doily or edging from Aunt Mary's collection shown at left? **Instructions, page 170.**

Aunt Mary's



In Aunt Mary's family a tradition that continues to this day is the giving of a handmade quilt to every bride. The beautiful rose-appliquéd quilt on Aunt Mary's lovely old walnut bed was made over 50 years ago by her mother, her Aunt Freda Walton, and a neighbor in Redfield, Iowa, and was given to Mary as a wedding gift. The delicate cross-stitch hand towel on the washstand to the left of the bed is a particular favorite of Aunt Mary's.

The exquisite patterns and edgings on the half-century-old pillowcases, *above*, can be used on any number of projects for your home, such as tablecloths, curtains, and linens. While reproducing these antique designs is out of the question, you can *adapt* the patterns, using contemporary techniques. **Instructions, page 170.**

To order a kit for Aunt Mary's quilt, see page 248.





SHADE SHOPPING

By Pamela Wilson Cullison, Robert E. Dittmer

If it has been awhile since you shopped for window shades, you may not know what you're missing. As you can see from this sampling, today's shades are as practical as they are good-looking.



LIGHT-FILTERING

Consider a shade made of cotton plissé if you want to filter sunlight without appreciably darkening your room. The puckered weave of the fabric gives the appearance of an Austrian-style shade, but, unlike an Austrian, this plissé shade is raised and lowered on a standard spring roller. Simple yet elegant, a plissé shade is perfect for a formal decor. "Silver Plisse" by Breneman, Inc.



ROOM-DARKENING

Made of vinyl plastic, this sprightly striped shade with a satin-like finish is room-darkening, washable, and fire-retardant. Hung in "bottoms up" fashion, the shade offers the best of both worlds—privacy where it's needed, light and view where it's not. You can roll the shade upward as far as you want—all the way to the top if you wish. "Stripe Royale" by Graber.

SUN-SHIELDING

Without blocking the outside view, window shades made with Templar 2 Solar Control Screening will significantly reduce heat produced by the sun's rays. Available in eight color combinations to complement any decor, this unique fabric can be made into draperies and accordion-style shades, too. Maintenance is minimal because the vinyl-coated yarn keeps soil from becoming embedded in the fibers.

Templar 2 by Isabel Scott Fabrics. Shade manufactured by the Flosett Company.



ENERGY-SAVING

Laminated with aluminized Mylar, this shiny shade, *right*, combats energy waste at window areas by reflecting up to 89.5 percent of the sun's rays. The shade is designed to combine with draperies, curtains, and other window treatments for nighttime privacy and decorative effect. In addition, the shade does a good job of reducing glare and filtering rays that fade upholstery and other materials. With the shade pulled down during the daytime, you can see out, but others can't see in.

Plastic-View Transparent Shades, Inc.

Buying information, page 246



Photographs: Thomas E. Hooper

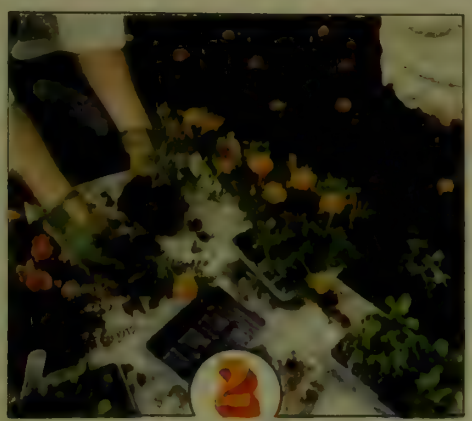

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QUICK-GROWING FLOWERS FOR YOUR PATIO OR DECK

BY BEVERLY GARRETT AND DOUGLAS A. JIMERSON

Get the jump on summer color this spring with started flats of annual flowers. They can transform a dismal backyard almost overnight, and they're available in a wide array of colors and varieties. Although it's probably cheaper to start annuals from seed, you'll get a lot for your investment in started seedlings. For one thing, you'll be rewarded with at least one extra month of color. And for another, your started seedlings will be able to withstand midsummer heat better than seed-started plants can.







Source: Pauline Graves



Photographs: George de Gennaro

HOW TO GET NURSERY TRANSPLANTS OFF TO A GOOD START



Each spring, most nurseries and garden supply houses stock a wide, and often confusing, selection of annual varieties. To be sure you get what your planting scheme calls for, read the plant label before buying. It will tell you the variety name, bloom color, and future height of your seedlings. Always pick short, stocky plants with a healthy appearance and bright green color.

1 Before you put your plants in the ground, remove them from their plastic growing containers. To do this, grasp the base of the plants with one hand and turn the container upside down. Most of the time the plants will just slip out, but if you have trouble, gently tap the bottom of the container with a trowel.

2 After knocking your plants out of their growing containers, separate them so they can be planted at the proper intervals in the garden. Use a sharp knife and cut around each plant, gently pulling and working the roots free. Keep the soil moist at all times so it won't fall away from the roots.

3 Before you set out any young transplants in the garden, be sure the planting bed is well prepared. If the soil is packed hard, the seedlings will not prosper. To plant your seedlings, dig a hole slightly larger than the root ball of the plant. If the roots of the plant are tightly compacted, gently loosen them and place them in the hole. Fill it with soil, then water heavily to eliminate air pockets around the roots. Space low edging plants four to six inches apart, short compact plants like these Orange Nugget marigolds eight to ten inches apart, and larger plants 12 to 15 inches apart.

4 Once the plants are set out, it doesn't take them long to become established. This marigold garden was planted on May 12, and by July 1 (*photo 5*) it had already apread out and filled the garden with color. If these same plants had been started from seeds sown outdoors, it would be at least July 30 before they got as big. In warmer areas, plants can be set out as early as April.

5 Marigolds grown in a mass planting like this one are always effective. Here, Crystal Palace blue lobelia was added for edging and contrast, but the bright color of the marigolds is strong enough to stand alone. For your own garden, you can use salvia, petunias, pansies, impatiens, or geraniums to create a mass planting like this one. Choose impatiens for a shady spot.

QUICK-GROWING FLOWERS

HOW TO MAKE A MOSS BALL

This spring, why not make a hanging "moss ball" of flowers that will frame your yard with color right up until frost? To make one, all you'll need is a wire basket, a sack of spaghnum moss, a bag of potting soil, and a dozen or two annual transplants. Use only compact, bushy varieties of flowers; trailing varieties commonly used in ordinary hanging baskets ruin the ball-like appearance of the planter. To look their best, moss balls need daily watering and should be hung in a sunny location protected from strong winds.









Basket design by Macaire Gardens

1 Presoak the spaghnum moss overnight in a bucket of water to make it easier to work with. Dry moss is brittle and hard to shape.

2 Remove the moss from the water and squeeze out all the excess water. Shape the moss into flat cakes and gradually line the inside of the wire frame, being sure to work the moss completely around the wire. Keep adding moss to the sides of the basket until you have a quart-sized cavity left in the center. Then, top the basket with a cushion of moss around the wire rim. After the moss is in place, trim away any excess moss that might be hanging from the sides and bottom of the basket.

3 Once the moss is in place, fill the planting cavity with an all-purpose potting soil. Gently shake the soil into all the folds and crevices.

4 To plant the basket, shake all the soil away from the roots of the plants and tuck them into the moss every six inches. Plant the entire basket in this manner—including the bottom. After your basket is planted, hang it in a sunny area and water thoroughly. Keep faded flowers picked to encourage the formation of new blossoms and feed with a liquid fertilizer twice a month. Our basket contains Blue Perfection viola, Vodka fibrous begonia, and Carpet of Snow alyssum.



HOW TO PLANT A STRAWBERRY JAR

Perk up a dull patio or porch with colorful annual flowers planted in a pocketed strawberry jar. To get literally stacks of bloom, all you'll need, besides the jar, is a bag of potting soil, some broken pottery or shards, and several boxes of annual transplants. Strawberry jars are available in an assortment of sizes and work well in almost any landscape scheme. To make a large jar more mobile, build a platform on casters for the jar to sit on before you add any soil or plants. Then, you can move the jar around as the need arises.





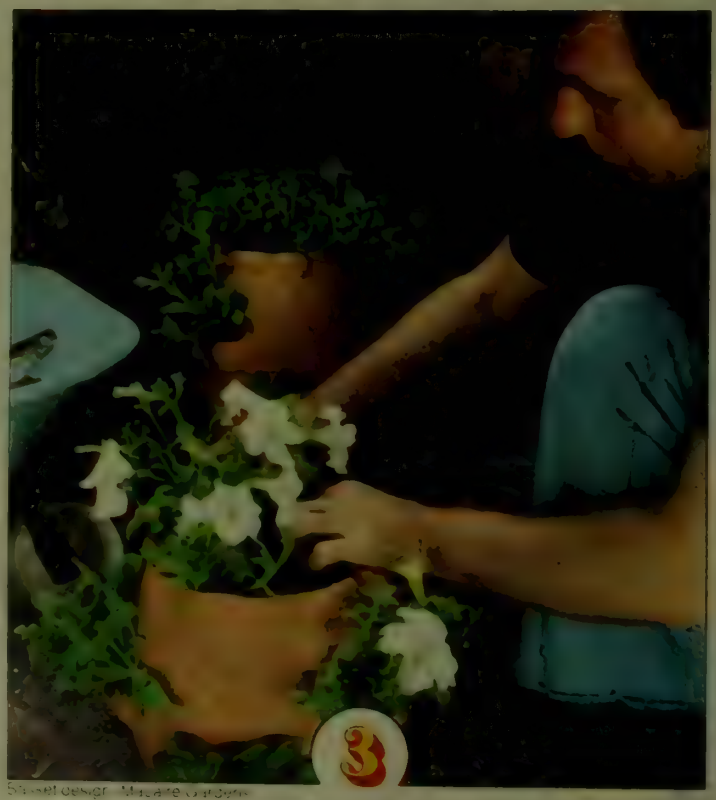
Photographs: Fred Lyon Source Barbara Caihcart

1 Spread a two- to three-inch layer of broken pottery or shards across the bottom of the strawberry jar for drainage. Add potting soil gradually until the soil level reaches one inch below the top of the jar. Be sure to firm the soil with your hand to eliminate any air pockets.

2 To plant, make a small hole with your finger in each of the pockets and tuck two to three seedlings in each one. It's easier if you plant the lower pockets first.

3 After all the side pockets are filled, plant the top of the jar. Try to space plants about four inches apart.

When all the plants are in place, water the entire pot thoroughly. To prevent the soil from washing out of the pockets when you are watering, run the water down the side of the pot. Place the pot in a sunny area; water when soil dries. Give jar a quarter turn every few days so that all the plants receive equal light. For a special effect, try mixing varisized strawberry jars together. Plants that thrive in strawberry jars include: petunia, candytuft, alyssum, ageratum, lobelia, impatiens, dwarf marigolds, succulents, herbs, and of course strawberries. To keep the plants in blooming condition all summer long, remove faded flowers as they appear. If allowed to go to seed, plants will not bloom. ■



Stencil design: Marabel Garbutt





DELICIOUS DESSERTS —FOR DIET DITCHERS

By Rosemary Hutchinson

How do desserts rate with you? Most people view them with mixed emotions—one day they want to splurge; another day they want to be Spartan. No matter how you feel, some of these desserts are tailored for you. For live-it-up feasting, try our Desserts for Diet Ditchers. To curb calories, choose our Desserts for Waistline Watchers.



Pamper yourself with one of these extraordinary desserts. Whether used to redeem an everyday meal or reserved for a special occasion, they're sure to win rave reviews.

Layers of cake, almond filling, raspberry jam, and cream add up to **Almond-Raspberry Torte** (*back left*).

Walnut-German Chocolate Tarts (*front left*) taste like German chocolate cake.

Praline Cheesecake (*front right*) has the makings of an irresistible dessert—cheesecake with praline sauce.

Zuppa Inglese (*back right*) is an Italian cake with custard, rum, and whipped cream.

Recipes begin on page 164.
Buying information, page 246.

DELICIOUS DESSERTS --FOR WAISTLINE WATCHERS

Traditional classics inspired this collection of calorie-shy recipes. We've trimmed the calories by cutting down on rich ingredients such as sugar, cream, and butter. **Chocolate Angel Loaf** (*back left*), a cousin of the torte, has only 182 calories per serving. A crème de menthe filling goes between the cake layers.

Photographs: Maselli-Saunders
Food Stylist: Coena Coffee



The flavor of classic Melba sauce was the starting point for **Cream Puffs Melba** (*front left*). They are piled with raspberry-yogurt filling and have 171 calories each.

For old-fashioned apple dumplings without the fuss, try **Apple Dumpling Crepes** (*front right*). You'll be surprised at what great flavor is packed into each 252-calorie serving.

Wallbanger Soufflé (*back right*) is a delicious takeoff on the popular drink. This billowy dessert has only 210 calories per serving.

Recipes begin on page 164.
Buying information, page 246.



How to teach your kids to COOK

BY ROSEMARY HUTCHINSON

Judith Kostin of Wellesley, Massachusetts, decided that if young children could be taught reading and math, they could be taught cooking basics, too. After experimenting with her own youngsters, she started a cooking school in her kitchen. The lessons are held once a week after school. Using both demonstration and participation, Judy introduces the children to the basics of measuring, oven handling, and using appliances. She explains cooking techniques and makes sure each child gets a chance to try each one. Here are some of Judy's cooking pointers and recipes to share with your own children.



MEASURING

"To measure milk, use a measuring cup for liquids," Judy advises. "Pour the milk into the cup till you think the amount is about right. Then hold the cup at eye level to make sure the liquid comes to the correct line. For dry or very thick ingredients such as catsup, flour, or sugar, fill the correct size dry measure (the usual sizes are ¼ cup, ⅓ cup, ½ cup, and one cup). Then level it off with a straight edge such as a spatula."





WHIPPING

Judy demonstrates how to whip cream by making **Chocolate Marshmallow Pie.** "When the cream is at the soft peak stage, the tips should just curl over," she points out. "For stiff peaks, the tips stand straight." Folding the chocolate into the cream is important, too. "Fold the chocolate in gently so the cream won't lose volume," Judy advises. Then each student tries decorating the pie with a pie comb.





Drawings: Hired Hand
Photographs: Harry Hartman

TESTING BREAD

How can you tell when **Peanut Butter Bread** is baked? "Insert a wooden pick into the center of the loaf. The pick should come out clean without any uncooked batter on it," Judy says. "There's also a knack to slicing a loaf of bread without crushing each slice," she adds. "Always use a serrated or sawtooth knife and slice with a sawing motion."











UNMOLDING A SALAD

"Unmolding **Cranberry Salad** isn't as hard as it looks," Judy explains. "First run a spatula around the edge of the salad to let air underneath the gelatin. Dip the mold to its rim into a bowl of warm water for a few seconds. Invert a plate over the salad, then carefully flip the mold and plate over. Slowly lift the mold off."

Recipes begin on page 146.

OVEN HINTS

"For a recipe that needs to be baked in the oven, such as **Meatza Pie,** turn the oven on to preheat at least ten minutes ahead," Judy says. "After the pie is baked, be sure to use pot holders to remove it from the oven. When you open the door, don't look directly into the oven; built-up steam might burn your face."





How to teach your kids to COOK

Besides supervising cooking school students, Judy encourages her own children to cook as often as possible. For example, it's a family custom that David, 14, and Debbie, five, sometimes plan and prepare a weekend breakfast (with a little help from Mom, of course). Here Debbie proudly carries Oven Pancake to the table, while David pours Hot Cinnamon Mocha into his father's cup. Preparing a whole meal is a valuable learning experience for the children, and Judy and Ed thoroughly enjoy the pampering. To round out the meal, the children chose Grapefruit Fruit Cups and Cinnamon Loaves.





David has been cooking on his own for several years and says he likes puttering in the kitchen almost as much as playing soccer. What he enjoys most about cooking is trying new recipes from cook books and coming up with his own improvisations, such as **Hot Cinnamon Mocha.**

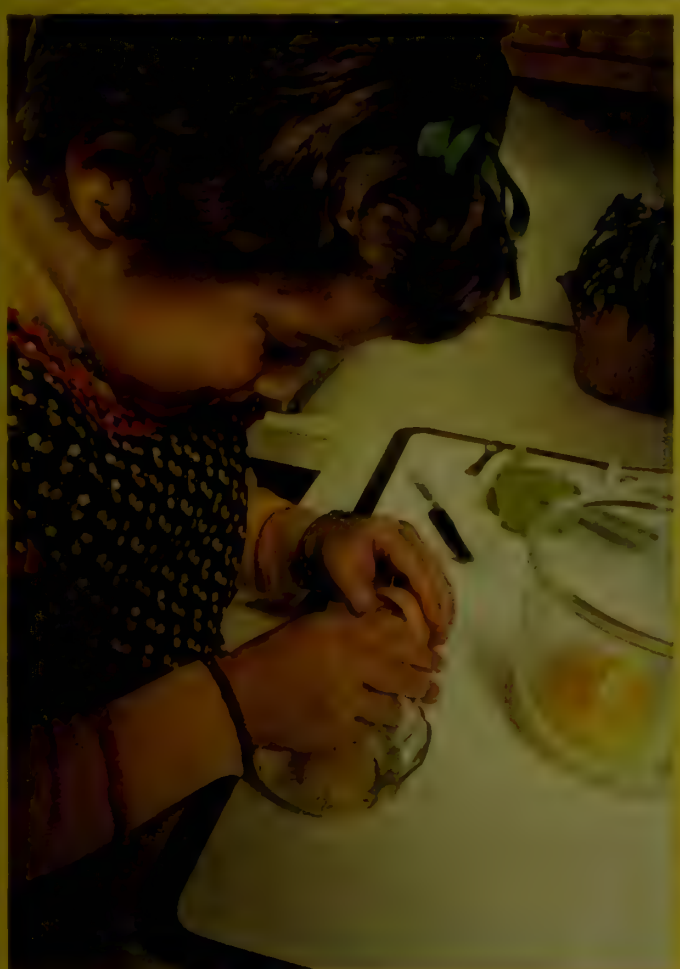
HOT CINNAMON MOCHA

GRAPEFRUIT CUPS

David likes to fix **Grapefruit Fruit Cups** because he can fill the hollowed-out grapefruit shells with his favorite fruits, such as cherries, pineapple, and watermelon. To Judy, salad making is an excellent way to teach children how to handle a knife safely and use special equipment such as a cherry pitter or apple corer.











Although Debbie is too young to read and follow a recipe by herself, she eagerly helps her mother prepare **Oven Pancake.** In the first step, Debbie helps with cracking the eggs into a bowl. Then she gleefully turns the egg beater handle while Judy holds it steady. Next Debbie adds the flour that she has helped measure and enjoys the fun of mixing the batter. To finish the recipe, Debbie spoons the batter into a skillet that has an ovenproof handle. Then Judy places the giant pancake in the oven.

Recipes begin on page 146.

OVEN PANCAKE



continued

Teach your kids to cook

Before your children start any of the recipes, make sure they understand these basic cooking terms.

BAKE—To cook in the oven.

BEAT—To make a mixture smooth by mixing rapidly with a spoon, egg beater, or electric mixer.

BLEND—To mix the ingredients until smooth and uniform.

BOIL—To cook until a liquid is so hot it bubbles hard.

CHILL—To place a mixture in the refrigerator to lower its temperature quickly.

COMBINE—To mix ingredients.

CREAM—To beat until smooth, soft, and fluffy.

CUBE—To cut food into even-sized pieces with 6 sides.

DICE—To cut food into small pieces of the same size and shape.

FOLD—To mix ingredients with a rubber spatula. Cut down through mixture, pull spatula across bottom of bowl, then up and over top of mixture.

GARNISH—To decorate a finished dish with colorful food to make it look pretty.

GRATE—To rub food on a grater to make very fine particles.

GREASE—To rub a pan with shortening to prevent sticking.

MELT—To turn a solid into a liquid by heating.

MIX—To stir foods together.

PEEL—To remove the outer skin of a fruit or vegetable.

PIT—To take out the seeds of a fruit or vegetable.

CHOCOLATE-MARSHMALLOW PIE

INGREDIENTS YOU WILL NEED:

4 tablespoons butter *or* margarine
1¼ cups graham cracker crumbs
¼ cup sugar

FOR FILLING

Water
24 large marshmallows
1 5⅓-ounce can (⅔ cup) evaporated milk
1½ squares (1½ ounces) unsweetened chocolate
1 square (1 ounce) semisweet chocolate
2 cups whipping cream

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, small saucepan, 2 wooden mixing spoons, medium-size mixing bowl, 9-inch pie plate, can opener, double boiler, pot holders, trivet, large mixer bowl, electric mixer, rubber spatula, and pie comb (optional).

STEPS FOR ASSEMBLING THE CRUST:

1. Collect all ingredients.

2. Place butter or margarine in saucepan and melt the butter over low heat.

3. In medium-size mixing bowl mix together the graham cracker crumbs, sugar, and melted butter or margarine till all of the crumbs are moistened.

4. With your fingers evenly press the crumb mixture into the bottom and up the sides of the 9-inch pie plate.

STEPS FOR ASSEMBLING THE FILLING:

1. Collect all the ingredients and open milk can.

2. Fill the bottom of the double boiler about one-third full of water. Check to make sure the water does not touch the bottom of the double boiler top. Remove the top. Heat the water to boiling.

3. In the top of the double boiler place the marshmallows, evaporated milk, unsweetened chocolate, and semisweet chocolate.

4. Turn down the heat under the water till the water is only simmering (bubbles just break the surface of the water). Carefully hold the handle of the double boiler bottom with a pot holder and place the top pan into the bottom.

5. Heat the mixture about 15 to 20 minutes or till the marshmallows and chocolate are melted. Stir often with a wooden spoon. Be sure to keep the water in the bottom of the double boiler just simmering (bubbles just break the surface of the water).

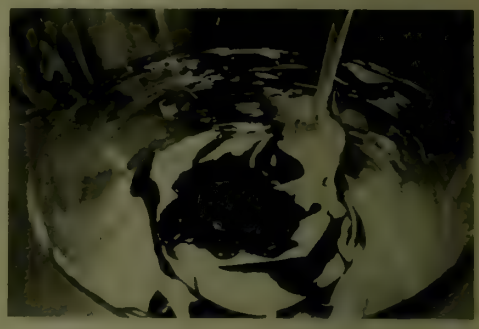
6. Turn off the heat. Move the top of the double boiler to a trivet on a table or counter, being sure to use pot holders.



7. Let the chocolate and marshmallow mixture cool to room temperature without stirring.

8. Meanwhile, in the large mixer bowl beat the whipping cream with the electric mixer to soft peaks (tips curl over). Then continue beating till stiff peaks form (the tips stand straight).

9. Carefully fold the cold chocolate mixture into *one-fourth* of the whipped cream, being sure to fold carefully with a scraper using an up-



and-over motion. Fold in the remaining whipped cream.

10. Spoon the filling into the pie shell.



continued

Campbell's Tomato Soup makes serving hamburger and chicken seem like a new idea.



When you've got Campbell's Tomato Soup on hand, it's so easy to turn ordinary meats—like hamburger and chicken—into deliciously different, energy-saving skillet dishes. Your whole family will love the change of taste Campbell's Tomato Soup can give.

CHICKEN PARMESAN

1 egg
2 pounds chicken parts
½ cup Italian-flavored bread crumbs
2 tablespoons shortening
1 can (10¾ ounces) Campbell's Tomato Soup
¼ cup water
¼ cup chopped onion
½ teaspoon *each* garlic powder, basil and oregano leaves, crushed.
Shredded Mozzarella cheese

Beat egg and 1 tablespoon water. Roll chicken in egg mixture, then crumbs. In skillet, brown chicken in shortening; pour off fat. Stir in soup, ¼ cup water, onion, and seasonings. Cover; cook over low heat 45 minutes or until done. Stir occasionally. Sprinkle with cheese; heat until cheese melts. Serve with grated Parmesan cheese and additional oregano leaves if desired. Makes 4 servings.

MINI MEAT LOAVES

1 can (10¾ ounces) Campbell's Tomato Soup
2 pounds ground beef
¼ cup fine dry bread crumbs
1 egg, slightly beaten
¼ cup finely chopped onion
1 teaspoon salt
¼ teaspoon *each* pepper, sage, crushed thyme leaves
2 tablespoons shortening
2 to 4 tablespoons water

Mix *thoroughly* ¼ cup soup, beef, bread crumbs, egg, onion, salt, and ⅛ teaspoon each pepper, sage, and thyme. Shape *firmly* into 6 mini meat loaves. In skillet, brown loaves in shortening; pour off fat. Stir in remaining soup and seasonings and water. Cover; cook over low heat 20 minutes or until done. Stir occasionally. Serve with parsleyed potatoes and broccoli if desired. Makes 6 servings.

You have a way with Campbell's.



continued

Teach your kids to cook

11. Smooth the top of the pie with a spatula or give the top of the pie a rippled look with a pie comb.

12. Chill 2 to 3 hours or overnight.

PEANUT BUTTER BREAD

This is a quick bread which means you use baking powder or baking soda instead of yeast to help the batter rise—

INGREDIENTS YOU WILL NEED:

Shortening
¾ cup sugar
½ cup creamy peanut butter
1 teaspoon vanilla
1¾ cups milk
2¼ cups all-purpose flour
4 teaspoons baking powder
½ teaspoon salt

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, 9x5x3-inch loaf pan, large mixer bowl, rubber spatula, electric mixer, medium-size mixing bowl, mixing spoon, wooden pick, pot holders, wire rack, and a metal spatula.

STEPS FOR ASSEMBLING THE BREAD:

1. Set the oven to 350°.

2. Collect all ingredients.

3. Place a little shortening on a piece of waxed paper. Grease the loaf pan with the shortening, being sure to get in the corners.



4. Place the sugar, peanut butter, and vanilla in the large mixer bowl. Then beat with the electric mixer till fluffy.

5. Blend the milk into the peanut butter mixture gradually.

6. In medium-size mixing bowl stir together the flour, baking powder, and salt.

7. Using the low speed of the electric mixer, blend *one-third* of the flour mixture at a time into the peanut butter mixture; beat smooth after each addition.

8. Spread the batter into the greased loaf pan.

9. Bake in the oven 45 to 50 minutes or till the loaf tests done when you insert a wooden pick in center.

10. Using pot holders take the loaf pan from the oven. Set a pan on wire rack and let cool 10 minutes.

11. Holding the loaf pan with a pot holder, loosen the bread by running the metal spatula around all four edges of the bread.

12. Turn the bread out onto the wire rack, shaking the pan gently. The loaf should come out of the pan. Set the pan aside and turn the bread upright. Cool completely. Makes 1 loaf.

continued

Presenting the GE toaster that broils and bakes.



The GE Toast 'N Broil Toast-R-Oven® toaster.

Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

GENERAL ELECTRIC

Win a trip to the lands of your ancestors.



For generations, American families have been passing the Morton® Salt.

Now we'd like to return the favor by making it possible for five lucky American families to go back generations.

Just enter Morton's Generations Past Sweepstakes and you could win a free, all-expenses-paid trip for two to the lands of your ancestors or anywhere in the world.

When you enter the Generations Past Sweepstakes you may win a lot more than a great family trip.

You may win a great family heritage.

GRAND PRIZE
Five all-expenses-paid two-week trips for two to anywhere in the world.

FIRST PRIZE
100 Polaroid® Super Clincher® Cameras.



SECOND PRIZE
200 General Electric® Cassette Tape Recorders.



THIRD PRIZE
1,000 Family Picture Frames.



FOURTH PRIZE
2,500 Family Photo Albums.

FIFTH PRIZE
7,500 Note Cards and Envelopes.

Enter Morton's "Generations Past" Sweepstakes.

Official Rules
NO PURCHASE REQUIRED

1. To enter, fill out an official entry form, or on a plain 3" x 5" piece of paper, print the words, MORTON, THE SALT THAT'S BEEN PASSED FOR GENERATIONS, together with your name, address and zip code, and mail to Morton's "Generations Past" Sweepstakes, P.O. Box 2375, Maple Plain, Minnesota 55348. Morton reserves the right to disqualify any entries that are not legible, or are mutilated in the mail.

2. NO PURCHASE REQUIRED. Enter as often as you wish, but each entry must be mailed in a separate envelope. All entries must be postmarked on or before June 15, 1978, and received no later than June 30, 1978. Morton not responsible for entries delayed or lost in the mail.

3. Winners will be selected in random drawings from among all entries received by an independent judging organization, whose decisions are final. Drawings will be held on July 10, 1978. All 11,305 prizes will be awarded. Winners will be notified by mail. The odds of winning will be determined by the number of entries received by June 30, 1978. Taxes, if any, are the sole responsibility of the winners.

4. The five grand prize trips will consist of two-week, all-expenses-paid trips for two to anywhere in the world (including transportation, hotel and meals plus $500 cash spending money, the total not to exceed $7,500). The 100 first prizes will consist of Polaroid® Super Clincher® Cameras. The 200 second prizes will consist of General Electric® cassette tape recorders. The 1,000 third prizes will consist of family picture frames. The 2,500 fourth prizes will consist of family photo albums. The 7,500 fifth prizes will consist of note cards and envelopes. Prizes are non-transferable and no substitution for prizes is permitted except that grand prize may be redeemed for $5,000 cash in lieu of trip. The prizes must be redeemed by July 10, 1979.

5. Employees of Morton Salt, its affiliates, subsidiaries, advertising agencies, suppliers of sweepstakes materials/handling services and promotional agencies and their families, are not eligible to participate.

6. The sweepstakes is open to residents of the United States, including residents of Florida. Sweepstakes is void in Maryland, Minnesota, Missouri, Ohio, Utah and West Virginia and wherever prohibited or restricted by law.

7. For a list of major prize winners, send a separate stamped, self-addressed envelope to: Morton Winners' List, P.O. BOX 2490, Maple Plain, Minnesota 55348. A winners' list will be filed with the Secretaries of State of Florida, New York and Rhode Island.



OFFICIAL ENTRY FORM

To enter Morton's "Generations Past" Sweepstakes print your name and address below and mail to:

Morton's "Generations Past" Sweepstakes
P.O. Box 2375
Maple Plain, Minnesota 55348

NAME _____

ADDRESS _____

CITY _____

Morton Salt Division of Morton-Norwich Products, Inc.,

continued

Teach your kids to cook

MEATZA PIE

Let the pie stand 5 to 10 minutes before cutting. The pie will firm up so you can cut nice, even wedges—

INGREDIENTS YOU WILL NEED:

4 ounces mozzarella *or* American cheese
1 5⅓-ounce can (⅔ cup) evaporated milk
½ cup fine dry bread crumbs
2 tablespoons catsup
1 teaspoon garlic salt
¼ teaspoon salt
1 pound lean ground beef
⅓ cup tomato paste
2 tablespoons catsup
1 2-ounce can sliced mushrooms
1 tablespoon instant minced onion
¼ teaspoon dried oregano
3 tablespoons grated parmesan cheese

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, can opener, grater, large mixing bowl, spoon, 9-inch pie plate, 2 small bowls, rubber spatula, strainer, pot holders, trivet or hot pad, table knife, and pie server.

STEPS FOR ASSEMBLING THE PIE:

1. Set oven temperature to 375°.

2. Collect all ingredients. Open all cans. Shred the mozzarella cheese.

3. In large mixing bowl mix the evaporated milk, bread crumbs, the first 2 tablespoons catsup, garlic salt, and salt.

4. Add the beef; mix well with hands to make sure all the ingredients are blended.

5. Pat the beef mixture lightly and evenly on the bottom and up the sides of a 9-inch pie plate.

6. In a small bowl mix the tomato paste and the remaining catsup. Spread over the meat mixture with a rubber spatula.

7. Drain the mushrooms in a strainer over the same small bowl; discard the liquid. Sprinkle the mushrooms and onion over the meat.

8. Sprinkle the shredded mozzarella cheese over the mushrooms.

9. Crush the oregano with your fingers into the second small bowl. Stir in the parmesan. Sprinkle over the shredded cheese.



10. Place the pie in the oven and bake 25 minutes.

11. Using pot holders, remove the pie from the oven. Place pie on a trivet on a table or counter and let stand 5 to 10 minutes before cutting into wedges. Makes 6 servings.

CRANBERRY SALAD

INGREDIENTS YOU WILL NEED:

1 cup water
1 3-ounce package cherry-flavored gelatin
1 16-ounce can whole cranberry sauce
½ cup dairy sour cream
1 11-ounce can mandarin oranges
¼ cup chopped walnuts

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, can opener, small saucepan, large mixing bowl, mixing spoon, rotary egg beater, strainer, small mixing bowl, rubber spatula, 5-cup ring mold, metal spatula, large bowl, and a serving plate.

STEPS TO MAKE THE SALAD:

1. Collect all ingredients and open all cans.

2. Pour the water into the saucepan. Heat to boiling. Place gelatin in large mixing bowl.

3. Mix the gelatin and boiling water in the mixing bowl. Stir with a spoon till gelatin is dissolved.

4. Beat the cranberry sauce and sour cream into gelatin mixture with the rotary egg beater.

5. Meanwhile, drain the oranges through a strainer into the small mixing bowl. Discard the orange liquid.

6. Fold the oranges and chopped walnuts into the gelatin mixture.

7. Spoon the mixture into a 5-cup ring mold. Chill in the refrigerator overnight or till firm.

8. To unmold salad, run the metal spatula around the edges of the salad to let air in.

9. Fill a large bowl with warm water. Dip the bottom of the mold in warm water up to the rim for a few seconds.

10. Place the serving plate upside-down atop mold and invert the salad and plate together.



11. Remove the mold. Makes 8 servings.

OVEN PANCAKE

To serve this giant pancake, cut it into wedges and top the wedges with maple syrup—

INGREDIENTS YOU WILL NEED:

3 tablespoons butter *or* margarine
3 eggs
½ cup all-purpose flour
¼ teaspoon salt
½ cup milk
Powdered sugar
Maple-flavored syrup

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, 10-inch skillet with oven-proof handle, medium-size mixing bowl, rotary egg beater, mixing spoon, pot holders, trivet, teaspoon, tea strainer.

STEPS FOR ASSEMBLING THE PANCAKE:

1. Set oven temperature to 450°.

2. Collect all ingredients.

3. Place the butter or margarine in the skillet. Melt the butter over low heat.

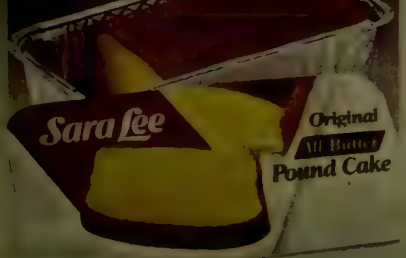
4. Break the eggs into the mixing bowl. Beat with egg beater till well mixed.

continued

The Smart way to make a Sensational Scrumptious Strawberry Shortcake.

Simply start with a slice of that great-tasting Sara Lee all-butter pound cake. Lavish it with fresh strawberries. Then, top them with the great fresh taste of Cool Whip® Non-Dairy Whipped Topping. Add another layer of each and you've created a scrumptious strawberry shortcake.

Sara Lee



Cool Whip



Berries



STORE COUPON

20¢ **Save 20¢ when you buy both: any size Cool Whip® and any Sara Lee pound cake.** 20¢

Mr. Grocer: General Foods Corporation and Kitchens of Sara Lee will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified products and if upon request you submit evidence thereof satisfactory to General Foods Corporation and Kitchens of Sara Lee. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value: 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 103, Kankakee, Illinois 60901.



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This coupon good only on purchase of products indicated. Any other use constitutes fraud.

Offer expires January 31, 1979.

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KITCHENS OF SARA LEE

Sara Lee
A Consolidated Foods Company
responsive to consumer needs

20¢

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continued

Teach your kids to cook

5. Add the flour and salt. Beat till nearly smooth.

6. Stir in the milk and melted butter with a spoon; beat smooth.

7. Holding skillet with a pot holder, pour the batter into the skillet.

8. Put the pancake in the oven and bake for 15 minutes.

9. Lower the oven temperature to 350°. Bake 5 to 10 minutes more.

10. Remove the pancake from the oven with pot holders. Set on a trivet on a table or counter.

11. Spoon a little powdered sugar into the strainer. Sift some of the sugar over the finished pancake.

12. Serve the pancake with maple syrup. Makes 4 servings.

HOT CINNAMON MOCHA

If you don't have brewed coffee on hand, mix one teaspoon instant coffee granules with 1¼ cups boiling water—

INGREDIENTS YOU WILL NEED:

1 6-ounce package (1 cup) semisweet chocolate pieces
1¼ cups strong coffee
2 teaspoons ground cinnamon
Dash salt
6 cups milk
2 tablespoons sugar (optional)
½ teaspoon vanilla

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cup for liquids, large saucepan, large wooden mixing spoon, pot holders, trivet, rotary egg beater, heatproof mugs.

STEPS FOR ASSEMBLING THE DRINK:

1. Collect all ingredients.

2. Measure the chocolate, coffee, cinnamon, and salt and place in the saucepan.

3. Heat and stir with a spoon over medium-low heat till chocolate is melted and the mixture is smooth.

4. Stir in the milk; heat through.

5. Stir in the sugar and vanilla.

6. Using pot holders, move the saucepan to a trivet on a table.

7. Beat the chocolate mixture with a rotary egg beater till foamy.

8. Pour the drink into mugs. Makes 8 servings.

GRAPEFRUIT FRUIT CUPS

If you are using a large fruit such as a watermelon or cantaloupe, be sure to use only a part of the fruit since you will use no more than one cup of each type of fruit—

INGREDIENTS YOU WILL NEED:

Assorted fresh fruit (cantaloupe, cherries, watermelon, bananas, oranges, pineapple, or green grapes)
2 tablespoons lemon juice
2 tablespoons lime juice
2 tablespoons orange juice
⅔ cup sugar
⅓ cup water
3 medium grapefruit
6 large whole fresh strawberries

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, paring knife, cutting board, medium-size mixing bowl, mixing spoon, large mixing bowl, teaspoon, clear plastic wrap, kitchen shears, paper toweling, and plastic bag.

continued



Introducing a deliciously easy barbecue sauce recipe.

Lea & Perrins Worcestershire Sauce and condensed tomato soup—what a flavorful couple. Mix them together to create a delicious, tangy barbecue sauce. It's easy to use, too. For hamburgers or steaks, brush each side twice during cooking. For chicken or spareribs, brush each side once during the last 20 minutes of cooking. Try the basic barbecue sauce recipe and these tasty variations, too—with Lea & Perrins Worcestershire Sauce and condensed tomato soup.

Barbecue

Mix 5 oz. Lea & Perrins Worcestershire Sauce and one 10½ oz. can of undiluted condensed tomato soup. For a lighter, sweeter sauce, use only ⅓ cup of Lea & Perrins plus 2 Tbsp. light brown sugar.

Smoky Barbecue Sauce: Add 1 tsp. liquid or powdered smoke flavoring.

Herbed Barbecue Sauce: Add ¾ tsp. each oregano and basil leaves, crushed.

Garlic Barbecue Sauce: Add 1 tsp. minced garlic.

Cover and refrigerate any leftover sauce.



"THIS LITTLE GE MINI-BASKET® TUB CAN SAVE YOU A BUNDLE."



GE GIVES YOU THE ECONOMICAL MINI-BASKET TUB: 2 WASHERS IN 1.



Save money and energy with this GE washer within a washer: the Mini-Basket Tub. It washes up to 2½ lbs. with 30% less hot water and detergent than the low water setting of the washer's big tub. And does a beautiful job of it.

Use it for baby clothes or your lingerie. It's the way to do small loads you care about. The Mini-Basket Tub: it's a clean savings from General Electric.

And it's backed by the care you get with GE Customer Care® service.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

How to make the best garden vegetable salad ever.

2 quarts mixed salad greens, torn into pieces (including spinach and red cabbage)
Fresh Garden Vegetables*
Wish-Bone Deluxe French Dressing

In salad bowl, arrange greens and Fresh Garden Vegetables; chill. Just before serving, top with Wish-Bone Deluxe French Dressing, and toss. Makes about 6 servings.

*Fresh Garden Vegetables—try any combination of the following, cut-up, to equal 4 cups: tomato, red onion, cucumber, cauliflower, carrots, zucchini, asparagus, broccoli, green beans, mushrooms.



frigerator till serving time.

12. To serve, spoon the fruit mixture into the grapefruit cups.

13. Wash the strawberries and use them to decorate the cups. Makes 6 fruit cups.

CINNAMON LOAVES

Make this bread in the small loaf pans and give the mini-loaves as presents—

INGREDIENTS YOU WILL NEED:

Shortening
½ cup butter *or* margarine
1 cup sugar
2 eggs
1 teaspoon vanilla
1 cup dairy sour cream
¼ cup milk
2 cups all-purpose flour
1½ teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
½ cup sugar
1 tablespoon ground cinnamon
2 teaspoons dried orange peel

UTENSILS YOU WILL NEED:

Measuring spoons, measuring cups for dry ingredients, measuring cup for liquids, 9x5x3-inch loaf pan *or* seven 4½x2½x1½-inch individual loaf pans, large mixer bowl, electric mixer, rubber spatula, 2 small mixing

continued

Teach your kids to cook

STEPS FOR ASSEMBLING THE CUPS:

1. Collect all ingredients.

2. Choose two or three of your favorite fruits. Wash, peel, and slice or cube them into bite-size pieces to make 2 cups total fruit. Mix them in the medium-size mixing bowl.

3. In large mixing bowl mix together the lemon juice, lime juice, and orange juice.

4. Stir in the sugar and water till the sugar is dissolved.

5. Stir in the 2 cups fruit mixture; set aside.

6. Wash the grapefruit. With paring knife, cut the grapefruit in half on the cutting board. Remove any seeds.

7. Cut around each section to loosen fruit from membrane. Scoop fruit from sections with a teaspoon and add to large bowl.

8. Stir the grapefruit gently into the other fruit. Cover with clear plastic wrap. Chill in refrigerator.

9. Cut the membrane out of the grapefruit shells with kitchen shears. Turn shells over and drain on paper toweling.

10. Cut edges of grapefruit shells in a sawtooth or zigzag pattern by cutting small V-shapes around the edges of the shells.

11. Place shells in a plastic bag and store in the refrigerator till serving time.

And top it.

The only way to top the best garden vegetable salad ever is with creamy and mild Wish-Bone® Deluxe French Dressing.

It's a mingling of rare spices, herbs and tomatoes with golden oil and vintage vinegar blended for true French flavor.

Only one French Dressing bears the name, deluxe. Wish-Bone Deluxe French Dressing. All of our care and skill goes into making it the best French Dressing you'll ever taste. Because, for Wish-Bone, only the best is good enough.



Wish-Bone® Salad dressing is the only thing we put our name on.

How to make the best antipasto salad ever.

1 quart mixed salad greens, torn into pieces
Assorted Antipasto Toppings*
Wish Bone Italian Dressing

In salad bowl, arrange greens and Assorted Antipasto Toppings; chill. Just before serving, top with Wish Bone Italian Dressing and toss. Makes about 6 servings.

*Assorted Antipasto Toppings—try any combination of the following: cherry tomatoes, pimiento, green beans, artichoke hearts, mushroom caps, Italian hot peppers, olives, chick peas or garbanzos, anchovies, salami, pepperoni, provolone, mozzarella cheese.



bowls, spoon, 2 metal spatulas, wooden pick, pot holders, and wire rack.

STEPS FOR ASSEMBLING THE BREAD:

1. Set oven temperature to 350°.

2. Collect all the ingredients.

3. Lightly grease the large loaf pan or seven little pans with a little of the shortening.

4. Place the butter or margarine and the 1 cup sugar in the large mixer bowl. Beat with electric mixer till fluffy.

5. Add the eggs and vanilla; beat till blended.

6. Add the sour cream and milk; blend on low speed of mixer, mixing well.

7. In one of the small mixing bowls, stir together the flour, baking powder, baking soda, and salt.

8. Add to the butter mixture, beating well with mixer.

9. In the second small bowl mix together the ½ cup sugar, the cinnamon, and orange peel. Put *one-fourth* of the mixture in a measuring cup; set aside.

10. Spoon *half* of the batter into the large loaf pan or divide amongst seven small pans.

11. Sprinkle the cinnamon mixture *in mixing bowl* over the batter.

12. Spoon the remaining batter over top.

13. With one of the spatulas cut through the batter and cinnamon mixtures to form swirls. *Be careful not to mix too much.*

14. Sprinkle the cinnamon mixture *in the measuring cup* over the top of the loaf or loaves of bread.

15. Place the loaf or loaves in the oven. Bake 60 minutes for the one large loaf *or* 30 minutes for the seven small loaves or till the bread tests done when you insert a wooden pick in the center.

16. Using pot holders, remove the loaf or loaves from the oven. Place on a wire rack. Let cool 10 minutes.

17. Holding one loaf pan at a time with a pot holder, run a metal spatula around all four edges of the bread.

18. Turn each loaf out onto the wire rack, shaking the pan gently. Set the pan aside and turn the bread upright. Cool completely. Makes 1 large loaf or 7 small loaves. ■



And top it.



The only way to top the best antipasto salad ever is with Wish-Bone® Italian, America's favorite Italian salad dressing. Famous for true Italian flavor.

Wish-Bone Italian Dressing is a perfect balance of select herbs and spices with tangy vinegar, mellow oil and lemon juice. Perfectly blended, as only we know how, to the peak of flavor.

Wish-Bone Italian Dressing. We're proud that it's America's favorite. Because, for Wish-Bone, only the best is good enough.

Wish-Bone® Salad dressing is the only thing we put our name on.

The Moistmaker



Make a simple cake mix simply terrific. Add extra moistness and flavor with JELL-O® Pudding.

The Moistmaker is JELL-O® Pudding.

And with eggs and oil, it makes a cake so moist, so rich, and so delicious, it's hard to believe it started with a mix.

In fact, taste tests show that people prefer JELL-O® Pudding cakes to cakes made with just a regular mix.

Try this simple Moistmaker Recipe with your favorite cake mix and bake the cake only you and JELL-O® Pudding can make.

*In high-altitude areas, use large eggs and add ⅓ cup all-purpose flour. Increase water to 1½ cups, decrease sour cream to ¼ cup and oil to 1 tablespoon. Bake at 375° for 50 minutes.

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Moistmaker Recipe #1

BRAND

Double-Rich Chocolate Cake

1 package (2-layer size) chocolate cake mix
1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling
4 eggs • ¾ cup water • ½ cup sour cream • ¼ cup oil

Combine all ingredients in large mixer bowl.* Blend; then beat at medium speed of electric mixer for 4 minutes. Pour into greased and floured 10-inch tube or fluted tube pan. Bake at 350° for 55 to 60 minutes or until cake springs back when lightly pressed. (For 13 x 9-inch pan, bake 45-50 minutes.) Do not underbake. Cool in pan for 15 minutes. Remove from pan and finish cooling on rack. Sprinkle with confectioners' sugar, if desired.



File under Desserts

Buying information, page 246

PUDDINGS AND COBBLERS

Chocolate Chip-Peanut Butter Bread Pudding

Serve this first-place bread pudding with cream or milk—

4 slices white bread, buttered and cubed
½ cup flaked coconut
½ cup semisweet-chocolate pieces
⅔ cup sugar
½ cup peanut butter
2 eggs
1 teaspoon vanilla
Dash salt
2½ cups milk

Place bread cubes in an 8x8x2-inch baking dish. Sprinkle coconut and chocolate pieces atop. In small mixer bowl cream together sugar and peanut butter. Blend in eggs, vanilla, and salt. Blend in milk. Pour over bread. Place baking dish in a shallow pan on oven rack; pour hot water into outer pan to a depth of 1 inch. Bake in 350° oven for 1 hour or till a knife inserted halfway between the edge and the center comes out clean. Makes 8 servings.

Mrs. P. L. Browns, Denver, Colo.



File under Vegetables

Photographs: Dieter

RICE FIX-UPS

Fried Rice Cakes

When serving a beef or pork roast, substitute these top-rated cakes for potatoes—

2 beaten eggs
2 cups cold cooked rice
4 slices bacon, crisp-cooked, drained, and crumbled
⅓ cup finely chopped green pepper
¼ cup grated parmesan cheese
2 tablespoons finely chopped onion
⅛ teaspoon salt
⅛ teaspoon pepper
• • •
2 tablespoons cooking oil

In a bowl combine eggs, rice, crumbled bacon, green pepper, cheese, onion, salt, and pepper. Cover and chill at least 1 hour. Using ⅓ cup rice mixture for each, shape into patties about 3½ inches in diameter. In a large skillet cook patties in hot cooking oil over medium heat about 5 minutes per side or till patties are set and golden. Garnish with parsley, if desired. Makes 6 patties.

Pearl Nickell, Clearwater, Fla.



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Japanese Rice Medley

A good flavor companion for a poultry or pork entrée—

1 3-ounce can sliced mushrooms
1 ¾-ounce package mushroom gravy mix
1½ cups quick-cooking rice
1 10-ounce package frozen Japanese-style vegetables, thawed
2 tablespoons sliced green onion
2 tablespoons butter *or* margarine
2 tablespoons soy sauce
¼ cup toasted slivered almonds

Drain mushrooms, reserving liquid. Add water to reserved liquid to make 1¾ cups. In medium saucepan blend water mixture into gravy mix. Add mushrooms, rice, Japanese vegetables, green onion, butter or margarine, and soy sauce. Bring to boiling. Reduce heat; cover and simmer for 5 minutes or till rice and vegetables are tender. Turn into serving bowl. Sprinkle with almonds. Makes 6 servings.

Mrs. William Strieber, Crofton, Md.



Calico Rice Salad

Keep this salad in mind for a potluck picnic—

½ cup long-grain rice
1 10-ounce package frozen mixed vegetables
½ cup mayonnaise *or* salad dressing
½ cup milk
2 tablespoons catsup
½ of ¾-ounce envelope (1 tablespoon) ranch-style salad dressing mix
Leaf lettuce

In saucepan cook rice according to package directions. In a second saucepan cook vegetables in a small amount of boiling water for 5 minutes or till vegetables are tender. Drain. Combine rice and drained vegetables. Mix together mayonnaise or salad dressing, milk, catsup, and salad dressing mix (mixture will be thin). Stir into rice mixture. Cover and chill. Serve in a lettuce-lined bowl. Makes 6 to 8 servings.

Betty Jane Ilardo, Tonawanda, N.Y.



Rhubarb-Peach Cobbler

1½ cups all-purpose flour
3 tablespoons sugar
2 teaspoons baking powder
¼ teaspoon baking soda
¼ cup butter *or* margarine
1 cup plain yogurt
2 teaspoons vanilla
1 29-ounce can sliced peaches
¾ cup sugar
2 tablespoons cornstarch
¾ teaspoon ground cinnamon
3 cups rhubarb cut in ¾-inch pieces

Blend first four ingredients and ½ teaspoon *salt*. Cut in butter or margarine to coarse crumbs. Mix yogurt and *half* the vanilla. Drain peaches, reserving 1⅓ cups syrup. In saucepan mix the ¾ cup sugar, the cornstarch, cinnamon, and ⅛ teaspoon *salt*. Stir in reserved syrup. Add rhubarb. Cook and stir till bubbly. Cook 2 minutes. Add peaches and remaining vanilla; return to boiling. Turn fruit into 3-quart casserole. Blend flour and yogurt mixtures. Drop dough in mounds atop hot fruit. Bake in 400° oven 30 minutes. Serve warm. Makes 8 servings.

Mrs. Lucille Dryden, Prairie Village, Kans.



Cherry-Vanilla Pudding Wedges

An easy dessert from pie filling, pudding mix, and dessert topping mix—

6 tablespoons butter *or* margarine
1 cup all-purpose flour
2 tablespoons sugar
1 21-ounce can cherry pie filling
2 tablespoons lemon juice
1 3½- *or* 3¾-ounce package *instant* vanilla pudding mix
1 1½-ounce package dessert topping mix
1¾ cups milk

In small skillet melt butter or margarine. Add flour and sugar; cook and stir over medium heat about 5 minutes or till flour browns slightly. Press into the bottom of an 8-inch round baking dish. Blend pie filling and lemon juice. Spoon into crust. In small mixer bowl combine pudding mix and topping mix. Add milk. Beat with electric mixer till soft peaks form (tips curl over). Spread over pie filling. Cover and chill. To serve, cut into wedges. Makes 6 to 8 servings.

Mrs. Gail Martin, Lockport, N.Y.

Dole Pineapple in its own juice. No extra heavy syrup, no sugar added–just juice.



THIS COUNTRY'S G



THE DOG THIS COUNTRY'S

Who loves the juicy taste of Armour Hot Dogs? There's no more controversy about that

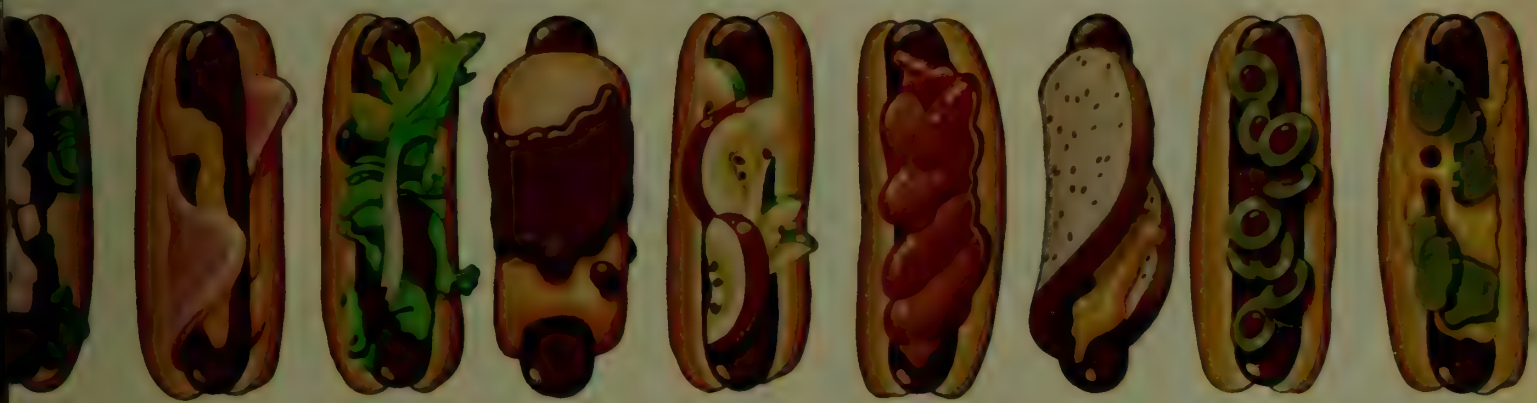
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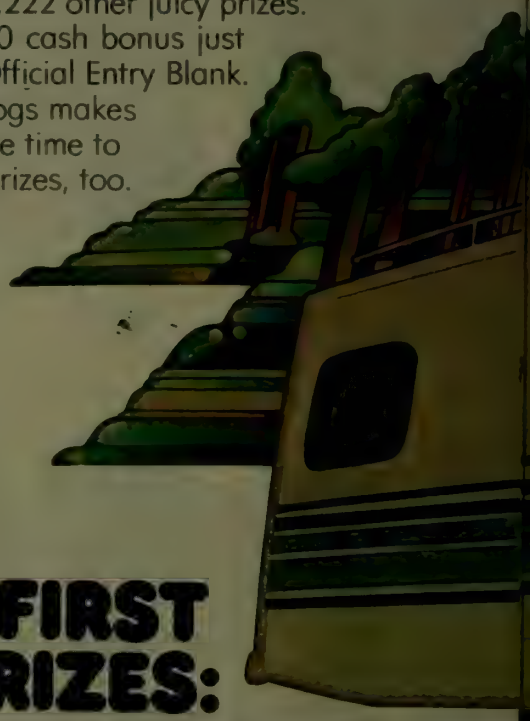


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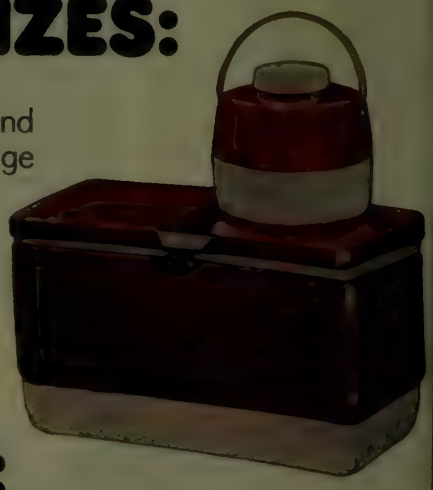
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1. Enter as often as you wish. Fill out an official entry form, or on a plain piece of 3" x 5" paper, print the words, "Armour Hot Dogs" together with your name, address and zip code, and mail to Armour Hot Dog Sweepstakes, P.O. Box 2700, Maple Plain, MN 55348. **2.** SPECIAL GRAND PRIZE BONUS OFFER — In order to be eligible for the special $5,000 Grand Prize Bonus Offer, each individually mailed entry must include the entire package front from an Armour Hot Dog package or a separate 3" x 5" plain piece of paper on which you have completed the phrase "The____Kids___ ___Bite" found on the YELLOW SEAL from the front of a package of Armour Hot Dogs. All entries are eligible for the entire sweepstakes prize structure but only the Grand Prize Winner will be eligible for the special bonus if he or she has complied with rule (2). **3.** No purchase required. All 2,223 prizes (valued at over $85,000) will be awarded. Each entry must be mailed separately. All entries must be postmarked on or before August 31, 1978 and received no later than September 11, 1978. Drawing will be held on September 15, 1978. Winners will be notified by mail within 30 days after the drawing. **4.** To obtain additional official entry forms, send a self-addressed, stamped envelope for each form requested to Armour Hot Dog Sweepstakes Entry Forms, P.O. Box 2850, Maple Plain, MN 55348. All requests for additional entry forms must be received no later than July 31, 1978. **5.** PRIZE DESCRIPTIONS — The Grand Prize will consist of a 1978 Winnebago Elandan II 32 ft. Motorhome. The (2) First Prizes will consist of Coleman 21 ft. Ticonderoga Tent Trailers. The (20) Second Prizes will be special Coleman Camping Outfits. The (200) Third Prizes will consist of a Coleman Snow-Lite 7 Gallon Cooler and One Gallon Jug. There will be (2,000) Fourth Prizes consisting of Presto® Hot Doggers.® **6.** Sweepstakes winners will be selected in a random drawing conducted by The Maple Plain Company, an independent judging organization, whose decisions are final. Federal, state and local taxes, if any, are the sole responsibility of the winners. Limit one prize to a family. No substitutions will be made for any prizes offered. Prizes are non-transferrable and not redeemable for cash. The odds of winning will be determined by the number of entries received. Sweepstakes open to all residents of the continental United States (including Florida, Alaska and Hawaii) except employees and their families of Armour Food, it's Sales or Broker Representatives, The Maple Plain Company, Winnebago Industries, The Coleman Company, Inc., National Presto Industries, Inc., and their Advertising Agencies. Sweepstakes is void in Missouri and wherever else prohibited or restricted by law. Winners will be asked to execute an affidavit of eligibility and sign a release. Winners under 18 years of age may need parental consent. **7.** The complete list of winners certified by the judges will be available for examination at the general offices of Armour Food Company and the judging organization following the awarding of prizes. To receive a copy of the list of the top 223 winners, send a self-addressed, business size envelope to which you have affixed the proper first class postage to Armour Hot Dog Winners List, P.O. Box 3120, Maple Plain, MN 55348.

ENTRY BLANK

Mail To: Armour Hot Dog Sweepstakes
P.O. Box 2700
Maple Plain, MN 55348

NAME:_____

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CITY:_____

STATE:_____ ZIP CODE:_____

To be eligible for the $5,000 cash bonus, complete this line: The slogan on the Armour Hot Dog package is:

THE_____ KIDS_____ _____ BITE

begins on page 138

Delicious desserts

ALMOND-RASPBERRY TORTE

For an extra special touch, pipe additional whipped cream in a lattice pattern atop the torte—

⅔ cup milk
6 tablespoons butter *or* margarine
8 egg yolks
1¼ cups sugar
1 teaspoon vanilla
1 teaspoon finely shredded lemon peel
1⅓ cups sifted cake flour
1½ teaspoons baking powder
¾ teaspoon salt

• • •

1 recipe Almond Filling
⅓ cup seedless red raspberry jam
½ cup whipping cream
3 tablespoons sliced almonds, toasted

In small saucepan heat together milk and butter or margarine till butter melts; keep warm. In small mixer bowl beat egg yolks at high speed of electric mixer about 5 minutes or till thick and lemon-colored. Gradually add sugar, beating constantly. Add vanilla and lemon peel. Gradually blend about *half* the warm milk mixture into the egg yolk mixture. Sift together the cake flour, baking powder, and salt. By hand fold flour mixture into egg mixture just till dry ingredients are moistened. By hand stir in remaining warm milk mixture. Pour batter into 2 greased and floured 8-inch round cake pans. Bake in 350° oven about 30 minutes or till cake tests done. Cool in pans 10 minutes. Remove layers from pans. Cool completely on wire rack. Split layers in half horizontally.



To assemble, spread one cake slice with *one-third* (about ½ cup) of the Almond Filling, then with about *2 tablespoons* of the jam. Repeat layers twice more. Place final cake slice atop. Whip cream to soft peaks; spread over top of cake. Sprinkle with sliced almonds. Makes 10 to 12 servings.

Almond Filling: In small mixer bowl crumble one 8-ounce can *almond paste.* Add 6 tablespoons *butter or margarine,* softened. Cream till light. Add 2 tablespoons *light rum;* beat till smooth. Makes 1⅔ cups filling.

WALNUT-GERMAN CHOCOLATE TARTS

To keep the dough from sticking to your fingers as you shape the tart shells, dust your fingers lightly with flour—

1 4-ounce package sweet cooking chocolate
1 cup all-purpose flour
¼ cup packed brown sugar
¼ teaspoon salt
6 tablespoons butter *or* margarine
4 teaspoons water
1 teaspoon vanilla

• • •

¼ cup butter *or* margarine
1 13-ounce can (1⅔ cups) evaporated milk
3 beaten eggs
1 cup granulated sugar
1 teaspoon vanilla
⅛ teaspoon salt
¾ cup flaked coconut, toasted
½ cup chopped walnuts

Grate about *one-fourth* of the chocolate into a medium mixing bowl. Set the remaining chocolate aside. Stir flour, brown sugar, and the ¼ teaspoon salt into grated chocolate. Cut in the 6 tablespoons butter or margarine till the mixture resembles coarse crumbs. Combine the water and the first teaspoon vanilla; add to flour mixture, stirring till the dough forms a ball. Divide the dough into 18 portions. Press one portion into the bottom and up the sides of a 2½-inch muffin pan. Repeat with remaining dough. Bake in 375° oven for 12 minutes.

Meanwhile in a small heavy saucepan melt the reserved chocolate and the ¼ cup butter over low heat, stirring constantly. Remove from heat; blend in the evaporated milk. Stir into beaten eggs. Add granulated sugar, the remaining vanilla, and the ⅛ teaspoon salt. Mix well. Pour into prebaked tart shells. Bake in 375° oven about 9 minutes or till top is *nearly* set. Sprinkle coconut and walnuts atop tarts. Return to oven and bake 6 minutes more or till top is set. Cool in pans 10 to 15 minutes. Loosen the edges of each tart with a narrow spatula and carefully lift tarts from pans. Cool completely on wire rack. Makes 18 tarts.

PRALINE CHEESECAKE

Pour some of the extra praline sauce over each individual cheese-cake serving—

1¼ cups crushed graham crackers
¼ cup granulated sugar
¼ cup chopped pecans, toasted
¼ cup butter *or* margarine, melted
3 8-ounce packages cream cheese, softened
1 cup packed brown sugar
1 5⅓-ounce can (⅔ cup) evaporated milk
2 tablespoons all-purpose flour
1½ teaspoons vanilla
3 eggs
1 cup pecan halves, toasted

• • •

1 cup dark corn syrup
¼ cup cornstarch
2 tablespoons brown sugar
1 teaspoon vanilla

In small mixing bowl combine cracker crumbs, the granulated sugar, and the chopped pecans. Stir in the melted butter or margarine. Press crumb mixture over the bottom and 1½ inches up the sides of a 9-inch springform pan. Bake in 350° oven for 10 minutes.

Meanwhile beat together cream cheese, the 1 cup brown sugar, the evaporated milk, flour, and the 1½ teaspoons vanilla. Add eggs; beat just till blended. Pour into baked crust. Bake in 350° oven 50 to 55 minutes or till set. Cool in pan 30 minutes; loosen sides and remove rim from pan. Cool completely. Arrange nut halves atop cheesecake.

Before serving, combine corn syrup, cornstarch, and the remaining brown sugar in a small saucepan. Cook and stir till thickened and

continued



ONE FOR THE ROAD.

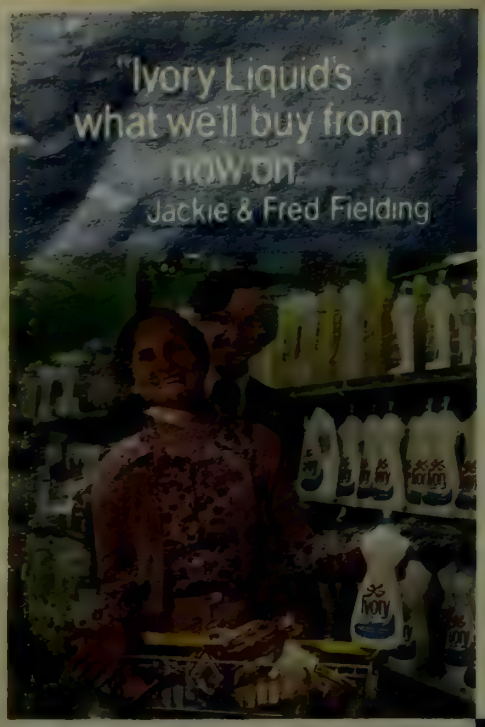


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The Dole Banana.
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CASTLE & COOKE, INC.



continued

Delicious desserts



bubbly. Remove from heat; stir in the remaining vanilla. Cool slightly. To serve, spoon some of the warm sauce over the nuts on the cheesecake. Pass remaining sauce. Makes 12 to 16 servings.

ZUPPA INGLESE

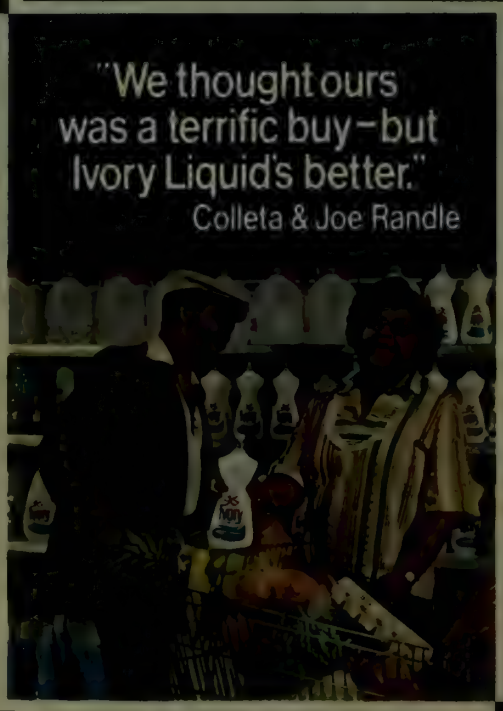
The Italians call this classic dessert "English soup" after its close cousin, English trifle—

4 egg yolks
1¼ cups sugar
1 teaspoon vanilla
½ teaspoon finely shredded lemon peel
4 egg whites
½ teaspoon cream of tartar
1 cup all-purpose flour
¼ teaspoon salt
¼ cup rum
¼ cup apricot, cherry, *or* apple brandy
1 recipe Cream Filling
1 cup whipping cream
Shaved chocolate (optional)

In small mixer bowl beat egg yolks at high speed of electric mixer about 5 minutes or till thick and lemon-colored. *Very gradually* beat in sugar, vanilla, and lemon peel (about 5 minutes). Wash beaters well. In large mixer bowl beat egg whites and cream of tartar till stiff peaks form (tips stand straight). Stir a small amount of egg whites into yolks. Fold yolk mixture into remaining whites. Stir together flour and salt. Sift flour mixture, one-fourth at a time, over egg mixture and fold in. Spread batter into two greased and floured 8-inch round cake pans. Bake in 350° oven for 20 minutes or till cake tests done. Invert pan onto wire racks; cool cake completely *in pans*. Remove layers from pans.

To assemble, split each cake layer in half horizontally. Place one slice, cut side up, on serving plate. Mix rum and brandy; sprinkle 2 tablespoons of the mixture over the cake slice. Spread with *one-third* of the Cream Filling. Repeat layers and sprinkling with rum mixture twice more. Top with the final cake slice. Sprinkle the final 2 tablespoons rum mixture over the top. Chill cake 5 to 6 hours. Just before serving, whip cream to soft peaks; frost top and sides of cake. Garnish with chocolate, if desired. Makes 12 servings.

Cream Filling: In saucepan combine ½ cup *sugar*, 1 tablespoon *cornstarch*, and ¼ teaspoon *salt*. Gradually stir in 1½ cups *milk*. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Gradually stir about *1 cup* of the hot mixture into 4 slightly beaten *eggs*. Return all to hot mixture. Cook and stir till mixture thickens. Remove from heat; stir in 1 teaspoon *vanilla*. Place clear plastic wrap over surface of custard; cool to room temperature. Makes about 2 cups filling.

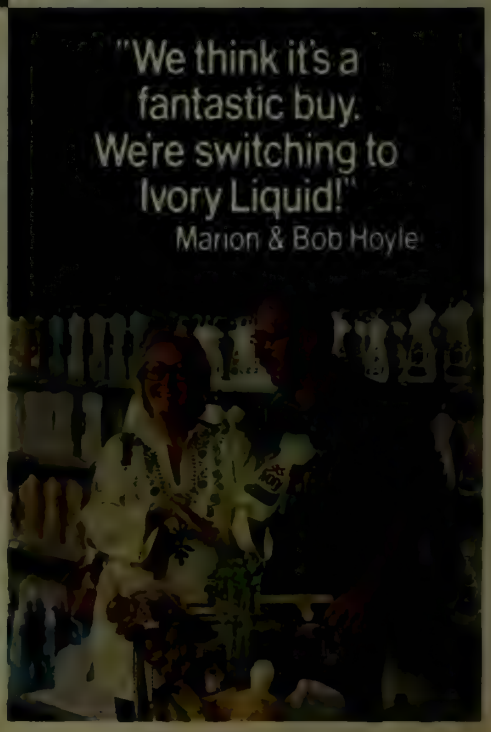


CHOCOLATE ANGEL LOAF

Create a different dessert by changing the liqueur used in the filling. Almond or orange liqueurs are tasty alternates—

⅓ cup sifted cake flour
3 tablespoons unsweetened cocoa powder
¼ cup granulated sugar
6 egg whites
½ teaspoon cream of tartar
1 teaspoon vanilla
Dash salt
½ cup granulated sugar
1 recipe Mint Filling
Powdered sugar

Sift the cake flour and cocoa with the ¼ cup granulated sugar twice; set aside. In large mixer bowl beat egg whites, cream of tartar, vanilla, and salt till soft peaks form (tips curl over). Add the remaining



granulated sugar, 2 tablespoons at a time, and continue beating till stiff peaks form (tips stand straight). Sift *one-third* of the flour-cocoa mixture over the whites, fold in. Repeat the sifting and folding twice more. Spoon batter into an *ungreased* 9x5x3-inch loaf pan. Bake in 375° oven 25 minutes or till cake tests done. Invert cake in pan on wire rack; cool in pan completely. Remove cake from pan; cut in thirds horizontally. Place bottom third of cake, cut side up, on serving platter; spread with *half* of the Mint Filling. Add the middle cake slice; spread with the remaining Filling. Top with the remaining cake layer, cut side down. Sift powdered sugar over top. If desired, garnish with a mint sprig. Makes 10 servings (182 calories per serving).

Mint Filling: In a 1½-quart saucepan combine ¼ cup granulated *sugar*, 5 teaspoons *cornstarch*, and a dash *salt*. Add 1 cup *milk* and 2 well-beaten *eggs* all at once. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir in 2 tablespoons *white crème de menthe*. Cover with clear plastic wrap; chill. Makes 1⅓ cups filling.

CREAM PUFFS MELBA

1 8½-ounce can pear halves
1 tablespoon cornstarch
½ cup raspberry yogurt
1 egg white
2 tablespoons sugar
1 recipe Cream Puffs (see recipe below)

Drain pears, reserving syrup. Chop pears and set aside. Add water to reserved syrup to equal ½ cup liquid. In a small saucepan combine syrup mixture and cornstarch. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Cool to room temperature. Stir in yogurt. Beat egg white to soft peaks (tips curl over). Gradually add sugar, beating to stiff peaks (tips stand straight). Fold into yogurt mixture along with chopped pears. Cover and chill. Spoon into Cream Puff bottoms. Top with Cream Puff tops. Makes 6 servings (171 calories per serving).

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CREAM PUFFS

Drying the cream puffs in the oven for 20 minutes makes them flaky and crisp—

2 tablespoons butter *or* margarine
½ cup boiling water
½ cup all-purpose flour
⅛ teaspoon salt
2 eggs

In a small saucepan melt butter or margarine in boiling water. Add flour and salt all at once; stir vigorously. Cook and stir till mixture forms a ball that does not separate. Remove from heat; cool 5 minutes. Add eggs, one at a time, beating dough till very smooth and shiny after each addition. Drop dough 3 inches apart on a lightly greased baking sheet, making 6 mounds. Bake in 450° oven 15 minutes. Reduce heat to 325°. Bake 10 minutes more. Remove from oven; cut off tops. Remove soft centers. Turn



oven off; return cream puff tops and bottoms to oven for 20 minutes. Cool on wire rack. Makes 6 cream puffs.

APPLE DUMPLING CREPES

If you like, substitute a piece of fresh pear for the apple quarters in this dessert—

4 medium cooking apples, peeled, cored, and quartered
1 recipe Lemon Crepes (see recipe on page 169)
¼ cup granulated sugar
1 teaspoon ground cinnamon
1⅔ cup water
⅓ cup packed brown sugar

continued

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REDEEM PROMPTLY—Offer Expires: December 31, 1976



continued

Delicious desserts

½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 tablespoons butter *or* margarine
2 tablespoons lemon juice
1 teaspoon vanilla

Place one apple quarter on the unbrowned side of each Lemon Crepe. Combine the ¼ cup granulated sugar and the 1 teaspoon cinnamon. Sprinkle some of the sugar mixture over each apple quarter. Fold sides of crepes over filling to form a square packet. Place crepe bundles, folded side down, in an ungreased 11x7½x2-inch baking dish. In saucepan combine the water, brown sugar, the ½ teaspoon cinnamon, and the nutmeg. Simmer, uncovered, 5 minutes. Remove from heat; stir in the butter or margarine, lemon juice, and vanilla. Stir till butter is melted. Pour over crepes in baking dish. Bake, uncovered, in 375° oven for 40 to 45 minutes. Makes 8 servings (252 calories per serving).

LEMON CREPES

1 cup all-purpose flour
1½ cups milk
2 eggs
2 tablespoons sugar
1 tablespoon cooking oil
2 teaspoons finely shredded lemon peel
⅛ teaspoon salt

In mixing bowl combine flour, milk, eggs, sugar, cooking oil, lemon peel, and salt. Beat with rotary beater till smooth. Heat a lightly greased 6-inch skillet. Remove from heat. Add *2 tablespoons* of the batter; lift and tilt skillet to spread batter evenly. Return to heat; brown on one side only. (Or cook on an inverted crepe pan according to manufacturer's directions.) Invert onto paper toweling; remove crepe. Repeat to make 16 crepes.

WALLBANGER SOUFFLÉ

To make a foil collar, cut a 30-inch-long piece of 12-inch-wide foil. Fold in fourths to form a 30x3-inch piece. Wrap foil around top of soufflé dish and secure it tightly with tape—

Butter *or* margarine
Granulated sugar
5 egg yolks
¼ cup butter *or* margarine
¼ cup all-purpose flour
½ cup milk
¼ cup orange juice
3 tablespoons Galliano
5 egg whites
⅓ cup granulated sugar

Lightly butter and dust a 2-quart soufflé dish with granulated sugar about halfway up the sides. Attach a foil collar around the top. In small mixer bowl beat egg yolks on high speed of electric mixer 5 to 6 minutes or till thick and lemon-colored; set aside. In saucepan melt the ¼ cup butter or margarine. Blend in flour. Add milk all at once. Cook and stir till mixture thickens and bubbles. Stir in orange juice. Stir about *½ cup* of the hot mixture into the beaten egg yolks; mix well. Return all to hot mixture in saucepan. Cook and stir 2 minutes more. Remove from heat; stir in Galliano. In large mixer bowl beat egg whites till soft peaks form. Gradually add the ⅓ cup sugar, beating to stiff peaks. Fold the egg whites into the hot mixture. Turn into the soufflé dish. Bake in 300° oven for 55 to 60 minutes. Serve at once. Makes 8 servings (210 calories per serving). ■



They all found Ivory Liquid a better buy than their "bargain" brands.



They all used a halfpenny's worth of each—of Ivory Liquid and their "bargain" brands–and they all found the same thing. The Ivory Liquid suds lasted longer, and the Ivory Liquid washed more dishes. That's another way of saying more for your money. No wonder they switched.

Mild Ivory Liquid.
It can be cheaper to use than an average bargain brand.

begins on page 124

Needlework treasures

AUNTIE DEE'S EMBROIDERED RUNNER, page 124.

(Finished size: approx 16½x62½ inches.)

Materials: 24x72 inches of #22 count Hardanger cloth; #5 pearl cotton in scarlet, medium blue, light green, and yellow; #8 pearl cotton in white; large sheets of graph paper (10 squares to the inch); colored pencils to match thread; embroidery hoop or frame; small tapestry needles; small, sharp scissors.

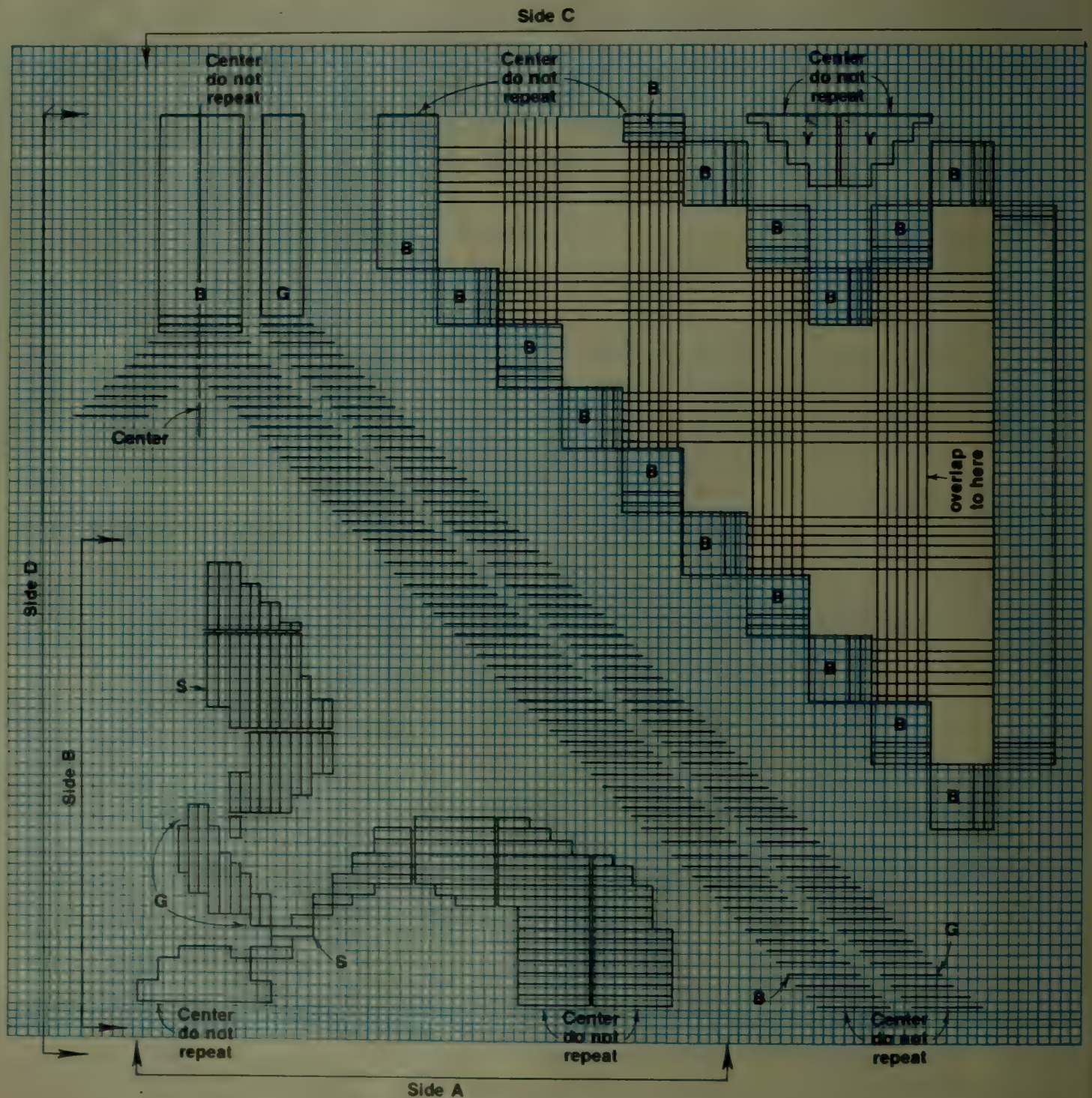
Instructions:

Note: The runner is worked entirely in satin stitch; the open areas of the design are simple cutwork, outlined with needle weaving. For more on these stitches, see diagrams at the end of this set of instructions.

1. Use colored pencils and graph paper to make a complete pattern from the diagram below. Note that the pattern shown is for ¼ of the motif only. To construct a full motif, transfer the pattern as given to graph paper. Then complete the patterns for the central swirl motif inside the diamond and for the cutwork areas.

Complete the central swirl by lining up side B against side A and transferring the design. Continue rotating the pattern 90 degrees to com-

continued



1 Sq. = 1 space between threads
Lines = threads of the fabric


Take a Natural Break.
You've got some time to call your own and you're making the most of it.
But now you're ready for a Natural break. With Natural Light.
Natural Light has a refreshingly crisp, clean taste that comes from only natural ingredients. In the true Anheuser-Busch tradition.
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Here's a pie that'll drive your family berries.

Mmmm. Fresh ripe strawberries. And freshly made Dream Whip. They go together deliciously. Now put DREAM WHIP® Whipped Topping Mix and strawberries together a new way: Strawberry-Fresh Pie. Your family will go berries over it.

Strawberry-Fresh Pie

1 package (4-serving size) Jell-O® Brand Vanilla Flavor Pudding and Pie Filling
1 package (3 oz.) Jell-O® Brand Strawberry Flavor Gelatin
2 cups water • 1 teaspoon lemon juice
1½ cups prepared DREAM WHIP® Whipped Topping • 1 cup sliced strawberries
1 baked 9-inch pie shell,* cooled.

Combine pudding mix, gelatin, water and lemon juice in a saucepan. Cook and stir over medium heat until mixture comes to a boil. Pour into a bowl and chill until thickened. To hasten chilling, place bowl of pudding mixture in larger bowl of ice and water, then stir until thickened. Fold in whipped topping, blending well; stir in strawberries. Pour into pie shell and chill until set, 1 to 2 hours. Garnish with additional whipped topping and strawberries.

*Spray pie pan with PAM® Vegetable Cooking Spray, for easy serving and clean up, before placing pastry in pan.



Another berry fresh idea from Dream Whip®

continued

Needlework treasures

plete the swirl pattern.

For borders and cutwork, reverse the pattern (turn it over) and match the C sides. Transfer the design, then reverse pattern again on the D side, matching along the center, and complete upper half of the pattern.

Color key:

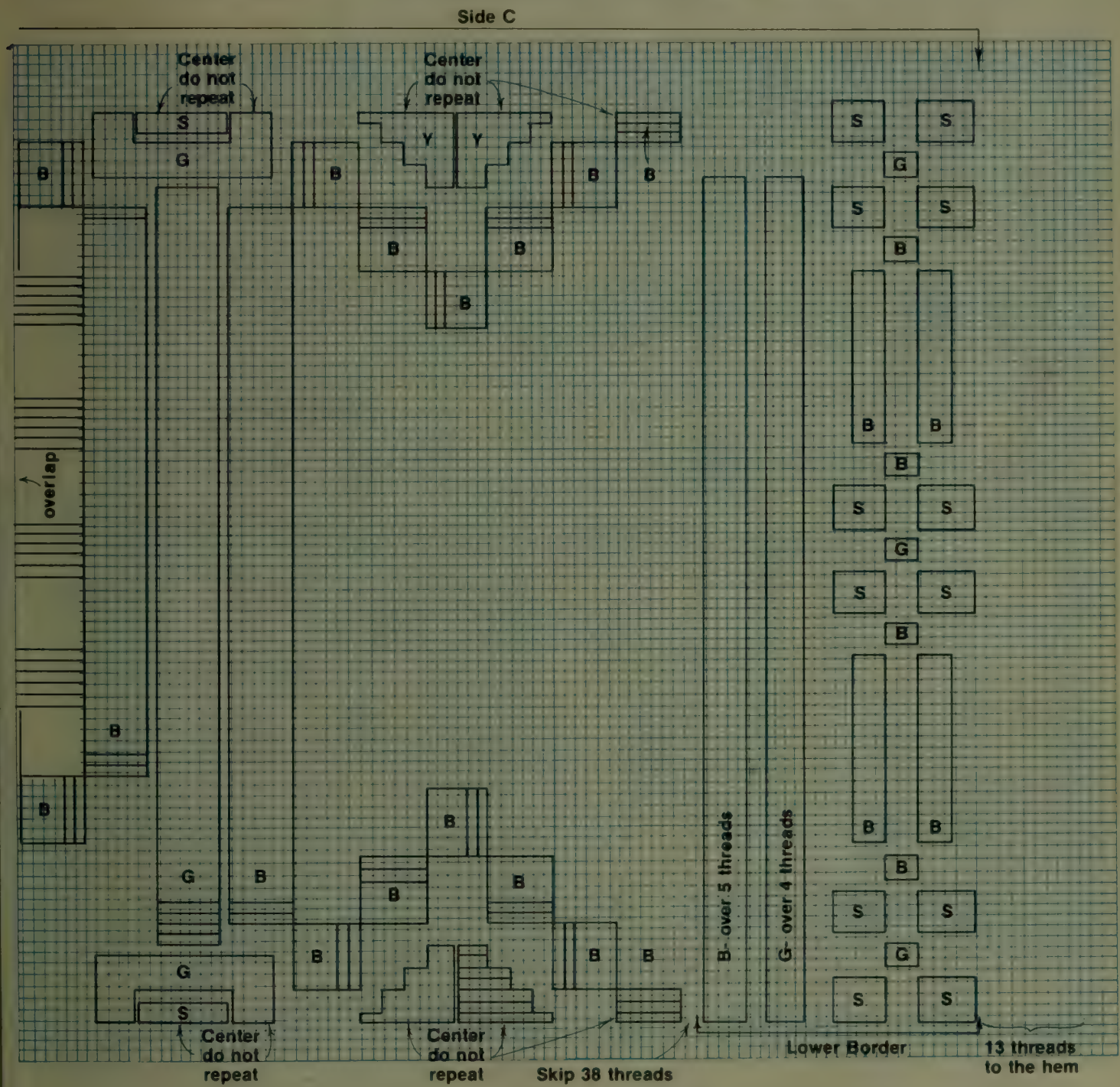
G—green S—scarlet
B—blue Y—yellow

2. Begin embroidery in the exact center of the cloth, stretching fabric in a hoop or frame to prevent puckering. Work the entire design in straight satin stitches over the number of threads indicated on the pattern. Work from the center of the fabric out toward the edge, up to the blue border line. Do not work the border yet. Work the center panel design the entire length of the cloth.

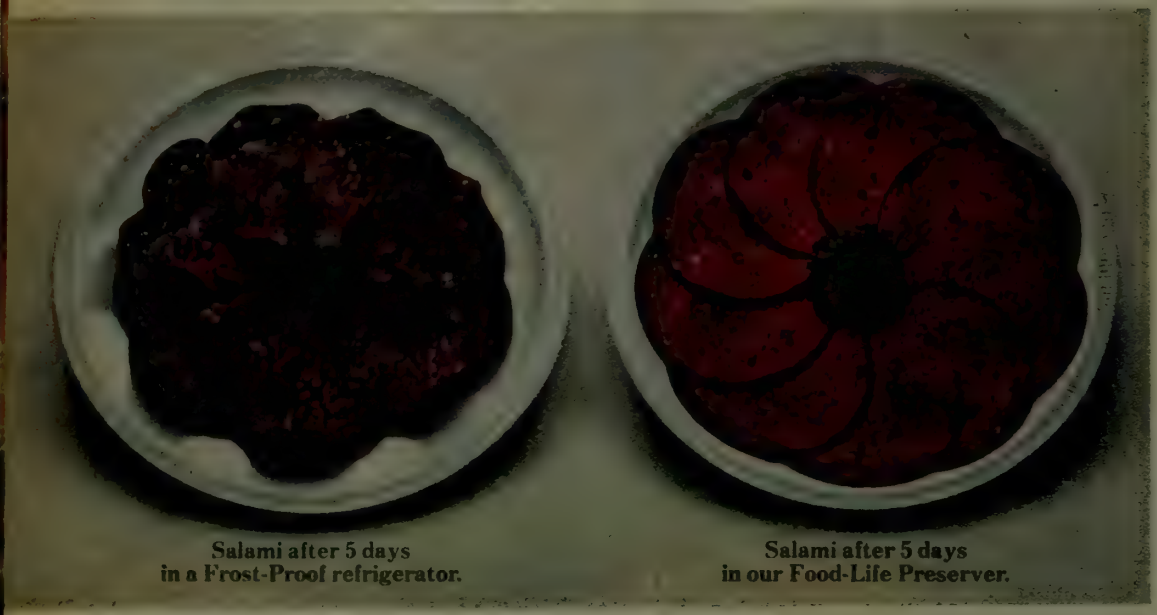
3. Next, work the borders from the green border stitches to the edge; do *not* work inside blue border strip yet. Then turn up the hem 13 threads below the edge of the scarlet blocks in border and whipstitch in place. Work inside the blue line of the border completely around the runner, catching the hem at the same time. Clip the threads.

4. Work the entire design in colored threads before beginning the cutwork. Then, for the cutwork, carefully cut away the threads in the gray areas, leaving those that appear as dark lines in the diagram. Use

continued



IS YOUR SALAMI GETTING OLD BEFORE ITS TIME?



Salami after 5 days in a Frost-Proof refrigerator.

Salami after 5 days in our Food-Life Preserver.

After a few days in your refrigerator, does your juicy roast become nothing to boast about?

Can your custard still cut the mustard?

Does your chocolate mousse start getting mousey?

Maybe it's about time you took a look at Frigidaire's Elite Line of refrigerators.

Because aside from features like solid-state ice makers,* Electri-Saver switches, and tempered-glass shelves, two models also have a Food-Life Preserver. It's a special section that not only has a vegetable Hydrator and a seven-day Meat Tender, but also an Unwrapped Food drawer. The drawer helps keep unwrapped food fresh for days by sealing air out and moisture in.



And it makes the storing of hard-to-wrap foods, like a piece of cake, a piece of cake.

So throw your food a life preserver and get a Frigidaire refrigerator.

Because with today's prices, losing an expensive cut of meat is the unkindest cut of all.

FRIGIDAIRE GM

WHY SETTLE FOR LESS?



*Available at extra charge

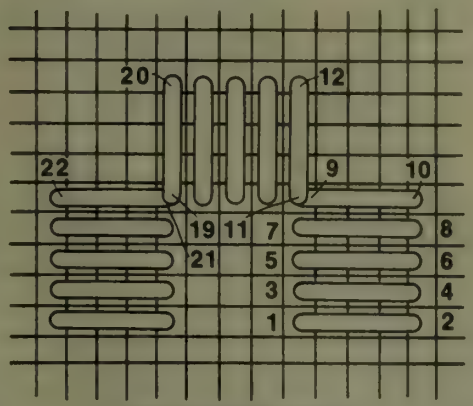
Look for our complete line of refrigerators and other Frigidaire appliances at your local Frigidaire dealer.

continued

Needlework treasures

sharp scissors and work in a good light. Then work needle weaving over the threads remaining between the clipped areas. (Refer to stitching diagrams below.)

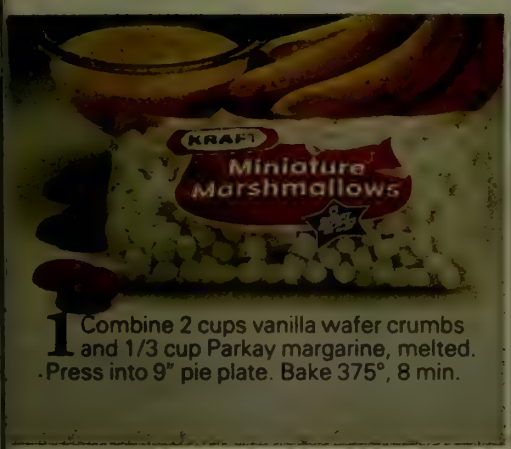
Straight satin stitch: The diagram below shows straight satin stitches taken over threads in a close, even pattern to yield a continuous line or block of color. As you stitch, be careful to work the thread through the spaces between the threads, rather than into the threads themselves. For satin stitch blocks bordering the cutwork areas, work blocks of 7 stitches over 6 sets of thread on the fabric—always working at least one more stitch in the block than the number of threads you plan to cut, so that the cut area is sufficiently bound and won't ravel. All cut areas must be edged with these satin stitch blocks. (See diagram A.)



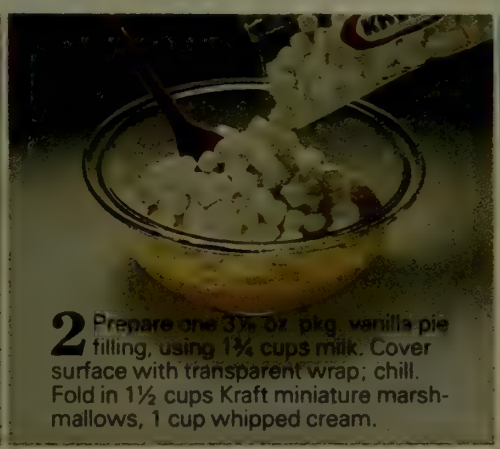
A. Straight Satin Stitch

Cutwork: When you've finished all the satin stitching, you're ready for the cutwork. Using small, sharp scissors, cut only those threads which are bound with the satin stitch blocks; cut close to the satin stitching. Cut both ends of the block-bound threads and gently lift the

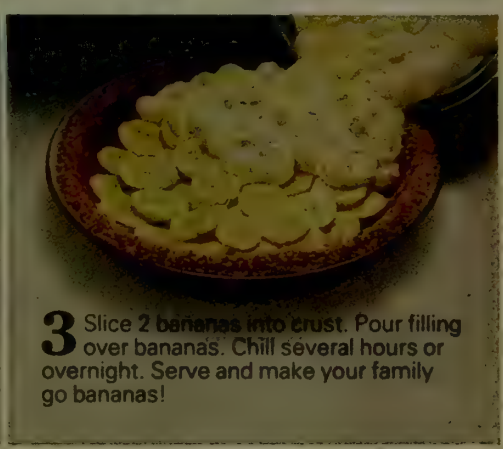
continued



1 Combine 2 cups vanilla wafer crumbs and 1/3 cup Parkay margarine, melted. Press into 9" pie plate. Bake 375°, 8 min.



2 Prepare one 3¾ oz. pkg. vanilla pie filling, using 1¾ cups milk. Cover surface with transparent wrap; chill. Fold in 1½ cups Kraft miniature marshmallows, 1 cup whipped cream.



3 Slice 2 bananas into crust. Pour filling over bananas. Chill several hours or overnight. Serve and make your family go bananas!

Banana Mallow Pie.

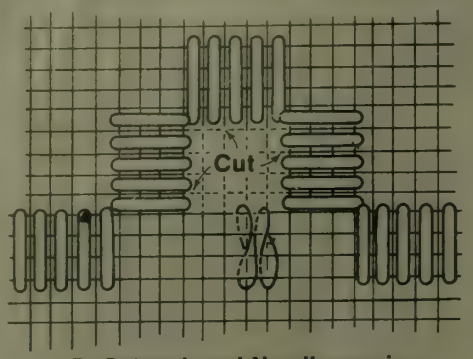


continued

Needlework treasures

cut threads from the fabric with your needle (see diagram B).

Needle weaving: Next, thread a small needle with #8 white pearl cotton, and anchor the end of the thread under the satin stitching. Bring thread up in the center of the threads to be woven (indicated with an "x" on diagram B above). Go over the pair of threads on the left, wrapping the thread around them, then bring the needle up again in the center. Repeat to the right. Continue, pulling threads tightly together as you weave. When you reach the end of a woven area, turn the corner and weave the adjoining threads, always starting with the needle in the center of the two pairs of threads. Repeat for all cutwork areas indicated on the pattern.



B. Cutwork and Needleweaving

CROCHETED TABLECLOTH, page 124

To re-create this 5x5-foot tablecloth, you will need to crochet 210 round motifs and 182 joining motifs. The same pattern may be adapted to make a smaller (or larger) tablecloth, bedspread, or even lacy place mats or pillow tops by adjusting the number of motifs; adjust materials requirements accordingly.

All abbreviations used in the tablecloth instructions are given in the chart below:

Crochet Abbreviations

ch	chain
sc	single crochet
dc	double crochet
st(s)	stitch(es)
sl st	slip stitch
sk	skip
rep	repeat
sp	space
tog	together
bet	between
rnd	round
*	repeat whatever follows * as indicated.

Materials: 13 balls of size 20 ecru crochet thread; size 11 steel crochet hook.

Instructions:

For round motifs: Ch 8, join with sl st to form a ring. *Rnd 1:* Ch 3 (counts as first dc), 23 dc in ring, sl st in top of first dc.

Rnd 2: Ch 5, sk 1 dc, dc in next dc, sc in next dc * ch 5, sk 1 dc, dc in next dc, sc in next dc, rep from * 6 more times (there should be 8 loops on this round). End with a sl st in 1st st.

Rnd 3: Sl st to 3rd st of ch, sc in same st, ch 4, dc in same st, * ch 4, dc in center st of next loop, ch 4, dc in same st (this makes a shell), rep from * 6 times, join with a sl st in top of first dc (there should be 16

continued



It will retain its beauty and performance long after others have lost theirs

Revere Ware Copper Clad Stainless Steel lasts so long it is passed on from one generation to another. Day after day the lustrous copper bottoms spread heat quickly and evenly at lower temperatures to bring out the very best in your cooking. Save energy, too. The gleaming stainless steel is virtually indestructible. So easy to clean. And its beauty is timeless. Revere Ware.

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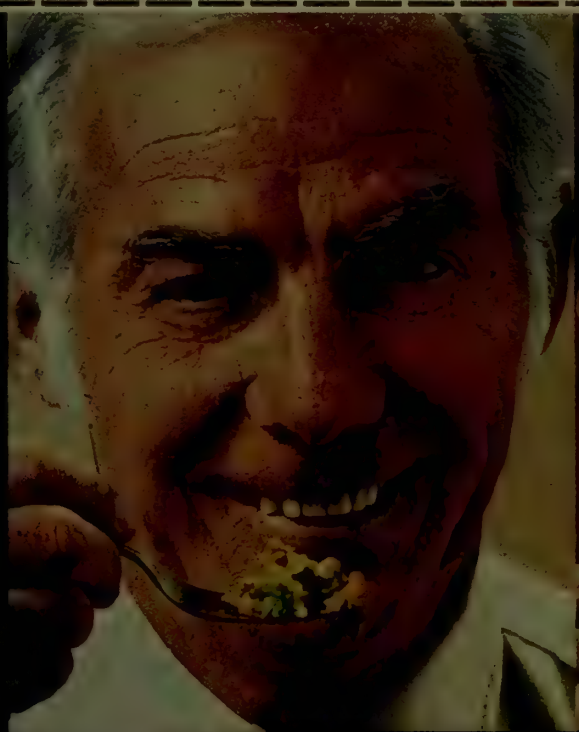
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TEST YOUR HUSBAND.

Q. With chicken, I prefer:
(check one)

☐ Mashed potatoes.
☐ Stove Top® Stuffing.

We bet he'll choose Stove Top® Stuffing.



Joe Prekup says, "Stuffing tastes a lot better than mashed potatoes. There's a lot more flavor to it and it complements the chicken better."



John Jackson says, "Stuffing really accents the taste of chicken. It adds more zest to the meal."

Most men do.

recent consumer test, over
of the husbands polled
erred Stove Top® Stuffing
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chicken dinners.
No wonder. Toasty bread
mbs, real chicken flavor
the perfect balance of cel-
onion, parsley and herbs
e Stove Top irresistible.
We bet your husband will
ee.



Art Martori says, "Stove Top tastes like stuffing my mother used to make."



INSTEAD OF POTATOES.

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The Leroux Blackberry.

Before it was in the bottle its flavor was on the vine.



The Leroux Blackberry Sour.
¾ oz. lemon juice or lime juice, 1½ oz. Leroux Blackberry Flavored Brandy, 1 tsp. sugar, mix, strain, garnish with orange slice and cherry.

Experience all 52 flavors from Leroux. All of them natural. Naturally.

Leroux. The Royal Family of International Liqueurs. General Wine & Spirits Co. N.Y.C. 70 Proof.

continued

Needlework treasures

sp on this rnd).

Rnd 4: Ch 1, 4 sc in next loop, sc in next dc, 4 sc in next loop, sc in next dc, rep around ending with a sl st in first sc.

Rnd 5: Ch 1, sc in next sc, sc in next sc, continue around ending with a sl st in first sc.

Rnds 6, 7, and 8: Rep row 5.

Rnd 9: Ch 4, dc in next sc, ch 1, dc in next sc, ch 1, dc in next sc, rep around (there should be 78 dc on this round).

Rnd 10: Sc in 1st sc, ch 5, sk 2 sp, sc in next sp, sc in next sp, * ch 4, sk 2 sp, sc in next sp, sc in next sp. Rep from * ending with sc in first sc (there should be 20 loops on this rnd).

Rnd 11: Sl st in sp, ch 5, dc in same sp, ch 3, in next sp make dc, ch 3, dc (shell made), * ch 3, make shell in next sp. Rep from * around in pattern, ending with sl st in top of first dc.

Rnd 12: Sl st into sp, ch 5, dc in same sp, ch 3, sc in next sp, ch 3, in next sp make dc, ch 3, dc (shell), ch 3, sc in next sp, ch 3; make shell in next sp. Rep in pattern, ending with a sl st in top of first dc.

Rnd 13: Rep row 12, making ch 4 bet shells. Break thread.

Joining: Join two motifs tog while working the last rnd. At any shell, make a dc on the second motif, ch 1, sl st in shell on first motif. Ch 1, dc in same sp as last dc on second motif, ch 3, dc in shell sp on second motif, ch 1, sl st in shell sp on first motif, ch 1, dc in shell on second motif, ch 3, dc in next shell. Ch 1, sl st in shell on first motif, ch 1, dc in shell on second motif.

Motifs for joining round medallions: Ch 5, join with sl st to form ring. Ch 15, sc bet 1st and 2nd motif, ch 15, sc in ring. Ch 10, sc in point on 2nd motif, ch 10, sc in ring. Ch 10, sc in point on 2nd motif, ch 10, sc in ring. Ch 15, sc bet 2nd and 3rd motif, ch 15, sc in ring.

Ch 10, sc in 3rd motif, ch 10, sc in ring. Ch 10, sc in 3rd motif, ch 10, sc in ring. Ch 15, sc bet 3rd and 4th motif, ch 15, sc in ring. Ch 10, sc in 4th motif, ch 10, sc in ring. Ch 10, sc in 4th motif, ch 10, sc in ring. Ch 15, sc bet 4th and 1st motif, ch 15, sc in ring, ch 10, sc on 1st motif, ch 10, sc in ring. Ch 10, sc on 1st motif, ch 10, sc in ring. Break off thread.

DOILIES, page 126



(*Note:* Instructions for three embroidered doilies—A, B, and C—are given below. To order a leaflet of instructions for the two crocheted doilies and the knitted lace doily—patterns D, E, and F—see page 248.)

Silk Rose Embroidered Doily (A)

Materials: 15x15-inch square of handkerchief linen or other finely woven white fabric; silk or cotton embroidery floss in dark, medium and light red, very pale pink, medium and very pale green, and ecru; very fine embroidery needles; dressmaker's carbon or transfer pencil.

Instructions:

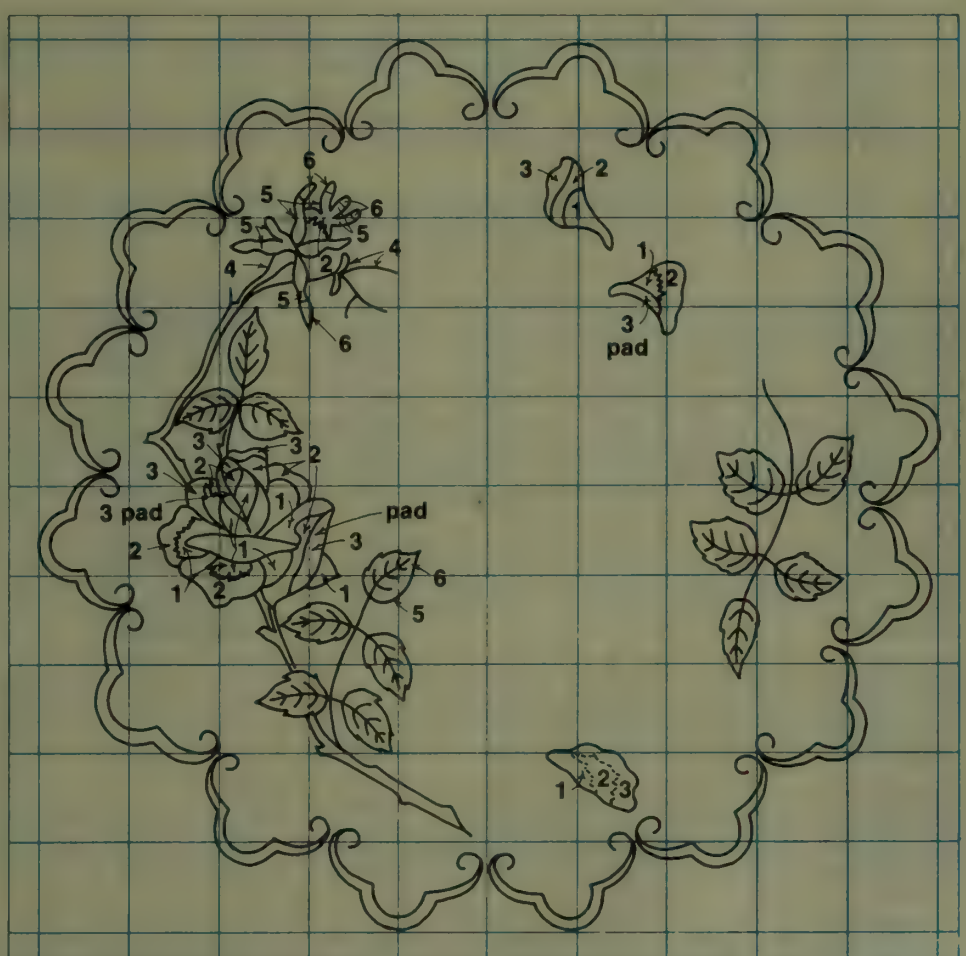
1. Enlarge pattern below and transfer it, centered, to fabric.

Color Key:

1—dark red
2—medium red
3—light red
4—medium green
5—pale green
6—pale pink

2. Use a single strand of floss throughout. To give the design dimension, outline and pad-stitch portions of the large rose and one of the loose rose petals, as indicated on the pattern. To pad these areas, first outline each section with small back-stitches. Next, work rows of double running stitches back and forth across the area until it is completely

continued



continued

Needlework treasures

filled. Then work satin stitches over the running stitches, between but not over the outline stitches that surround the shape. If you are embroidering with silk floss, use white cotton floss for the pad-stitching; otherwise, pad-stitch with thread that matches the final color. Also outline and pad-stitch the scalloped border with double-running stitches.

3. Work rose petals and leaves in long-and-short stitches, using pale green for the lower part of the leaves (closest to the stems) and pale pink for the tips. Work wide stems in medium green outline stitches. Shade petals as indicated on the pattern.

4. Work scallops around the edge of the doily in closely spaced ecru buttonhole stitches, but use outline stitches for the flourish at the base of each scallop motif.

5. To finish, trim excess fabric beyond buttonhole stitching; press doily on wrong side on padded board.

Multicolored Flower Doily (B)

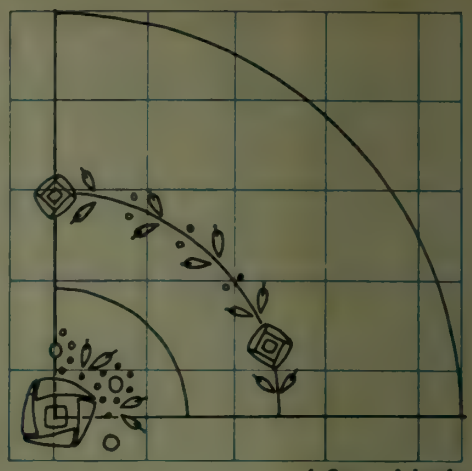
Materials: 12x12 inches of white handkerchief linen or other finely woven fabric; cotton embroidery floss in medium yellow-green, light and medium blue, light and medium pink, light and medium yellow, and lavender; embroidery needles; 30 inches of ⅝-inch-wide lace edging.

Instructions:

1. Enlarge the pattern and transfer it, centered, to the fabric.

2. Use two strands of cotton floss for the embroidery. Outline and pad-stitch the pink center flower and lavender flowers in garland before you begin final stitching, following directions for the rose doily, *above*. Outline yellow circles and pad by working a double cross-stitch in the center of each.

3. Use satin stitches for the large flowers and yellow circles. (Work half the circles in light yellow, half in medium yellow.) Work the center blue circle and green stems of garland in outline stitch; leaves are single chain stitches. Work small dots in center circle in shades of blue French knots. Small dots along garland are pairs of French knots worked in pink, lavender, and blue. Press the finished embroidery on the wrong side.



1 Sq. = 1 inch

4. Trim fabric to an 8½ inch circle, make a tiny rolled hem around the edge, and attach lace edging.

Cutwork Doily (C)

Materials: 24-inch square of finely woven white linen or cotton; white cotton embroidery floss; embroidery needles; small, sharp-pointed scissors; embroidery hoop or frame.

continued

A button-by-button Norelco guide to buying the microwave oven that's right on the button.



Probe. Using this button, you can cook by temperature. Simply insert the Temperature Probe into the food, tell the computer what temperature you want, and the oven will shut off automatically when it reaches that temperature.



Defrost. Tell the oven to automatically defrost before cooking and it will. This button will let you relax when unexpected guests arrive for dinner, and it car also be used as one of our four cooking cycles.



Reheat. A great idea! A cycle for those quick, everyday reheat jobs and a button that can also add up to 30 minutes of additional cooking time as one of our four cooking cycles.



Cook 1. The basic cooking cycle. Press it and you can cook food at whatever microwave power level you want, from 10% to 100%.



Cook 2. This is a second cooking cycle for use when food requires one level of microwave power to start with, and a second level of power the rest of the time. The 7500 automatically switches from Cook 1 to Cook 2.



Done Time. Just tell the computer what time you want your food ready, before you leave home in the morning. The oven will then defrost, cook and stop automatically.



Selector. Here are the buttons you use to select whichever one of the ten variable power levels is required for your different cooking needs.

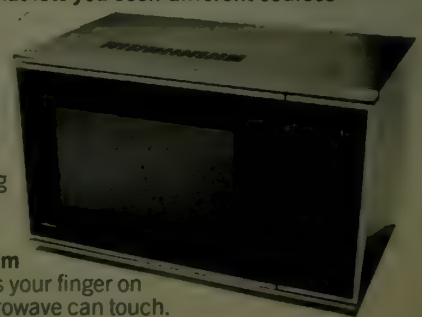


Timer. This button controls an independent 30-minute kitchen timer which may be used anytime, even during the microwave cooking cycle.



Clock. This button sets the LED digital clock which also shows you the time of day, the cooking time or the temperature your meal is programmed for.

Plus an optional Cook Shelf that lets you cook different courses of a meal at the same time.



So if you're in the market for a microwave oven, take this guide with you. It'll help you prove that only Norelco has all the features that are right on the button for new and exciting cooking convenience.

The Norelco Dual Mode System 7500 Microwave Oven. It puts your finger on cooking features no other microwave can touch.

Norelco® ©1978 North American Philips Corporation, 100 E. 42nd St., N.Y., N.Y. 10017

Cool lemon for the cook who'd rather not cook.

Here's a light and luscious lemony pie filling you don't have to cook. Simply combine rich creamy Eagle® Brand Sweetened Condensed Milk with tangy ReaLemon® Reconstituted Lemon Juice to create a pie filling that thickens without cooking. Pour the filling into Johnston's® delicious graham cracker Ready-Crust® pie crust and presto! A lemony chiffon pie that'll have you back into the refreshing days of springtime in no time. Try the deliciously easy recipe below.



Lazy Day Lemon Chiffon Pie (Makes 1 pie)

- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk**
- **1/3 cup ReaLemon® Reconstituted Lemon Juice**
- **2 teaspoons grated lemon rind, optional**
- **Few drops yellow food coloring**
- **3 egg whites***
- **1/4 teaspoon cream of tartar**
- **1 Johnston's® graham cracker Ready-Crust® pie crust**
- **Whipped cream or topping and lemon slices, optional**

*Use only Grade AA clean eggs.

In medium bowl, combine Eagle Brand, ReaLemon, rind and food coloring; mix well. In small bowl, beat egg whites with cream of tartar until stiff but not dry; gently fold into sweetened condensed milk mixture. Pour into Ready-Crust.® Chill 3 hours or until set. If desired, garnish with whipped cream and lemon slices before serving. Refrigerate leftovers.







Get a cool dollar back!

Just pick up our special refund coupon at your participating grocer and mail it in with one label from each of these brands — Eagle Brand, ReaLemon, and Johnston's Ready-Crust — and we'll send you back a dollar. Void where restricted. If you cannot locate our special refund coupon at your grocer's, write to: P.O.N.B. 228-A, El Paso, Texas 79977, and one will be forwarded to you. Offer expires July 31, 1978.

BORDEN

"the Dessert People"
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Chocolate lovers flip over Moist & Easy Double Chocolate Chip cake.



What a taste! Such rich chocolate flavor. And so easy. Just mix with water and bake. Try Moist & Easy Banana Nut and Spicy Apple Raisin. You'll flip over them too.



Very Moist. Very Easy. Very Duncan Hines.®

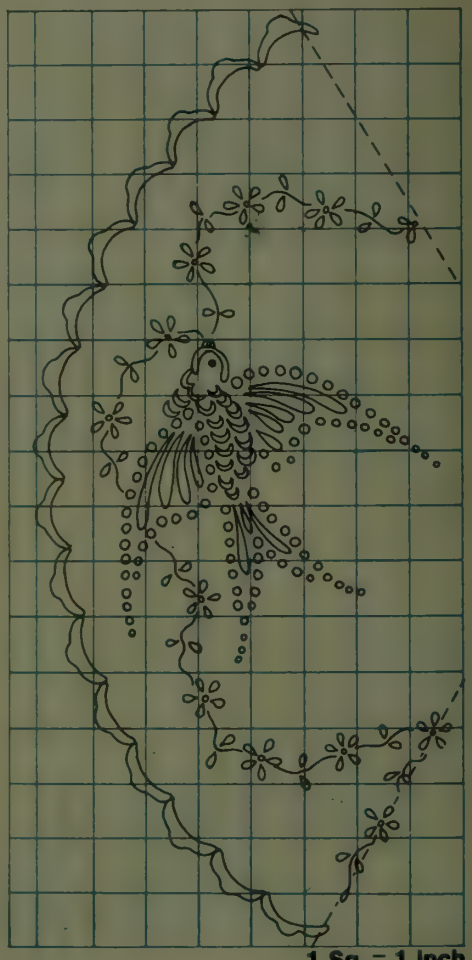
continued

Needlework treasures

Instructions:

1. The pattern below is for one-third of doily design. Enlarge the pattern to size, rotating it to complete the circular design.

2. Transfer the pattern to fabric, and embroider the doily before cutting it out. Use one strand of thread throughout.



3. Work the stems in outline stitches. Then outline all remaining areas, including eyelets and scallops around the outer edge, with small backstitches. Padstitch all areas except eyelets with running stitches worked back and forth inside the backstitch outlines. Lay the padding stitches close together, then work satin stitches over padding stitches and outlines of each shape.

4. To work the eyelets, first cut out the centers of the circles with small, sharp scissors. Bind the raw edges of the circles with closely spaced overcast stitches worked over the backstitch outlines.

5. To work the border scallops, embroider closely spaced buttonhole stitches over the padding and outline stitches. When entire edge is stitched, use small, sharp scissors to trim excess fabric from beyond the scallops. Block the doily by dampening it and pinning to a padded board; this also shrinks the fabric slightly, so any frayed edges draw up into the embroidered areas.

continued

RUBBERMAID COUNTERS YOUR DISHWASHING PROBLEMS.

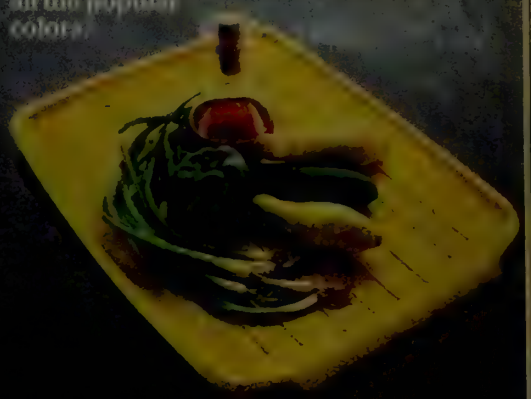
Angled plate holders make for fast dish drying.



The Rubbermaid Rinseables™ rinse clean, so they won't hold odors.



Mix or match with your Rubbermaid Dish Drainer. Rubbermaid comes in all the popular colors.



Protect your enamel stove top. Let our Stove 'n Counter mat take the heat.



This Sink Strainer's made for fast draining and drip-proof carrying.



Prevent stained countertops and chipped dishes with this Protector Mat.



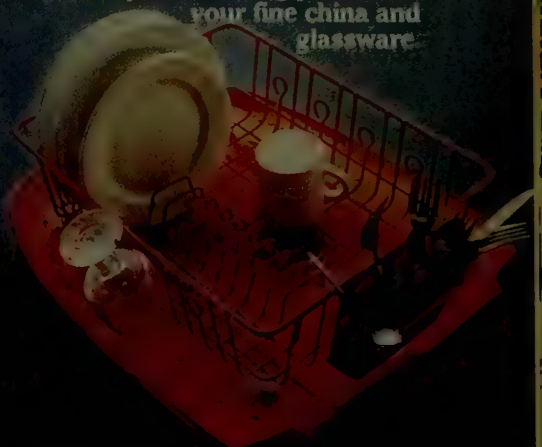
This Sink Mat is a cushion for glasses and dishes.



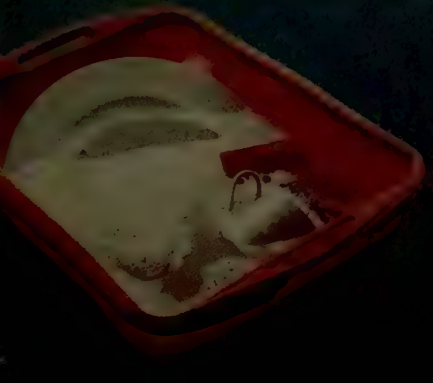
Goodbye chips, thanks to Rubbermaid's Sink Divider Mat.



Relax. A special coating protects your fine china and glassware.



This Dishpan will last for years.



Our name on the bottom means this Basin will last.



RUBBERMAID SINKWARE. MADE TO TAKE THE BEATING YOUR FAMILY DISHES OUT.

Rubbermaid

©1978 by Rubbermaid Incorporated
Wooster, Ohio 44691



continued

Needlework treasures

PILLOWCASES, page 128

(*Note:* Patterns and instructions for the three embroidered pillowcases are given below. The fourth pillowcase is adorned with tucks and a 3½-inch border of hand-knitted lace. To order instructions for the knitted lace border, see page 248.)

General Instructions:

For each pillowcase, either make a case to fit your bed pillow or use purchased percale cases with the hems removed. For each case, enlarge the pattern of your choice, reversing it to complete the design, and transfer the pattern to the fabric with dressmaker's carbon or a hot-iron transfer pencil. Embroider each case according to specific instructions below. To finish, turn up a narrow hem and sew on narrow crocheted edging along the bottom. These same patterns may be easily adapted for sheet borders, hand towels, other household projects and articles of clothing.

Flowered Case *(pattern below)*

Color Key:

P—pink
B—blue
L—lavender
G—green



Use two strands of cotton embroidery floss throughout.

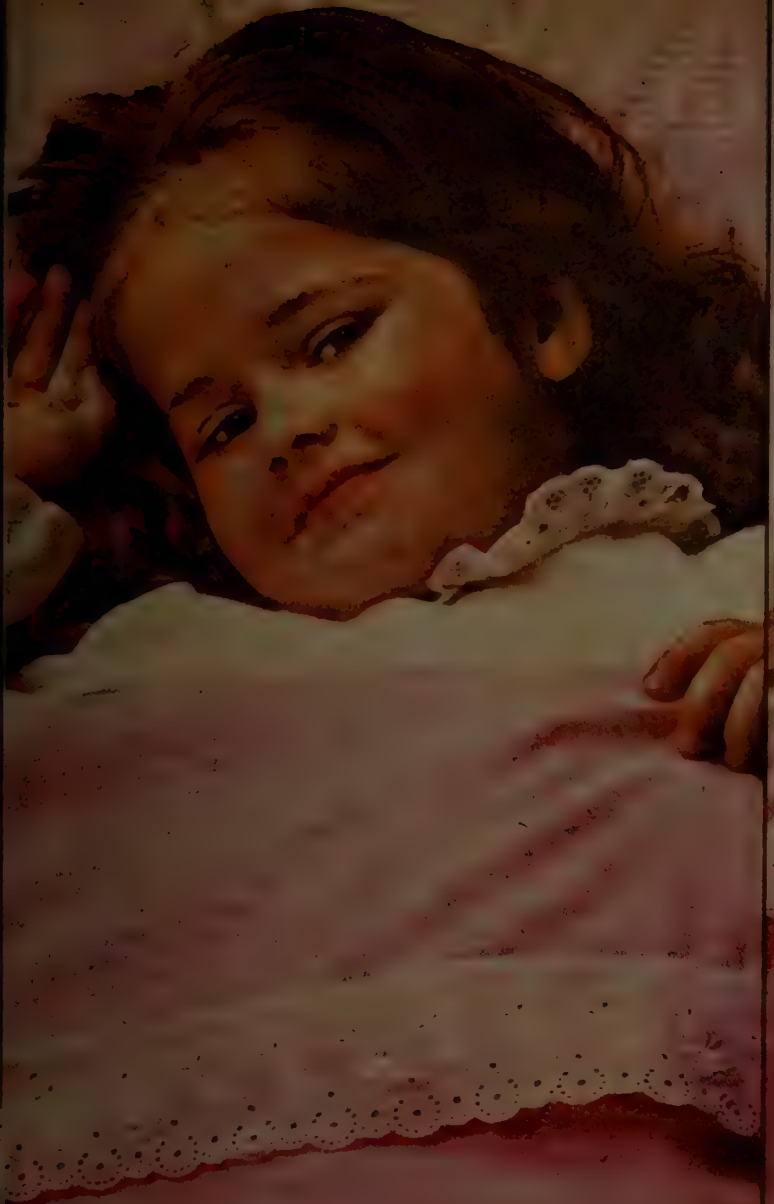
Work stems in shades of green outline stitches; small leaves are green lazy daisy stitches. Work flower petals and large leaves in straight stitches, alternating dark and light shades of green floss on the leaves and medium and light shades of pink, lavender, and blue on the flowers. Use dark green for the laid-work base of one flower. Centers of other flowers are white and yellow French knots.

Lace Butterfly Case *(page 188)*

Aunt Mary's lacy butterfly is a combination of embroidery and needle lace. For a close approximation, work antennae, body, and wing details in white satin stitches over a padding thread, using a single strand of floss.

Then, with small, sharp scissors, cut away the fabric interior of the butterfly. Lay a small piece of fine-mesh nylon netting or organdy behind the design, and buttonhole-stitch the netting to the pillowcase fabric along the outline of the but-

continued



Why tuck her in
with pretty pink sheets...

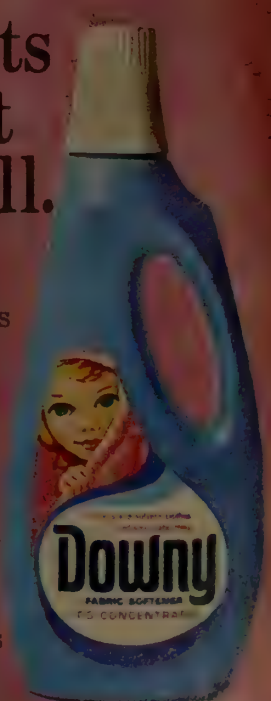


when you can
tuck her in with
pretty pink sheets
that have a great
April Fresh smell.

Could we be imagining it—or do little girls really smile a happier smile when they snuggle into sheets rinsed in Downy?

You do such nice things for all your family's clothes when you use Downy® Fabric Softener. Like rinsing in that April Fresh smell. And skin-loving softness. And helping to rinse out annoying static cling.

No wonder Downy-rinsed clothes have earned a lot of mothers a lot of smiles.



Downy. It's a noticeable improvement.

Introducing

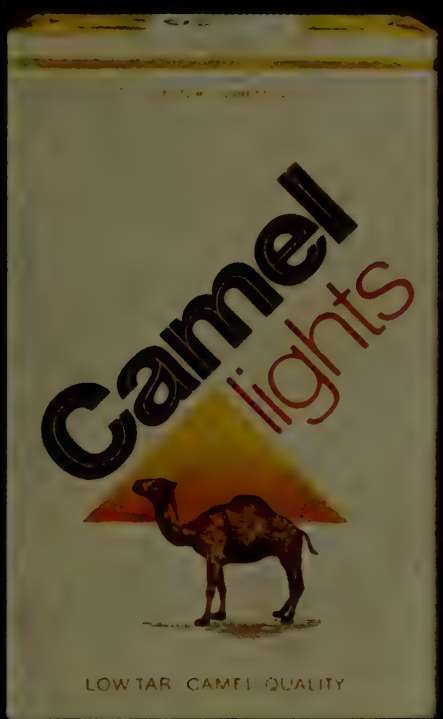
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lution.

New Camel Lights



Only 9mg.tar.

Everybody knows the problem.

Ordinary low tar cigarettes can't deliver the full measure of satisfaction that's the very reason you smoke.

Now Camel Lights has the solution.

The famous, richer-tasting Camel blend has been reformulated for low tar filter smoking. With just 9mg. tar. The result: a rich, rewarding, truly satisfying taste.

What's in a name?

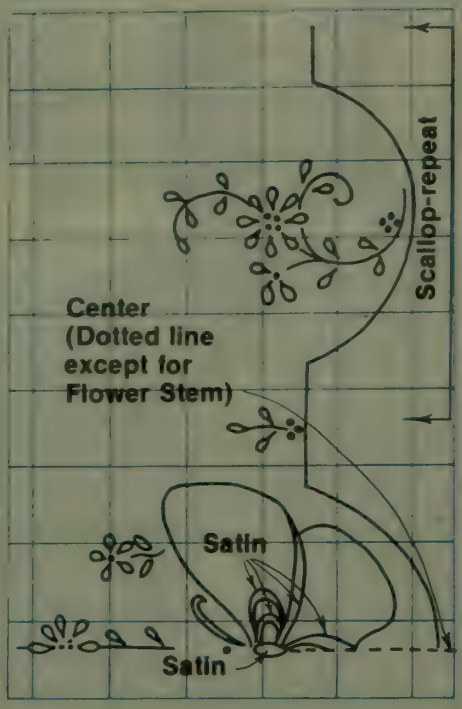
Satisfaction, if the name is Camel. All the flavor and satisfaction that's been missing in your low tar cigarette. With a name like Camel Lights, you know exactly what to expect. Try one pack. The solution could be in your hands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

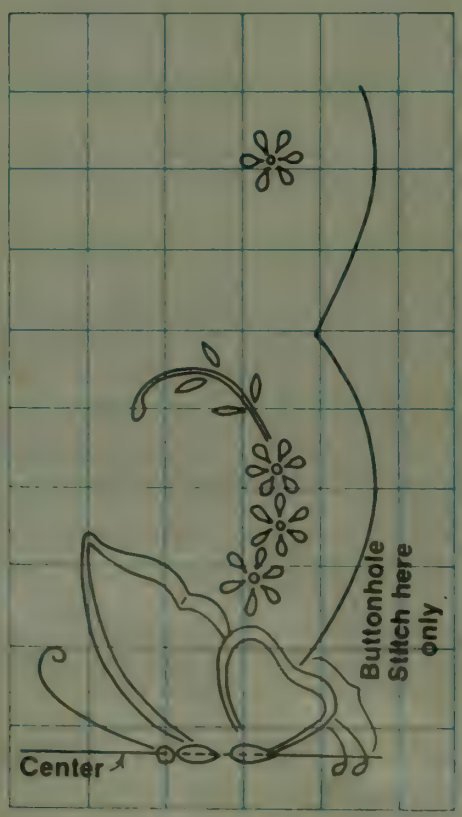
9 mg. tar, 0.8 mg. nicotine av. per cigarette by FTC method.

continued

Needlework treasures



terfly, working the thread through both the pillowcase and the sheer fabric. Work additional satin stitches over the body and wing detail to join the two pieces of fabric. Appliqué small pieces of lace—cut from doilies or purchased lace yardage—to the butterfly wings.



Finally, with one strand of white floss, work flower petals and leaves in padded satin stitch. Work French knots in three strands of floss, and work stems in outline stitch using two strands.

White-on-White Embroidered Butterfly Case *(below, left)*

Using one strand of white floss, work the flowers, leaves, and butterfly outline (except for the lower edge) in padded satin stitch. Work the lower edge of butterfly in buttonhole stitch to bind the raw edge of the fabric. Work the antennae and stems in outline stitch, using two strands of floss.

CROSS-STITCH GUEST TOWEL, page 128

Materials: 14x17 inches white linen, huck toweling, or other even-weave fabric; embroidery floss in the following colors: light blue-purple, dark blue-purple, green, yellow, orange, light pink, medium pink, dark pink, light lavender, dark lavender, purple, and reddish purple; embroidery hoop and needle; graph paper and colored pencils to match colors of floss.

continued



Color Key:

- light blue-purple
- dark blue-purple
- green
- yellow
- orange
- light pink
- medium pink
- dark pink
- light lavender
- dark lavender
- purple
- red-purple



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with no-stick SilverStone interiors

You'll love the way it cooks — crafted in heavy cast aluminum to cook the low-heat, natural way. You'll love the way it cleans — SilverStone interiors are no-stick, no-scour. The first no-stick surface good enough for the finest cookware. You'll love the way it lasts — the colorful porcelain-clad exteriors stay bright and beautiful for years. And, of course, you'll love the way it looks — popular original styling created by Regal. Available in sets and open stock at better stores everywhere.



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from 25 to 40 proof

Anytime. Anywhere. Good times get better with Cocktails For Two.

Each one serves up two zesty and delicious drinks. And because they come in "keep-cool" glass bottles, they'll stay that way. Wherever you go. Whatever you do.

Includes all your favorite cocktails: Pina Colada, Banana Colada, Tequila Sunrise, Strawberry Margarita, Vodka Screwdriver, Vodka Gimlet, Whiskey Sour, Daiquiri, Margarita, Manhattan, Black Russian, Apricot Sour, Scotch Sour, Vodka Martini, Extra Dry Martini.



Look for the convenient Cocktails For Two Self-Service Display.

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Lawrenceburg, In. and Fresno, Ca. 1978



and four of each petal, leaf pattern, and bud.

2. Turn under the raw edges on the appliqué pieces, clipping the curves and corners. Baste.

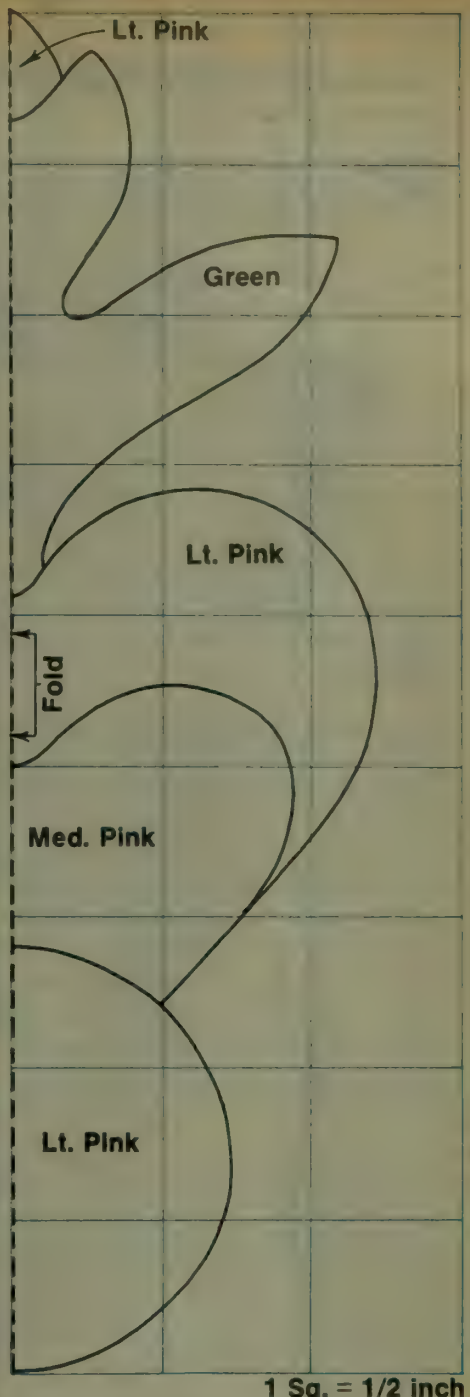
3. From the white fabric, cut nine 17x17-inch blocks. Position the appliqués on the blocks, pin and baste. Then appliqué the pieces in place with matching thread.

4. When all the blocks are appliquéd, cut six 3½x17-inch light pink strips. Using ¼-inch seams, sew two strips between three blocks to make a row. Press the seams to one side. Assemble three rows.

5. Cut four pink strips 3½x56 inches (measure rows to verify dimensions). Stitch two strips between three rows and one each at the top and bottom of the quilt. Cut two pink strips 3½x61 inches and sew one to each side of the quilt top. Press seams to one side.

6. For the border, cut two white strips 9x62 inches and sew to the top and bottom. Cut two white strips 9x 79 inches and sew to the sides of the quilt. Press the seams to one side.

7. Cut and piece the batting and backing fabric to size and assemble the entire quilt. Baste all three layers together and quilt, referring to the color photograph for quilting pattern suggestions, or using a design of your own choosing. After quilting, bind the raw edges with 1½-inch-wide white bias strips. ■



continued

Needlework treasures

Instructions:

1. Refer to pattern on page 188. Begin embroidery about 3 inches above the bottom of the towel, to allow for the hem. Referring to diagram, locate the center of the pattern and the center of the fabric and begin stitching the pattern from the bottom of the design.

2. Following the graph, all work is done in cross-stitch except where green outline and lazy daisy stitches are used for stems and leaves, and French knots (FK) are used for flower buds along stems.

3. Press the finished embroidery on the wrong side and hem the towel.



AUNT MARY'S FLOWER QUILT, page 128

(Finished size: approx. 79 inches square.)

Materials: (*Note:* all fabrics are 44/45 inches wide) 9½ yards white or off-white polished cotton; ⅝ yard green cotton; ½ yard medium pink cotton; 1¾ yard light pink cotton; thread to match fabrics; batting.

Instructions:

1. Enlarge the pattern, *right*, and cut full-size templates for each of the pieces. Transfer patterns to fabric and cut out, adding ¼-inch seam allowances. For each of the nine quilt blocks, cut one center circle







HOW MUCH LIFE INSURANCE DOES A WOMAN REALLY NEED?

Whether you're married or single, a breadwinner or not, and have ten kids or none, life insurance should figure into your financial planning one way or another. Most important, a woman should be sure to apply the same guidelines to insurance planning as a man would; life insurance needs depend upon individual circumstances, not gender. The challenge is to adapt your insurance to realistic needs—including the dimensions of your pocketbook.

No rigid rule of thumb dictates exactly how much insurance any individual should have—despite attempts to fix a specific formula, like four or five times your annual income. Personal life-styles, family stages of development, other resources, and economic goals all vary too much. You really must take the time to gather key financial facts about your life and to think seriously about what you want life insurance to do for you and your family.

Start by asking some basic questions: Do you have youngsters dependent upon your income? How long before they're grown? What other support will be available? Are there other people dependent upon your income?

Who will take care of your dependents' daily needs if you're not around? How much will it cost to pay for all the tasks you perform in the household? What other resources exist—such as grandparents, or siblings to care for your own parents, if necessary?

What major debts are outstanding that would have to be paid off if you were to die? What other assets do you own? How able and willing are you to build up retirement funds through savings and investments? What sort of pension plan do you have? What can you expect to receive from social security?

What are your other cash needs now? How much can you afford to pay for life insurance? How can you get the best coverage for your insurance premium dollar?

As you answer such questions, a sensible picture of your insurance needs will begin to take shape. Your task then is to examine how various kinds of life insurance may or may not fit in.

It may take some digging to get the facts. For one thing, some insurance salespeople still don't consider a woman's insurance unless they're prodded. You also may face some hard-nosed discussions with your spouse.

Just remember, the clearer you are about your financial requirements and the more you understand how various insurance options can meet specific needs, the surer you'll be of buying the right coverage for you—no more and no less. A good insurance agent can help a great deal. But do some thinking and research on your own, too. After all, the ultimate decisions are up to you.

Some basic principles

- The younger you are, the cheaper the coverage, simply because the odds are greater that you'll be alive to pay more premiums.
- Insurance policies may be "participating" or "nonparticipating." Participating policies, sold most often through "mutual" insurance companies, generally return part of your premium each year in the form of "dividends." Depending upon the company and the policy, those dividends may be used a variety of ways —to help pay future premiums or to buy more insurance, for example.

Nonparticipating policies are sold mostly by "stock" insurance companies. Premiums usually are lower than for comparable participating policies, though the actual costs of the latter may be less over the years, when you count in the dividends.

- There are two basic kinds of life insurance—"term" and "permanent" (which is also called "straight life" or "whole life").

Term is the least expensive kind of insurance available and provides payment to your beneficiaries only when you die. Term insurance often serves best to cover specific needs at specific times—to pay off a mortgage, for example, or to provide extra money as your youngsters are growing up. Term policies run for only a fixed period of time (five years is common) before you must

continued

Photographs: Bryan E. McCay

How 2,000 children proved the leading fluoride could not beat Aim at fighting cavities.



In one of the largest clinical tests ever held in this country, dentists compared Aim® to the original fluoride toothpaste. What they found could change your mind about toothpaste.

It took three years and thousands upon thousands of check-ups. But when it was over, dentists had discovered that children who used Aim fluoride toothpaste had *significantly fewer cavities* than children who used non-fluoride toothpaste.

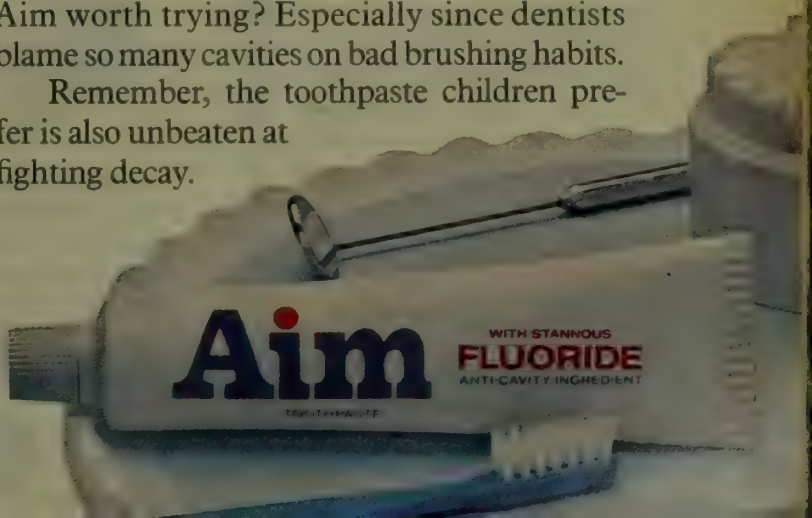
Cavity reduction with Aim was so significant, even the leading fluoride could not beat it.

Aim has stannous fluoride plus something the other leading fluorides don't have: a taste children prefer. And this might improve a child's brushing habits.

We can't promise any miracles. But isn't Aim worth trying? Especially since dentists blame so many cavities on bad brushing habits.

Remember, the toothpaste children prefer is also unbeaten at fighting decay.

Take Aim against cavities!



Our best salesman shows up in your mail once a month.

A high utility bill is one of your best reasons to check out today's new, energy-efficient gas appliances. They use up to 50% less gas than the ones offered just five years ago, saving you money... and precious energy. Gas has always been the most efficient energy for the big household jobs of home heating, cooking, heating water and drying clothes. And, with utility bills going higher, gas and new gas appliances are a better choice today than ever before.



Does the cost of staying warm give you chills?

A new, energy-efficient gas heating system can heat the same amount of space as older systems with up to 20% less gas... enough, in fact, to take care of your total energy needs for cooking and drying clothes. They're quiet, clean, compact, long-lasting and have pilotless ignition.



Now there's really something to sing about in the shower.

Did you know the average family uses 26,000 gallons of hot water a year? That's a lot of water... also, a lot of money and energy. You can save both with a new, energy-efficient gas water heater. Compared to older models, these new heaters heat the same amount of water with up to a third less gas.

Only sunshine is more efficient.

Today's new energy-efficient gas dryers can cut your use of gas for drying clothes by 25%. They have pilotless ignition, automatic shut-off when clothes are dry, and multiple temperature settings for all types of fabrics.



Conserving energy is a national concern... saving money, a personal one. New gas appliances do both, and that's why we say:

The pilot light went out... for good!

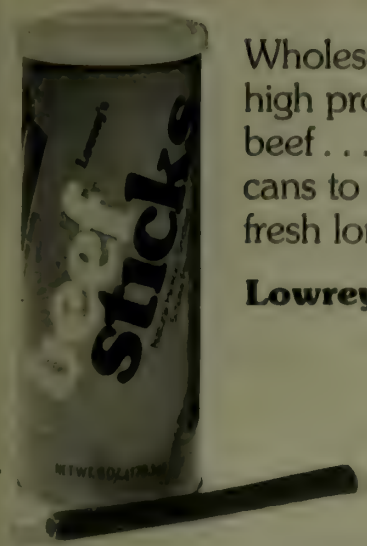
Pilotless ignition is just one reason many new gas ranges use up to one-half less gas than older models and cost on average far less to operate. They also feature instant on and off, super fast heat control, multiple temperature settings, ovens that clean themselves and smokeless closed-door broiling.



New Gas Appliances are good for your economy!

Gama
GAS APPLIANCE MANUFACTURERS ASSOCIATION

beef



Wholesome high protein beef . . . in cans to stay fresh longer!

Lowrey's

continued

Life insurance for women

take out a new policy at higher costs. Or, your coverage decreases over the years while you continue to pay the same (or "level") premium.

Permanent insurance not only provides payment at death; it also builds up a kind of savings, called "cash value," over the years. Though annual premiums are more expensive than those for term, especially when you are young, cash value insurance premiums stay the same throughout the life of your policy.

This chart compares premiums for typical $20,000 policies bought at different ages:

$20,000 policy bought at age	Annual Premium Term*	Permanent**
25	$ 81	$231
30	83	274
35	90	326
40	110	391
45	142	474
50	200	584
55	289	735

*Five-year renewable and convertible term policy. Premiums rise to new age level each time policy is renewed.
**Premiums remain level at whatever age policy is bought.
Source: American Council of Life Insurance.

beef



Smokey-delicious lean beef . . . the perfect snack for active on-the-go families

Lowrey's

• The net increase in the cash value of a permanent life policy rises at a slower rate than if you were to put the premium money into savings or investments instead of insurance. Remember, though, investments are not without risk, and it takes self-discipline to save on your own on a regular basis. Also, with permanent life you have the full insurance protection in effect right from the start.

Another point to consider about permanent life insurance is that you can use the cash value for other purposes. For example, you can borrow most of it at fairly low rates—six to eight percent on most new policies. (There's no pressure to pay off the debt, except the interest each year; however, coverage is diminished by the amount of the debt.)

Cash value can be converted to other uses, too, like buying a retirement annuity or reducing your insurance coverage to a "paid-up" policy, thus eliminating further premiums. Such options may appeal to you in case there is a change in your initial reasons for buying insurance. Your kids may now be through school, for example. Or, you may have wanted to provide income for a relative who has now died.

• Group insurance—such as you get through a job—is less costly than an individual policy. However, group coverage remains in effect only so long as you're on the job (or in the group that provides the insurance). You may convert the policy to an individual one without having to undergo a physical exam, provided you act within 31 days of leaving work. The premium on that new policy will be figured at your age when you convert—the older you are, the higher the premium.

• Without special conversion clauses, any new policy you take out may require you to pass a physical exam. Health problems that show up when you apply for new insurance could result in a more expensive premium and possibly some difficulty in getting insurance at all. At least some individual or convertible term coverage, bought at a fairly young (and less expensive) age, would provide a buffer against the effect of health problems on insurance costs and availability later on.

• Inflation will cut into the true value of any insurance. You should at least consider various options that could bring you greater coverage later on, without having to undergo a new medical exam. One way is to buy "convertible term" insurance, which allows you to convert your individual term policy into a permanent policy at some specified dates. You also might buy a policy with the option feature that allows you to purchase a specific amount of additional insurance at specific ages. In each case, you'll pay rates pegged to

continued

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Mail This Portion: Lowrey's Freshies, (P.O. Box 9128) A Division of Beatrice Foods Company Denver, Colorado 80209

Name _____

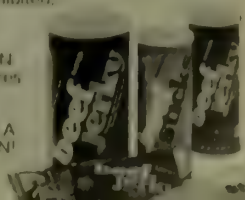
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Offer void where prohibited, taxed or restricted.

THIS FORM MUST BE USED TO OBTAIN COUPON! Offer expires Dec 31, 1978

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$1 $1

continued

Life insurance for women

your present age, not your age when you first bought; but you won't have to take a medical exam.

Still another possibility is to buy a participating policy that offers "paid-up additions" options. These allow you to authorize use of the dividends each year to buy more insurance without having to take another medical exam. The amount purchased will depend upon the amount of the dividend and the net premium figured at your attained age.

- A good agent can make a great deal of difference. He or she can help you analyze your financial situation, as well as explain clearly how the various insurance options work and would apply to you. Your best leads to a good agent are satisfied customers. Ask friends and business associates about their agents. Also take the time to talk with an agent—there's no obligation to buy.
- Costs vary considerably from one company to another, even for similar plans. It pays to compare premiums and coverage in detail. Ask any agent to show you how his or her products rank according to the "interest adjusted" method. It's an index designed to show the net cost of your premium dollars over several years, compared with what those same dollars would have earned had you invested them instead at four or five percent a year. Though other factors must be considered, like specific options and your confidence in the agent, the interest adjusted index is a helpful guide in cost-comparing policies.
- Lots of life insurance plans exist, but they all boil down to meeting one or more basic needs:

Protection for your survivors

The prime purpose of life insurance is financial protection of others—an attempt to replace at least part of your economic value, involving your income, your services, or both.

When you're figuring income, count on at least a five-percent hike each year. And when you determine the value of your services in the home, don't forget all the costs that might be incurred for child care, cooking, cleaning, and the like.

Though it is possible to provide for the loss of economic value through other means, like savings and investments, only life insurance offers instant protection from the start. The full face value of the policy (less any amount you have borrowed against it) will be paid to your beneficiaries immediately upon your death. That's true whether you've just taken out the policy and paid only one premium or have paid premiums for many years.

Don't confuse this primary function of instant protection with the dream of providing a huge estate for your heirs through life insurance. There may be better ways over the long haul to build up an estate.

Your top concern should be your dependents' economic needs until they can manage on their own. If your youngsters are small and de-

continued

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For dogs who love hamburger.



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Top Choice® is better for them.

dog food

Top Choice® chopped burger for dogs sure looks like hamburger. It's moist and meaty and holds together like hamburger. But Top Choice is better for your dog. It has three delicious varieties and gives your dog 100% complete nutrition. For the burger he loves and the nutrition he needs, serve your dog all three Top Choice varieties.

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TOP CHOICE®

Chopped Burger for Dogs

continued

Life insurance for women

pend significantly upon your income—yours alone or with your spouse's—that loss of income will hit hard. Also, aging parents may depend upon you for support.

Your economic value while your kids are growing may add up to many thousands of dollars—much more than you can afford in insurance. Still, you can project about what it would cost to protect your kids fully, then work back from there to what you can afford. Figure at least a six-percent annual inflation rate; but also take into account what other resources may be available, such as your husband's earnings.

Make the most of group and term coverage during your youngsters' growing years, but don't forgo permanent insurance altogether—especially since you can get it at lower premiums when you're young. Circumstances can change. You may not plan on having children, for example, but decide later that you want children after all, and then want insurance. The premium would be more expensive at that older age—especially if you have developed some health problems along the way.

Also try to trim costs by purchasing policies designed for specific purposes. For the period when your kids will be dependent, you might get some extra coverage through a *decreasing term* policy. Premiums are relatively low because the face value of the policy lessens as the years progress. (The needs lessen, too, since the kids will be closer to being on their own each year.) A *family income* policy is one type of decreasing term which provides this kind of protection for a growing brood.

Flexible planning

Remember that it sometimes makes sense to drop or revise insurance, too. Suppose you took out a $20,000 whole life policy to help with college in case you aren't around. When the children reach college age, you could borrow against the cash value to help with tuition. But once the kids are through school, that specific need for coverage has changed. You might put the cash value and premium to better use some other way.

On the other hand, if you still want some insurance protection from the policy—for final expenses, say—the cash value that's left after you pay off any policy loans outstanding could be converted to *reduced, paid-up insurance.* You'd have some coverage intact, with no worry about future premiums. Or, you might want to continue the entire policy for future use—to provide liquid assets for estate costs or retirement income.

The point is, stay flexible. As family needs change, so life insurance coverage should be adjusted.

Paying final expenses

Even if you have no dependents, it's a good idea at least to consider death and burial costs, as well as estate settlement expenses. (There may be no tax consequences, but probate costs and lawyers' fees may

Some houses were never meant to be painted.



Architect: Architectural Workshop Moscow, Idaho John Anton Berg—Designer

The most beautiful thing you can do for your home is to preserve and protect it against sun, rain and harsh climates with Olympic Stain.

Olympic's penetrating protection lets your wood breathe. So, we guarantee it against cracking, peeling and blistering. Your home receives lasting protection no matter how wet or how dry the weather gets. That's why architects specify Olympic more than any other stain.

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still arise.) Savings or other assets might pay those bills, but the cash could be tied up in your estate, leaving a burden on your survivors.

Life insurance also might provide a buffer against the kinds of high medical costs that often arise during an illness just before death. The best protection for your survivors, however, is to maintain adequate medical insurance—especially major medical coverage designed to handle the bulk of costs for a serious illness.

Take a good look at specific debts that would come due upon your death. Large loans, like a mortgage, could eat deeply into your estate. In this case, decreasing term coverage is ideal protection. Lenders generally recommend mortgage insurance (group decreasing term) on the prime breadwinner (read: "husband"), but you also should consider the coverage on your own life if your income contributes significantly to the household. After all, the loss of your income would affect mortgage payments, too. See if the bank will provide group coverage for you as well. Or, look into decreasing term on your own—at least enough to match your potential share of the home payment.

For other major debts, like a car or home improvement loan, lenders often will try to sell you "credit life insurance." That's also a form of group decreasing term, and premiums will be included in your loan payments. You are not obligated to buy that insurance at all. However, the credit life insurance for a typical four-year car loan of $4,000 would cost only a few dollars a month.

Protecting your own future

Life insurance should not be the only way you save for retirement, but it can offer some flexible alternatives. Once the need for protecting your family is gone, you might convert cash value insurance to other purposes. You can use the cash value to purchase other, higher yielding investments, for example.

If you're concerned that your assets may not last throughout your lifetime, consider buying an annuity plan with the cash value of your policy, or with other assets. Insurance companies sell annuities and make it easy for you to convert your life insurance, if you wish.

Though details vary, annuities are designed to provide specific income each month until death. They don't yield as good a return on your capital as other investments might, but payments are guaranteed for life—and that security may be most important to you. A typical straight annuity contract, just for your life, with $100 a month payments to you starting at age 65, would cost you about $13,000 based on payment of a lump sum premium.

What if you don't have any dependents to protect along the way? Then insurance probably is not the best way for you to build up retirement savings—except for a few thousand dollars' worth for final expenses. The one appeal life insurance may offer is that of regular, "forced" savings. But you can probably find other means to the same end—at a greater return—through automatic savings and investment plans at your job or through your bank. ■

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Sears says buy a mattress like you would a car... find out what's underneath the hood.

The Sears-O-Pedic Imperial Innerspring Model



Individually pocketed coils engineered to carefully cushion every inch of your body weight with the proper degree of support.

Sears Exclusive Mattress-Within-A-Mattress Construction. Surrounding the bed of individually pocketed coils are heavy-gauge steel border coils supported by double wire edge construction. No matter how much abuse the edge of your mattress gets, it resists sagging.

Six plush layers of comfort. Each luxurious layer specially designed to give you sleeping comfort on top of firm support.

Lustrous, deeply quilted cover. The elegant floral design is woven in for optimum luxury.

Reinforced cord handles backed by tempered steel plates for durability. Makes turning smooth and easy.

Air freshener vents. Eight vents to help prevent dust, mildew and odors.

Built-to-match boxspring designed expressly to enhance the firm support and comfort of your Sears-O-Pedic Imperial Mattress.

$139.95*

Twin size mattress or boxspring.
(Queen size shown.)

*Prices higher in Alaska and Hawaii.

When it comes to firmness and comfort features, no mattresses in the world are built quite like the Sears-O-Pedic Imperials.

Prove it to yourself. Inspect the Innerspring *and* the Polymeric Foam Models, feature by feature. Each offers you just about the smoothest, most comfortable sleep possible. First-class luxury. Plus the durability and mileage you'd expect from a Sears Best—backed by Sears warranty.

Is innerspring or foam right for you? To find out, come to Sears and take The Mattress Test. Lie down with your eyes closed and turn as you would in your sleep. Your body will tell you in no uncertain terms which model feels best.

The extraordinary Sears-O-Pedic Imperial Mattresses. Available in twin, full, queen or king sizes at most Sears larger stores and through the catalog.

WARRANTY

The warranty statement below is printed on a label attached to Sears-O-Pedic bedding. (Mattress or boxspring).

FULL ONE-YEAR WARRANTY ON SEARS-O-PEDIC ADULT BEDDING

For one year from the date of purchase, Sears will, at our option, repair or replace this bedding, free of charge, if defective in material or workmanship.

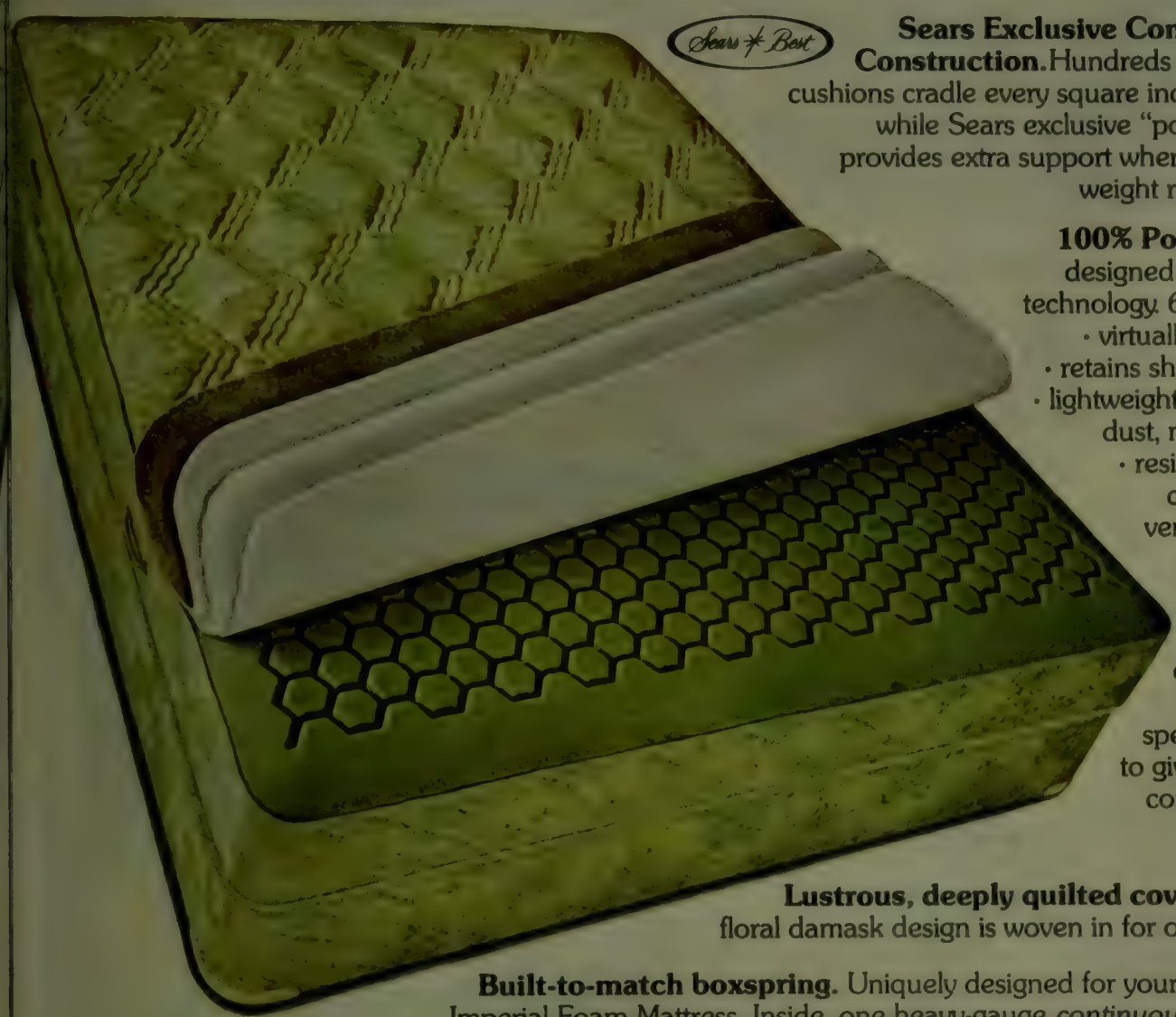
LIMITED WARRANTY

After one year from the date of purchase until 15 years from date of purchase, if this bedding is defective in material or workmanship, Sears will, at our option, replace or repair this bedding, charging you 1/15 of your purchase price times the total number of years owned.

Contact your nearest U.S. Sears store for warranty service.

If bedding is queen size (60 inch width), these warranties only apply when the bedding is used with center support frame or bed rails that provide rigid center support.

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Sears ★ Best

Sears Exclusive Contour Support Construction. Hundreds of firm support cushions cradle every square inch of your body while Sears exclusive "posturized" foam provides extra support wherever your body weight requires it most.

100% Polymeric foam designed with space-age technology. 6½ inches deep • virtually indestructible • retains shape indefinitely • lightweight • resists odors, dust, mildew, bacteria • resists sagging and crumbling • self-ventilating • never needs turning.

Five plush layers of comfort. Each luxurious layer specially designed to give you sleeping comfort on top of firm support.

Lustrous, deeply quilted cover. The elegant floral damask design is woven in for optimum luxury.

Built-to-match boxspring. Uniquely designed for your Sears-O-Pedic Imperial Foam Mattress. Inside, one heavy-gauge *continuous coil* gives you more comfort and uniform support than conventional foam boxsprings.

$139.95*
Twin size mattress or boxspring.
(Queen size shown.)
*Prices higher in Alaska and Hawaii.

The place to shop for mattresses Sears

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The Pfaff 1199. The Pfaff Spring Sale Special!

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Sewing Machines	Don't Need to Change Cams	Reverse Cycle Stretch Stitch	Auto Buttonhole	Push-Button Utility Stitches
PFAFF 1199	✓	✓	✓	✓
BERNINA 830	✓		✓	
ELNA SU62		✓	✓	
VIKING 6460		✓	✓	

*Normal suggested retail price $659

BUILDING

A HIDEAWAY BAR & SODA FOUNTAIN

When these homeowners decided to install a bar in their family room, they also added a soda fountain for the kids. Paneled doors with fabric insets, *left*, hide the pair of family snacking centers when they're not in use. At party time, the doors open to reveal a rock maple closet housing the completely equipped soda fountain and bar, *right*.



Three cabinets above the bar provide glassware storage, while the lower cabinets hold liquor and a built-in ice maker. Recessed lighting illuminates the marble counter.

Everything that's needed to whip up banana splits is handy in the compact soda fountain. The kitchen-to-family-room pass-through sports a laminate counter top for easy cleanup. ■



Photographs: John Rogers. Source: Barbara Sims/Linda Magazzine



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The seven reasons why travelers keep coming back for more and more Trailways motorcoach tours



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3. You get to meet a lot of friendly new people. You start making new friends as soon as the tour begins. And this kind of fun is spontaneous. Everyone's out to have an enjoyable time. So they have one. As the song says: "You're not alone when you're traveling Trailways."

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5. You get a skilled escort you can lean on. You learn more about all the attractions you visit than you ever would alone. And your professionally trained escort is not just a tour guide. He doubles in brass as a social director, a fourth at bridge, baggage master, tracer of lost persons, dinner companion.

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7. You ride up high for a better view, you ride in air-conditioned comfort. Seats are 6 feet higher than they are in a car. So you get better views. Seats recline. Footrests add to the comfort. There's a restroom aboard. And naturally the motorcoach is air-conditioned. This is not leased equipment. We own it. We take pride in it. And it shows. People keep coming back for more and more tours.

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Dallas, Texas 75201

BHG/5

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Name _____

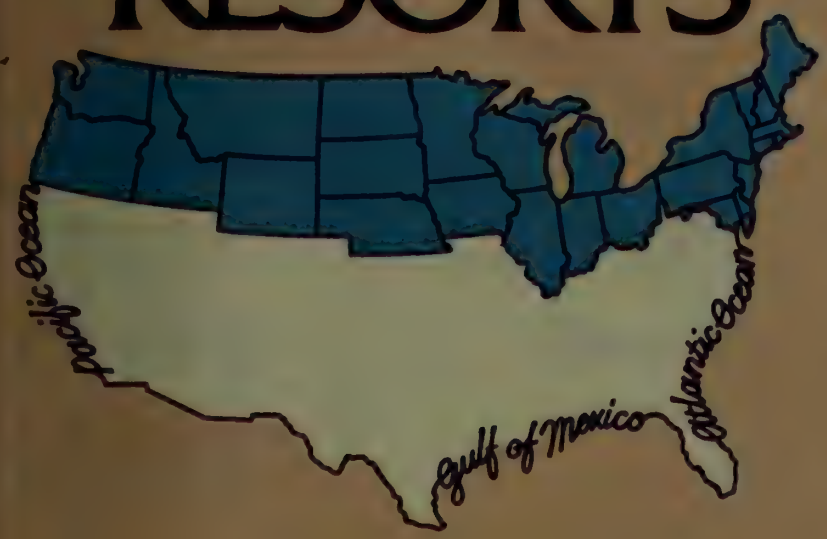
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AMERICA'S BEST VACATION RESORTS



PART 2: THE NORTHERN TIER

Last month, we gave you our nominations for America's best vacation resorts in the part of the country where spring comes earliest. This month, the northern U.S. gets equal time, with a look-see at the top one-stop family vacation spots in the cooler climes.

We made our selections after visiting scores of resorts from coast to coast. Along the way, we eliminated resorts that simply didn't measure up, resorts on national park land, dude ranches and resorts specializing in single pastimes, and resort "communities." Our final picks are by no means all alike. They range from rustic, scenic hideaways to snazzy, chic hangouts.

Unless otherwise noted, quoted rates are European Plan (EP), which covers the room only. Modified American Plan (MAP) includes breakfast and one other meal (usually dinner); Full American Plan (FAP) includes all three meals. Charges for activities, gratuities, and taxes aren't figured in unless specified. Most resorts also offer money-saving package plans.

The symbols below indicate at a glance the main activities at each resort.

By Kate Keating, Barbara Humeston, George Bush, Paul Kitzke, and the Travel and Features Staff

Golf can be played at the resort or on nearby links (championship or par-three executive courses)—as opposed to a course ten miles away.

Tennis courts—outdoors, indoors, or both—are on the property and in good shape. A sagging net above broken concrete doesn't get a symbol.

Horseback riding stables with an assortment of good mounts are conveniently located either on the property or nearby. Organized rides may be offered.

Fishing—for either freshwater or saltwater catches—is available on the property or a few minutes away. Stocked ponds for kids don't get a symbol.

Swimming facilities include at least one good-sized pool—often several, indoors and out. Lake and/or ocean swimming qualify for this symbol, too.

Sand beach of reasonable proportions—not just a mini patch of gravel or sand—is available for sunning and other waterside fun.

Boating can be seriously or frivolously pursued. Sometimes you bring your own craft; usually you can rent or borrow boats from the resort.

Biking can be enjoyed in suitable terrain, with bikes for rent or for the borrowing from the resort. Legitimate bike trails may be available.

Hiking can be pursued strenuously or just for fun at the resort or on adjoining property. Guides and/or marked trails may be provided.

Downhill skiing is available on advanced slopes, beginners' runs, or both. Instruction, rental equipment, and après-ski unwinding may be offered.

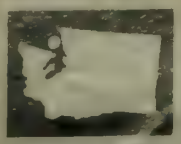
Cross-country skiing is another activity that figures into cold-weather fun either at the resort or on adjoining property.

Skeet/trap ranges—for one or both of these sports—are set up on the resort property. Firearms also may be for rent.

Professional entertainment—usually musical combos—is regularly scheduled. Resorts without a symbol may feature movies, amateur acts, etc.

Recreational programs for kids are provided and supervised by responsible counselors during periods when most public schools aren't in session.

ROSARIO



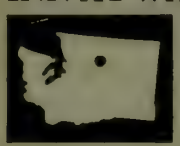
EASTSOUND
WASHINGTON 98245
PHONE 206/376-2222



When a shipping magnate and former mayor of Seattle built his mansion on Orcas Island in Washington's San Juan archipelago, he didn't have a resort in mind. Nevertheless, this 1905 showplace is the center of the Rosario resort complex, which has become a favorite of Puget Sound yachtsmen. The mansion comes complete with solid concrete walls, Belgian stained-glass windows, a 15-foot-tall fireplace, a six-ton copper roof, and a foundation blasted out of solid rock. Guests stay in well-appointed lodgings, most overlooking Cascade Bay, or in more modest accommodations at the waterside boatel. If you arrive by boat, you can moor it at the resort's own marina. If you drive (take the Washington state ferry), you can rent a skiff or charter a larger vessel to explore the coves and bays of the other 171 San Juan Islands. Salmon fishing is a prime activity fall into late winter; scuba diving also is popular. Rosario includes three swimming pools (one indoors) and two miles of beach front for beachcombing and picnicking. Huge 5,000-acre Moran State Park nearby offers freshwater lakes, miles of hiking trails, waterfalls, and 2,409-foot-tall Mount Constitution. Island roads are ideal for leisurely biking.

Open all year. Mid-June to mid-September, double rooms start at $35; suites (sleeping four) with kitchenettes, start at $47; boatel double rooms start at $23. Rates run slightly less other times. Add $3 per extra person in your room. Major airlines and Amtrak serve Seattle; San Juan Airlines flies to Orcas Island from Seattle.

INN AT WAPATO POINT



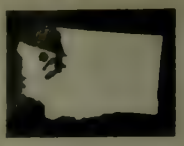
BOX 426
MANSON, WASHINGTON 98831
PHONE 509/687-9511
800/572-9531 TOLL FREE
IN WASHINGTON



Lake Chelan has always offered plenty of sun, water recreation, and stunning scenery at the east side of North Cascades National Park. But till recently visitor accommodations were limited. The Inn at Wapato Point, which opened last year, changed all that. The resort's 144 condominium units occupy the base of a 300-acre mushroom-shaped peninsula that juts into the Lake. Each bedroom unit includes a kitchen, and you can rent an entire condominium or individual rooms. The bulk of the peninsula is devoted to three scattered meadows, marked nature trails, and sandy beaches. Swimming, water-skiing, boating, and fishing are featured activities at this water-oriented resort. One highlight of a visit is the daylong voyage aboard *Lady of the Lake* to the pristine, roadless head of the Lake at Stehekin. For winter visitors, a small Poma-lift ski area is a half hour away. Cross-country skiing and winter boat excursions up the lake to view wildlife are popular, too.

Open all year. Motel-type doubles run $42 in summer; $32 in winter; loft units (sleeping four) are $52. Add about $10 for kitchens and $5 per additional person. Amtrak and Cascade Airlines serve Wenatchee (45 miles away).

THE ADMIRALTY RESORT



BOX 75
PORT LUDLOW
WASHINGTON 98365
PHONE 206/437-2222



Loggers who put Port Ludlow on the map wouldn't recognize this quiet little Puget Sound backwater today. The Olympic Mountains still tower in the background, but loggers' shacks have given way to a full-fledged resort; tall ships have been replaced by sailboats and cruisers; and a golf course now twists through timber stands. Facilities include a saltwater swimming lagoon. Marrowstone Island's beaches and Port Townsend, a Victorian gem, are nearby.

Open all year. May through October, doubles start at $34 and suites at $61; $27 and $46 respectively in winter. Extra guests in your room pay $5. Major airlines and Amtrak serve Seattle.

SUN MOUNTAIN LODGE



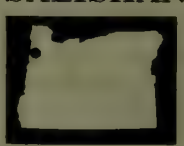
BOX 1000
WINTHROP, WASHINGTON 98862
PHONE 509/996-2211



Perched like an eagle's aerie atop the pine and bunchgrass-clad hills, Sun Mountain is a good choice for a get-away-from-it-all vacation. During warm weather, the primary activities are riding and backcountry exploring along miles of trails strung through adjacent Okanogan National Forest. Winthrop, a restored Western town, is nearby, and 12 lakes and three rivers lie within 12 miles. During winter, cross-country skiing takes over.

Open all year. Doubles run $32 to $41 June through September; $5 less off-season; suites $43 to $49 all year. Kids 12 and under, free; over 12, $4. Cascade Airlines and Amtrak serve Wenatchee.

SALISHAN LODGE



GLENEDEN BEACH
OREGON 97388
PHONE 503/764-2371



Salishan Lodge, queen of the Oregon Coast resorts, sprawls across hills and dunes overlooking Siletz Bay. Salishan is elegant in every respect—from richly decorated guest accommodations to the gourmet dining room. Guest rooms are located in two-story native wood buildings. Along with three miles of private beach, there are indoor tennis courts, a swimming complex with saunas and hydrotherapy pools, and an excellent art gallery.

Open all year. Double rooms start at $38 December through February; $42 March, April, and November; $45 May, June, and October; $52 July through September. Add $5 for each extra person in a room. Two-bedroom apartments run $60, $68, $74, and $80 for the same periods. Major airlines and Amtrak serve Portland; Hughes Airwest and Amtrak serve Eugene.



Back then every man gave his wife at least one day a week out of the house.



You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



6 mg "tar," 0.9 mg nicotine av.
er cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


UNITED ...even our name begins with YOU.
A happy ending to your family's move is our most important job. So we do our best to take care of the things some movers overlook. Like helping your kids get their "wheels" in shape for a tour of the new neighborhood.
It's our way of saying that you come first in everything we do. And only United's total moving system gives you so many service extras. Sanitized-treated vans. Complete "Pre-Planning" of every detail. And the Bette Malone Relocation Service to help you feel at home fast anywhere in the world.
United Van Lines—a step ahead when it comes to service. Call your local agent today. He's listed in the Yellow Pages.
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INN AT OTTER CREST



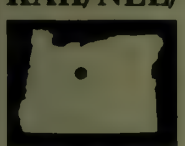
OTTER ROCK, OREGON 97369
PHONE 503/765-2111



No other resort involves you in the drama of the Oregon coast—blazing sunsets to surf-hammered beaches and headlands—quite like the Inn at Otter Crest. The resort's weathered wood condominiums, stairstepped up steep forested slopes, put you right at center stage as big Pacific rollers pound to foam against the cliffs; keening gulls wheel by your window; and sea lions cavort in kelp beds offshore. There are acres of tide pools and sandy beach to explore. Summer is the most popular season, but knowledgeable Oregonians often choose September and October as the best weather months; storm watchers pick January and February for the spectacular wind and water displays there and at adjacent Cape Foulweather. A state park next door offers miles of nature trails around rugged headlands. Deep-sea fishing charters put out from nearby Depoe Bay and Newport. The Inn's units all face the sea, and most include kitchens. No cars are permitted below the hilltop parking lot; you reach your room via minibus or a glassed-in incline elevator that carries visitors up and down the steep slopes.

Open all year. Units (sleeping up to four) start at $33; loft suites (sleeping six) at $53; two-bedroom suites at $72. Kids under 12 stay free. Major airlines and Amtrak serve Portland; Hughes Airwest and Amtrak serve Eugene.

KAH/NEE/TA VACATION RESORT



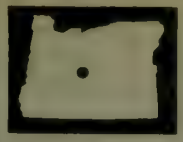
WARM SPRINGS, OREGON 97761
PHONE 503/553-1112
800/452-1138 TOLL FREE IN OREGON
800/547-1102 TOLL FREE IN CALIFORNIA, WASHINGTON, MONTANA, IDAHO, NEVADA, UTAH



There's no other resort like Kah/Nee/Ta, owned and operated by the confederated Indian tribes of the Warm Springs Reservation in central Oregon. The Resort's bold design and relative isolation amid bluffs and juniper-and-sage-dotted landscapes put it in a category by itself. Accommodations range from full-sized tepees to rooms in the near-elegant main lodge. Among the best bets for families are the two-bedroom cottages with kitchen (called Nee-shas) around one of the three huge swimming pools fed by hot mineral springs. There are hookups for recreational vehicles, too. The main lodge dining room features indigenous dishes like bird baked in clay, fresh salmon, and fried bread. Along with a full roster of resort activities, there are periodically scheduled Indian events—salmon bakes, dancing, and storytelling sessions—plus a variety of celebrations in nearby Warm Springs. Summer is the Resort's most popular season, but spring and fall also bring clear sunny weather.

Open all year. Double lodge rooms run $35 a day (March through October); $30 the rest of the year. Nee-sha doubles are $40 and $35 for the same periods. Extra persons pay $5 in both types of units. Tepees (sleeping ten) run $15 and $10 (bring your sleeping bag). Hughes Airwest serves Bend and Redmond (60 miles away).

INN OF THE SEVENTH MOUNTAIN



BOX 1207
BEND, OREGON 97701
PHONE 503/382-8711
800/452-6810 TOLL FREE IN OREGON



Because of its proximity to Mount Bachelor, the Inn of the Seventh Mountain, a mecca for skiers, has emerged as a popular summertime resort as well. The 50-acre site amid the ponderosas is a cool, quiet retreat convenient for sightseeing in the Bend area. A life-sized outdoor chess set attracts players of all ages. For fishing, there's a private lake and the Deschutes River. Sleigh rides, ice skating, and cross-country skiing highlight winter months.

Open all year. Doubles in Scandinavian-style accommodations begin at $24; studio apartments for two at $36; condominiums for four at $56. Hughes Airwest flies to Redmond and Bend.

FLATHEAD LAKE LODGE



BIGFORK, MONTANA 59911
PHONE 406/837-4391



Pack your boots and ten-gallon hat if you're heading for Flathead Lake Lodge, a family operation on 3,000 acres of pine-clad foothills of the Mission Range. The focus is dude ranching, but 3,000 feet of lake shoreline expand the activities. Accommodations in two massive timber lodges or modern cottages are traditionally Western. Glacier National Park and the National Bison Range are nearby.

Open May through September. FAP rates include family-style meals and most activities: $84 a day per couple; teens, $36; kids four to 12, $31; under four, $9. Hughes Airwest and Frontier fly to Kalispell; Amtrak serves Whitefish.

FAIRMONT HOT SPRINGS RESORT



ANACONDA, MONTANA 59711
PHONE 406/797-3241



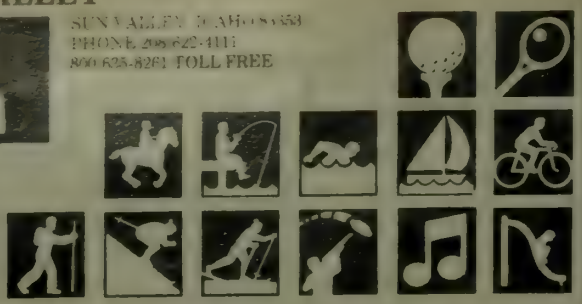
Generations of Montanans have visited the thermal springs that bubble up at the foot of the Pintlar Range just outside Anaconda. Five years ago, Fairmont Hot Springs opened on this old site as an elegant spa resort with family recreation as its theme. Shingled Indian-motif buildings housing 190 comfortable motel-type rooms surround a four-pool complex, nucleus of the Resort. Anaconda, nearby Butte, and surrounding foothills are rich in treasures from the copper-mining boom days. Historical tours, as well as excursions to pan for sapphires, visit limestone caverns, and fish for trout, leave from the Resort. For skiers, there's Discovery Basin 20 miles away.

Open all year. Doubles run $32; $4 per extra person in your room. Western and Northwest Airlines and Amtrak serve Butte.

SUN VALLEY



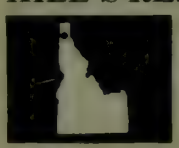
SUN VALLEY, IDAHO 83353
PHONE 208/622-4111
800/635-8261 TOLL FREE



If they don't have it at Sun Valley, it's probably not worth having. That might well be the motto of this resort, which ranks among the top ski areas in the country, but also offers a wide range of summer activities. For the sports buff, there are 46 tennis courts, three swimming pools, two all-year ice skating rinks, archery, and riding instruction. In the esoteric category, choices are many: from hang gliding and soaring to river running and backpacking. The kids' program includes sports, arts and crafts, and overnight activities. On the more serious side, Sun Valley Center for the Arts and Humanities provides workshops with artists in residence for kids and adults. Accommodations range from hotel-type rooms in the handsome old lodge to elegant condominiums. Dining facilities include everything from a reasonably priced cafeteria to the posh Duchin Room. In the evening, you can enjoy first-run movies, drama and music in the Opera House, and dance bands.

Open all year. Double rooms start at $37 a day; condominiums at $39; additional guests pay $8. Key Airline flies Boise/Salt Lake to Hailey, and Airwest flies to Twin Falls; Amtrak serves Shoshone.

HILL'S RESORT



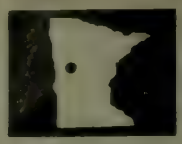
ROUTE 5
PRIEST LAKE, IDAHO 83856
PHONE 208/443-2351



Hill's, tucked away in Idaho's Panhandle, is an excellent choice for a family seeking a quiet, near-wilderness retreat with comfortable accommodations and modest activity. Compact size and informality create a neighborly atmosphere. Thirty cabins, eight condominium units, and the main lodge secluded among the trees are located along a sizable sandy beach. With your own boat or a rental you can picnic on numerous offshore islands, explore that roadless wilderness of Upper Priest Lake, water-ski, sail, or angle for Mackinaw trout or Kokanee. A nine-hole golf course is three miles down the road. Though Hill's is primarily a summer destination, the Resort offers some winter action, too. More than 100 miles of snowmobile trails, a lakeshore favored by cross-country skiers, and the Pacific Coast Championship Sled Dog Races in February. Big Schweitzer Basin and some of the best skiing in the state are 63 miles away.

Open all year (dining room service in summer and during weekends Christmas through February). Cabins sleeping six to ten run $180 to $395 a week June through Labor Day; $135 to $245 off-season. Condominiums start at $325; $245 off-season. Lodge doubles run about $20 a night. Hughes Airwest, United, Northwest, and Amtrak serve Spokane; Amtrak serves Sandpoint.

ARROWWOOD RESORT



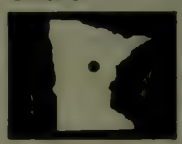
BOX 69
ALEXANDRIA, MINNESOTA 56308
PHONE 612/762-1124
800/228-9822 TOLL FREE



Arrowwood, a year-round splendor in the wilderness, offers comfortable accommodations for up to 1,000 guests, along with dining in a plush setting, on the shores of Lake Darling. There are water sports galore in summer; snowmobiling, cross-country skiing, and ice fishing in winter. Professional entertainers keep things swinging till the wee hours in a luxurious lounge.

Open all year. Memorial Day through September 30, doubles run $38; $55 to $65 for suites. Other times, doubles run $31; suites $45 to $55. Kids up to 18 in their parents' room pay $2; rollaways, when needed, $5. MAP rates run $12.50 extra per person; $16.50 for FAP.

GRAND VIEW LODGE



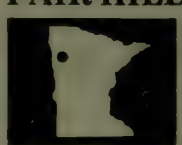
ROUTE 6
BRAINERD, MINNESOTA 56401
PHONE 218/963-2234



Grand View Lodge does an admirable job of isolating its guests in an area of Minnesota that's thick with resorts. The 60-year-old lodge, tucked away in a dense forest, is a solid log beauty. Modern cabins are scattered around the grounds, close to the gorgeous beach. Water sports and tennis are popular, and dining is a delight.

Open early May to early October. MAP weekly rates include use of most facilities (daily rates on request). Doubles in the main lodge run $431 to $465 a week; cottages sleeping two to 16 begin at $205 per person. Kids four and under pay half the adult rate; five through nine pay two-thirds.

FAIR HILLS RESORT



DETROIT LAKES
MINNESOTA 56501
PHONE 218/847-7638



Life is homespun at Fair Hills Resort. Guests eat together in a huge dining hall; adults socialize over shuffleboard; and kids enjoy pony cart and fire engine rides. Entertainment isn't highfalutin'—no liquor or name bands, instead sing-alongs and enthusiastic performances by the staff. Guests stay in 75 comfortable cabins on the rolling grounds or in 12 lodge rooms. No TV or phones spoil the serenity.

Open June 1 to September 22. FAP weekly rates include unlimited use of all facilities. July 1 to August 19, doubles $406; children four to 11, $126; three and under, $84; infants, $32. Rates run slightly lower other times.

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BREEZY POINT



PEQUOT LAKES
MINNESOTA 56472
PHONE 218/562-7811



You'll find few resorts with more recreation options or as wide a variety of lodgings as Breezy Point. More than 1,000 guests can be accommodated comfortably and fashionably in a motel, two inns, condominium units, and a settlement of double bungalows. Staying active at Breezy Point is easy. Pastimes include great fishing for northern pike in 8,000-acre Big Pelican Lake. A ruggedly beautiful championship 18-hole course challenges seasoned golfers; nine easier holes await the less skilled. There are three swimming pools, a gently sloping sand beach for guests who like a natural ambience, a posh supper club a half mile away, and recreational programs to keep the kids hustling.

Open early May through late October, and mid-December till mid-March. Because of the variety of accommodations, the rate system at Breezy Point is rather involved. EP and MAP rates are always available, with midweek rates slightly lower than weekends and summer rates a little higher than off-season. Mid-June through Labor Day, EP double motel and inn rooms go for $27 and $35 a night respectively. Bungalows start at $45; lodge apartments or condominiums at $55. MAP rates run almost double EP prices. Kids under 12 stay free EP; half price MAP.

MADDEN RESORT



BOX 387
BRAINERD, MINNESOTA 56401
PHONE 218/829-2811



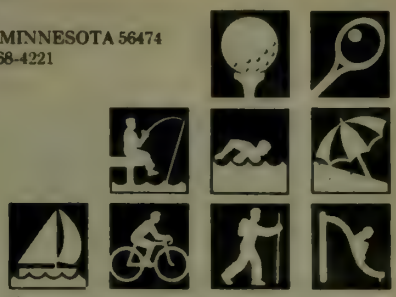
Madden's is really four resorts sharing a dazzling array of facilities. You can enjoy the simple, quiet life or live it up. Newest, swingingest accommodations are at Madden Inn and a cluster of cottages nearby. Fine dining prevails, and entertainment rocks each night. Stately Madden Lodge includes 11 suites and 40 adjacent cottages. The Voyageur looks like a classy apartment complex, with compact efficiency units that include full kitchens. Pine Portage, primarily for large groups, is a collection of refurbished cottages overlooking Gull Lake. Besides usual resort activities, including 45 holes of golf, there's a standard-gage railroad and a reconstructed community of the late 19th century called Lumbertown, U.S.A., on the grounds.

Open late April to mid-October. Rates depend on location of your unit, size, and day of week; slightly lower weekly rates also are available. Double rooms at the Inn start at $22 a day EP; kids under 16 pay up to $7. Lowest price at the Lodge is $30 per person MAP, greens fees included. In general, kids under ten stay for two-thirds the adult rate. Minimum for a couple at the Voyageur is $33 a day. Discounts for kids are the same as at the Inn, but those under six aren't accepted.

DRIFTWOOD FAMILY RESORT AND GOLF COURSE



ROUTE MT7
PINE RIVER, MINNESOTA 56474
PHONE 218/568-4221



Driftwood is a beautifully tended, unpretentious resort among towering pines on a peninsula dividing two lakes. The Resort accommodates 90 guests, who stay in immaculate cottages and dine on hearty food (no liquor served). Though all the trappings of resort life are present, the gracious, slow pace makes Driftwood delightful.

Open May through September. EP, MAP, and FAP rates by the week only include use of all facilities: $168 to $406 per couple; children four through 11, $52 to $133; three and under, $52 to $84; infants, $28 to $35.

FROELICH'S SAYNER LODGE



SAYNER, WISCONSIN 54560
PHONE 715/542-3261



Visitors to Froelich's enjoy extraordinary fishing, but don't get the wrong impression. The Lodge isn't another where-do-you-get-the-bait fishing camp. You can enjoy the north woods and varied resort activities, too, from an elegant lodge to up-to-date cottages or cabanas. Dining also is done in gourmet style at three dining rooms.

Open May 5 to October 8. Rates are FAP and vary $6 per person per day over a season divided into five sections. Lowest prices are May 5 to June 11: $60 for lodge doubles ($400 a week); $64 for cottages ($420 a week); and $68 for cabanas ($440 a week). Kids under ten pay $19 to $22 daily ($100 to $120 a week).

LAKE LAWN LODGE



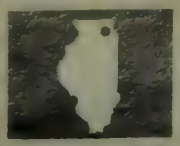
BOX 527
DELAVAN, WISCONSIN 53115
PHONE 414/728-5511



Lake Lawn Lodge, near Milwaukee and Chicago, comes close to satisfying the ideal of a stylish resort near big Midwestern cities. Set on more than 270 acres of perfectly tended lawns and towering pines, the complex of well-groomed, timbered buildings offers serenely homespun but up-to-date accommodations. Food is robustly satisfying and served courteously in three dining rooms.

Open all year. April 15 to November 12, hotel doubles run $24 to $36 per night; lodge rooms $34 to $96 (sleeping up to four). Additional adults pay $8 a day. Kids under ten stay for $4; cribs, $3. Rates run $2 to $4 lower other times.

MARRIOTT'S LINCOLNSHIRE RESORT



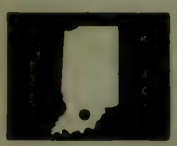
LINCOLNSHIRE, ILLINOIS 60015
PHONE 312/634-0100



Marriott's Lincolnshire Resort is a prime representative of the many resorts popping up near population centers. It's located halfway between Chicago and Milwaukee. The Resort is a short jump off the interstate from downtown Chicago and about 20 minutes north of O'Hare Airport. As a self-contained, up-to-date suburban resort, the Lincolnshire would be tough to top. You'll stay in one of 400 elegantly furnished hotel rooms and dine in any of three restaurants offering tasteful cuisine and outstanding service. The Resort's facilities include an instructional ski mound, children's fishing pond, and canoes and small sailboats to enjoy on a small man-made pond. There's also a long and lovely golf course, complete health spa, and well-stocked gift shop. In the evenings, you can choose from professional entertainment that would do almost any Las Vegas lounge proud and a legitimate theater-in-the-round. One of the country's newest and largest theme parks—Marriott's Great America—lies just a few miles to the north.

Open all year. May 1 to September 30, doubles run $66 to $75; off-season rates are considerably less. Children always stay with their parents free. MAP rates also are available on request.

FRENCH LICK-SHERATON HOTEL AND COUNTRY CLUB



FRENCH LICK, INDIANA 47432
PHONE 812/935-9381



Tradition-rich French Lick, set in the rolling loveliness of southern Indiana, is as luxurious a resort as you'll find anywhere in the Midwest. Decades ago, elite visitors—Howard Hughes among them—made the trek there to imbibe the mineral-laden spring water, while losing their shirts at the resort's gaming tables. Today, gambling is out, but games and a wide range of recreational activities are very much in vogue. You can play tennis outdoors or in (25 courts), and golf (36 holes); bowl a few lines; relax in or near one of two pools, indoors and out; go horseback riding; ride a miniature railroad train; or sit back and enjoy a moonlight buggy ride. You also can visit a modern health spa, hike among the resort's 2,600 acres, or simply relax lazily on the huge front porch. The behemoth yellow-brick establishment has long, creaking hallways, tastefully refurbished rooms, and an elegant, old-world, crystal-chandeliered dining room.

Open all year. FAP rates run $61 to $86 for two, with parlor rooms from $130 to $145. There's a $1.75 charge for children under four; $11 per night for kids four to ten; $15 for those ten to 18. A third adult sharing your room pays $24 per night.

INN OF THE FOURWINDS



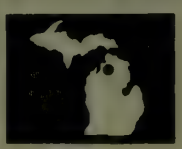
BOX 37
SMITHVILLE, INDIANA 47458
PHONE 812/824-9904



Two features that put this resort a cut above many are 15,000-acre Monroe Lake, a fisherman's paradise, and a sprawling inland marina that ranks among the nation's largest. The beach that lies adjacent to the Inn also seems big enough to accommodate the entire population of southern Indiana. The Inn's 126 rooms are comfortable, and the food is superb. Nearby Brown County is the home of some well-known, well-stocked antique shops.

Open all year. May 1 through October 31, all double rooms are $40 a night; two- and three-room suites, $80 and $120. November 1 through April 30, doubles run $28, $56 and $84 for suites.

BOYNE HIGHLANDS



HARBOR SPRINGS, MICHIGAN 49740
PHONE 616/526-2171



This gorgeously landscaped resort tucked away in the wilds of northern Michigan is a skier's paradise and a golfer's heaven. Eighteen of the resort's 45 holes are among the most challenging in the country. Ski hills peer over the Swiss alpine-style lodge and accommodations. The manicured grounds are speckled with ponds (off limits for fishing), but Lake Michigan is just two miles away.

Open May 1 through October and again November 15 to April 15 for skiing. Summer rates start at $76 for a double; additional occupants, $5. Other times, rates are FAP; $500 per couple per week (including lift tickets). Kids six through 12, $125; 13 and over, $205.

BOYNE MOUNTAIN LODGE



BOYNE FALLS, MICHIGAN 49713
PHONE 616/549-2441



Boyne Mountain is the other half of the jointly owned pair of resorts known as Boyne Country (24 miles from Boyne Highlands). While golf and novice skiing are better at the Highlands, Boyne Mountain has its own particular attractions. There are golf and skiing aplenty, but tennis is the summer game—18 courts, two on grass. Plush accommodations include lodge rooms, mountain villas, and lake villas along Deer Lake, where bluegill fishing is tops.

Open all year. Lodge doubles begin at $36 a day; one-bedroom villas, $90; condominiums, $115. Weekends run $10 a day higher. Winter rates are FAP. Children seven through 12 pay $23 a day.

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Lynda L. Williams

Lynda Williams
Tucker, Georgia



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GRAND HOTEL



MACKINAC ISLAND
MICHIGAN 49757
PHONE 906/847-3331



To visit Grand Hotel on Mackinac Island is to take a long, soothing step backward to a time when resort-going was a majestic adventure in elegance and good taste. This awesome wooden structure, said to be the world's largest summer resort hotel, is a prime spot for gracious atmosphere and luxurious vacationing. The Hotel dominates Mackinac Island, a historic island in Lake Huron reached only by ferry and devoid of cars. As a result, the Island is a haven for horses, hikers, and bikers. Impeccably kept grounds, beautiful gardens, tea at four, and coats and ties for men after six are all part of the Hotel's gracious style. You'll enjoy modern conveniences without modern distractions in rooms that have been refurbished. But there's no television or radio to intrude. A big band swings tastefully each evening. Listen carefully and you'll imagine you hear Glenn Miller playing "In the Mood."

Open from mid-May through mid-October. Doubles range from $93 to $150 per day FAP. Children under six who stay in the same room with two adults pay $6 a day; $15 for children six to 12; $25 for ages 12 and over. No tipping is permitted at the Hotel; 15 percent of the daily room rate is added to your bill instead.

SHANTY CREEK HILTON



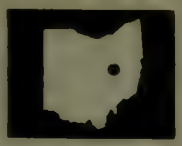
BELLAIRE, MICHIGAN 49615
PHONE 616/533-8621



In an area alive with fishing camps and skiing sanctuaries, this attractive complex comes close to offering all things for all vacationers. You don't have to be Jack Nicklaus to do well on the golf course (bring along warm clothes, they play in winter, too) or a professional to negotiate the ski slopes. Sports facilities are designed with weekend enthusiasts in mind. There's fishing in Lake Bellaire, and a well-stocked trout pond lies near the Lodge for vacationers who like to do their angling from land. The Lake also has a cozy sand beach and a small lodge to serve guests who make the three-mile trip from the main lodge (shuttle buses run four times daily in summer). Accommodations in the main lodge and four Tyrolian lodges are spacious, attractive, and reasonably priced. The resort's warm and relaxing atmosphere is especially inviting in fall, when the foliage turns a breathtaking array of colors and fireplaces warm most of the public rooms.

Open all year. Main lodge doubles run $40 to $45 June 15 to October 14; $30 the rest of the year. Each extra person sharing your room pays $5 a night. Room rates in four Tyrolian lodges run slightly less; suites average about $10 more throughout the year.

ATWOOD LAKE LODGE RESORT



BOX 96
DELLROY, OHIO 44620
PHONE 216/735-2211



Few spots measure up to Atwood Lake Lodge in natural bounty. Guests stay in a marvelous modern lodge with breathtaking views of Atwood Lake or in four-bedroom cottages at the Lake's rim. Golf is a favorite pastime, and in summer a nine-holer is lighted after dark. Atwood Lake is a treasure trove for sailors.

Open all year. May 1 through October 31, lodge rooms (sleeping four) go for $34 per night; $30 November 1 through April 30. Kids under 12 stay free in winter; 12 to 18, $3 a night. Memorial Day through Labor Day, cottages (sleeping ten) rent for $250 by the week only. Other times, daily rentals run $50.

SALT FORK LODGE



SALES AND SERVICE OFFICE
BOX 550
CAMBRIDGE, OHIO 43725
PHONE 614/439-2751



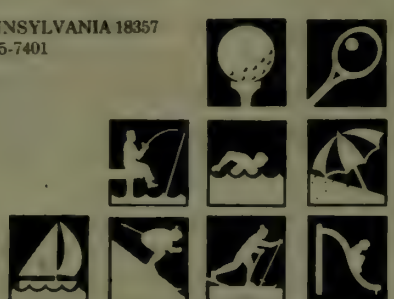
Salt Fork Lodge sits within 22,000 acres of gorgeous state park land. You can stay in the lodge, a magnificent four-level structure, or—if you cherish seclusion—choose a cottage near Salt Fork Lake, a serpentine body with two mammoth sand beaches. Hiking trails wind through thick forests; fishing and boating are tops (no horsepower limit); and the rolling 18-hole golf course is immaculate.

Open all year. April through October, lodge rooms run $30 for four; November through March, $25 ($30 Friday and Saturday). Kids under 12 stay free; extra adults, $3. Cottages for six run $38 a day and $165 a week in summer; $33 and $130 otherwise.

SKYTOP LODGE



SKYTOP, PENNSYLVANIA 18357
PHONE 717/595-7401



Skytop succeeds in safeguarding the life-style of gentler days. The hotel could be an English country manor, and guests are always on their best behavior. Service is excellent, and the gardens are a constant delight. An excellent summer day camp keeps youngsters happily occupied. There are formal dances, square dances, and movies in the evenings. Lawn bowling and paddle tennis also are offered. Rainy days, you can explore a 1,600-volume library.

Open all year. April through October, FAP doubles run $88 to $93 a day in the lodge or cottages; $84 in the Garden House. Children 13 and under stay for $13. Winter FAP doubles are $74 to $83.

MOUNT AIRY LODGE



MOUNT POCONO
PENNSYLVANIA 18344
PHONE 717 839 9811



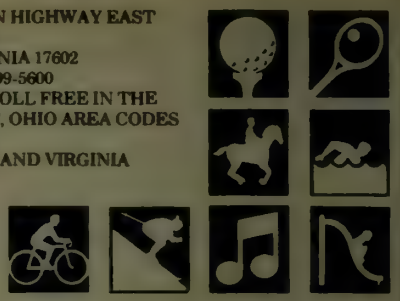
You've never seen so many vivacious vacationers so busy enjoying themselves as at Mount Airy Lodge. This compact Poconos complex can hold 1,100 guests and literally teems with people, an effect enhanced by the resort's compact layout. Modern lodges (of Miami Beach decor and varying degrees of gloss and price) are ranged around an outdoor pool, vast sundeck, man-made lake, golf tee off, and the chair lift base (novice to intermediate skiing in winter). A public address system plays music, pages people, and announces activities. This resort definitely isn't a refuge for a recluse, but for active, outgoing families it's pure delight. Every possible activity is at your fingertips, including tennis on 15 excellent courts (both indoors and out). Except for golf, riding, and shooting, everything is free. Nights are equally frisky, with disco and combo dancing and shows. Meals are unpretentious and good—strictly American cooking. Ties aren't required at dinner, but jackets are.

Open all year. Couples pay $58 to $86 per day Sunday through Thursday; $74 to $110 a day Fridays and Saturdays. Rates are FAP only. Children ten and over sharing your room pay $29 a day; through age nine, $16. Discounts are given for one-week stays.

HOST FARM AND CORRAL



2300 LINCOLN HIGHWAY EAST
LANCASTER
PENNSYLVANIA 17602
PHONE 717/299-5600
800/233-0121 TOLL FREE IN THE NORTHEAST, OHIO AREA CODES 216 AND 419,
MARYLAND, AND VIRGINIA



This well designed and organized two-hotel resort only about an hour from Philadelphia and three hours from New York lies in Pennsylvania Dutch farm country. The resort looms as increasingly tough competition for the Poconos and Catskills. And no wonder! Activities include a sprightly children's program to keep kids busy 10 a.m. to midnight (even dinner in a separate dining room). Excellent more-than-you-can-eat breakfasts and dinners are supplemented by free midday cocktail parties (soft-drink parties for the youngsters) with snacks that turn MAP into FAP. Accommodations are unusually spacious so the kids don't crowd you, and entertainment is semi-Vegas slick. A compact layout puts all facilities, including a beginners' ski hill, within easy strolling distance.

Open all year. In July and August, rooms and suites run $102 to $140 per couple MAP, depending on size and location. Prices drop in other seasons. Five-night midweek plans are available throughout the year at about 20 percent less than daily MAP rates then in effect. Holiday visitors pay premium rates. Children sharing your room, any season, pay $25 if over age 13; $19, six to 13; $16, two to six; $7, under two.

BUCK HILL INN



BUCK HILL FALLS
PENNSYLVANIA 18323
PHONE 717/595-7441



You could call Buck Hill Inn the "Homestead of the Poconos"—a big hotel of tradition and good taste, but sporty, not stuffy. Golf on three separate, challenging nines is the prime attraction. You also can play tennis on 15 courts, swim indoors and out, fish for trout and bass, ride miles of forest trails that meander through the 5,000-acre property, and ski a beginner/intermediate hill. The no-charge Camp Club for youngsters is famous for its once-a-week overnight hikes; usually about 100 kids are enrolled in the program. Evening and rainy-day activities include movies, art classes, card parties, bingo, dancing, and occasional shows. A Swiss chef supervises the kitchen, which produces superb meals (seven entrée choices at dinner). Ties and jackets are requested at dinner and after, but not required. In this massive manor house with its elegantly appointed rooms, most of the 530 or so guests dress up anyway.

Open all year. MAP doubles run $92 to $100 a day from July through October; slightly less in other months. Children three to 16 sharing your room pay half the adult rate; over 16, $32; under three, free. Add $3 a day per person service charge in lieu of tipping. Add $3 more a day for FAP.

HOTEL HERSHEY AND HERSHEY MOTOR LODGE



HERSHEY, PENNSYLVANIA 17033
HOTEL PHONE 717/533-2171
LODGE 717/533-3311



Hershey calls itself "Chocolate Town USA" but "Vacation Town" would be as fitting. Sports and entertainment facilities are spread all over the community and equally accessible to guests of the two Hershey resorts: Hotel Hershey (traditional and formal), which overlooks the town from a superbly landscaped hill; and the Hershey Motor Lodge (motel-style and informal), in the valley. The complex includes a popular theme park with shows, thrill rides, and a zoo; a major sports arena; as well as a mechanized exhibit that tells the story of chocolate from bean to bar. There are 23 acres of breathtaking gardens in bloom from April into fall, a superb museum, and miles of forest trails for riding and hiking. The complex is also big on golf (81 holes, including nine especially for novices).

Open all year. April through October, the basic daily rate for two at Hotel Hershey is $96 MAP; children 13 and over sharing their parents' room pay $23 MAP; five through 12, $16; two through four $12; under two, free. For FAP, add $3 per person per day. At the Motor Lodge, a couple pays $44 a day EP April through October; kids under 17 share their parents' room free. Off-season rates are lower.

Cast iron sinks, by Kohler. Their beauty becomes more obvious with each passing year.

There's no question about it. Kohler cast iron kitchen sinks make a beautiful first impression.

Their dramatic colors, elegant designs and dazzling smooth surfaces are obvious to even the most casual observer.

For beauty's sake alone, many people are willing to pay more for Kohler cast iron sinks than for stainless steel models.

But there are other advantages, too. And these take a bit longer to appreciate. For instance. Kohler sinks are so strong, they're called the Endurables. They're solid and unflexing. So they reduce disposal vibration. And cut down on noise.

And they keep their good looks for a long, long time. Because the enamel on Kohler cast iron sinks is five times thicker than the enamel on steel sinks. So they resist stains. Chips. Scratches.

Kohler products are available in the U.S. and Canada. Look for your Kohler dealer in the Yellow Pages, or for more information send $.50 to Box S, KOHLER CO., KOHLER, WIS. 53044. (Please mention this publication's name.) We'll show how Kohler cast iron sinks can make a big improvement in your kitchen decorating plans.

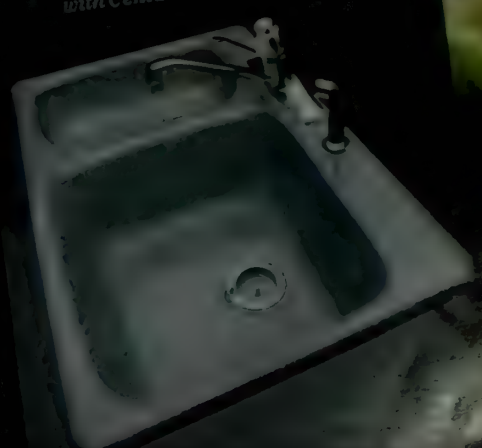
Maybe that's the most beautiful advantage of all.

The Bold Look of Kohler

Trieste sink in Tiger Lily with Alterna faucet.



Lakefield sink in Country Grey with Centura single lever faucet.



Give Ma a Bell.



If necessary, hearing aid adapters are available from your telephone company. The Mickey Mouse Phone. © Walt Disney

Her very own phone.

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Bell System



BE CHOOSEY

FALLSVIEW



ELLENVILLE, NEW YORK 12428
PHONE 914/647-5100



Fallsview is a relatively small (250 rooms) Catskills resort that provides most of the facilities found at its bigger, more frenetic neighbors, including indoor tennis and a championship Robert Trent Jones nine-holer. This establishment also has one of the better dining rooms in the area and serves up delicious fare.

Open all year. In summer, FAP doubles range from $90 a day to $130 (duplex suites). Extra persons any age in the same room pay 35 percent of the adult rate (eating in the main dining room); 25 percent under age ten (eating in the junior dining room). Lower weekly and off-season rates are available.

CANOE ISLAND LODGE



DIAMOND POINT
NEW YORK 12824
PHONE 518/668-5592



This favorite among Adirondack resorts is an intimate enclave of lodge, lakeside chalet, and meticulously maintained cottages, ranging down a wooded hillside to the gentle wavelets of Lake George. There's a nice beach right on the shore, and another even nicer sand stretch on the resort's private five-acre island half a mile offshore (served by a free hourly shuttle). All activities are included in the MAP rate, even water-skiing, sailing, daily lake cruises, and barbecue parties on the island. Food and service can be counted on to be excellent.

Open mid-May to mid-October. There's a three-day minimum stay in summer. Doubles run $62 to $95 a day MAP only; extra persons over 12, 75 percent of the adult rate; seven through 12, $20; three to six, $16; two and under, $12. Suites (four people) cost $120.

THE NEVELE COUNTRY CLUB



ELLENVILLE, NEW YORK 12428
PHONE 914/647-6000



The only extra charges at The Nevele are for golf and riding. Other activities, including skiing (novice to intermediate), are figured in the rate, making this pleasant, tastefully furnished resort (Scandinavian modern) a top buy in the Catskills. The recreation program for youngsters is supplemented by a "night patrol" that checks on the kids while you're out. Teens have a chaperoned jukebox domain.

Open all year. Rates are FAP only. Summer doubles run $88 to $100 a day. Third occupant in a room over age ten pays 40 percent of the adult rate; ten and under (eating in the kids' dining room), 30 percent. Off-season and weekly discounts are offered.

THE CONCORD



KIAMESHA LAKE
NEW YORK 12751
PHONE 914/794-4000



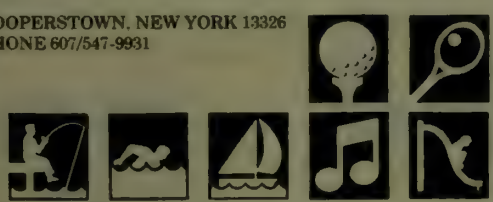
The Concord is the biggest resort hotel in the Catskills. Everything is in great shape—from the kitchens (bottomless menus), to sports facilities (including an all-year skating rink, 30 tennis courts, and novice/intermediate skiing), to late entertainment (six orchestras, name stars, and a huge nightclub). The no-charge camp for kids and the teen program also aren't to be outdone.

Open all year. In summer, FAP doubles run $100 to $128 a day; children under 16 in your room pay $30; 16 and over, $38. Off-season, the basic daily FAP charge is $88 to $118. Most activities are included in the price.

THE OTESAGA



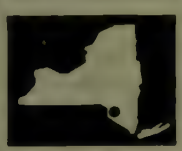
COOPERSTOWN, NEW YORK 13326
PHONE 607/547-9931



The Otesaga, on the shore of Lake Otsego, is among the last truly genteel hotels, where good manners and taste (including appropriate dress) are taken for granted. Service is meticulous, food (in a lovely sunny dining room) superb, and decor exquisite but not prissy. A counselor keeps kids out of earshot while grown-ups relax on the lakefront terrace, play golf on a grand course with several nerve-grabbing water holes, or trundle off on Baseball Hall of Fame and Farmers' Museum excursions. Evenings bring dancing, movies, and cards.

Open early May to late October. Couples pay $72 to $100 a day MAP; kids over 12, $20; six through 12, $16; two to six, $12; under two, free. Add $3.50 a day per person for tips.

KUTSHER'S



MONTICELLO, NEW YORK 12701
PHONE 914/794-6000



Though Kutsher's is also a big Catskills resort (900 guests), it manages to stay intimate. The light and airy layout, framing a tranquil pond, contributes to the feeling of ease. All activities, except riding, are available on the grounds; there's even a year-round skating rink. A free day camp operates for kids up to age ten, matched by a teen program with its own "arena." Meals—kosher, of course—are possibly the best in the Catskills.

Open all year. Summer FAP doubles run $460 to $640 a week. Children under ten (eating in the junior dining room) pay $126 a week; all kids up to age 16 (eating in the main dining room), $161.

GROSSINGER'S



GROSSINGER, NEW YORK 12734
PHONE 914/292-5000



An important fact to learn when you're considering vacationing in the Catskills region is who goes where. Kutsher's and the Concord, for example, draw the lively, athletic crowd. Grossinger's, the most venerable and renowned of the region's establishments, lately seems to attract more older guests. But, all the same, the "big G" is geared to provide every conceivable sport and recreational activity for 1,300 visitors, including beginning to intermediate skiing, and indoor tennis. And at Grossinger's you'll have a good chance to do exactly what you want to do when you want to do it. There's no waiting at the 16 tennis courts, for instance. You'll also find plenty of young families to keep you company at this big establishment, and your children are bound to be happy with the resort's outstanding day camp and teen programs. Few resorts can measure up to Grossinger's when it comes to variety of activities.

Open all year. Rates are FAP only. On a minimum two-day stay late June to early September, couples pay $96 to $126 a day. Children four to 16 who share their parents' room pay $30 a day; 16 and over, $41; toddlers stay for $14. Midweek, weekly, and off-season rates are lower.

THE HEDGES



BOX 200
BLUE MOUNTAIN LAKE
NEW YORK 12812
PHONE 518/352-7325



The Hedges is one of the finest vacation layouts anywhere, and yet it's astoundingly low priced—around $68 a day for a family with two children. Cozy log cabins and four small lodges—one dating back 100 years—make up this peaceful enclave, deep in a fragrant pine forest on the shore of a sparkling lake. All rooms are furnished with simple oak antiques. There's no dressing up; no set activities program. You can play tennis, badminton, volleyball, pitch horseshoes, or go down the road to a nearby nine-hole golf course and a riding stable. But what most vacationers come to The Hedges for are the crisp mountain air, the tidy little sand beach with boat dock and sun chairs, trails in adjoining Adirondack Park, and the relaxed atmosphere. Almost all of the food is home-cooked and home-baked, including a tempting bedtime snack of delicious pastries. All activities, even boating, are figured in the rate.

Open May 26 to October 9. Doubles run $40 to $58 a day, MAP only. The third person over age eight in your room pays half the adult price; children three through eight, $6; youngsters up to age three, $3. Slight discounts are offered by the week. Add ten percent in lieu of tips.

BANNER LODGE



MOODUS, CONNECTICUT 06469
PHONE 203/873-8652



The Banner Lodge layout resembles a small New England town, with summer cottages along tree-shaded streets. But, though the resort's location is indeed the Connecticut River Valley, the mood is decidedly—and nostalgically—Old New York. What you have is the Catskills before they got fancy: a comfortable, simple place for big-city folks to summer in the country. The opulent meals (loaded with Jewish delicacies, but not kosher) are what New Yorkers would expect on a vacation. And everything is packaged in the rate, including live shows, dance instruction, and rainy-day movies. A summer theater, the Goodspeed Opera House, is nearby.

Open July through Labor Day. FAP doubles run $68 to $82 a day. Kids up to age 16 pay half to three-quarters of the adult rate.

CHATHAM BARS INN AND COTTAGES



CHATHAM, CAPE COD
MASSACHUSETTS 02633
PHONE 617/845-0096



Chatham Bars embodies the charm and tranquillity of a traditional New England vacation spot. You can sun along the private bay-side beach or enjoy boating, golf, and tennis for a small charge. The more adventurous take the boat across Pleasant Bay to the Outer Bar (Nauset Beach) and try surf bathing or surf casting in the Atlantic. Men wear jackets and ties for evening dining on authentic New England dishes, followed by dancing to live music. Accommodations include Inn rooms or cottages. The resort caters to groups in spring and fall, so plan a summer stay.

Open mid-May to late October. All rates are FAP: one-bedroom cottages $90 to $106 a day; two-bedrooms, $150 to $200; Inn doubles, $90 to $102; two-bedroom suites, $120 to $144. Larger single-family cottages also are available. Discounts for kids depend on the unit.

WEEKAPAUG INN



WEEKAPAUG
RHODE ISLAND 02891
PHONE 401/322-0301



You couldn't pick a nicer place for lazy, sun-drenched vacationing on the shore than Weekapaug Inn. Sand, saltwater, and sea winds are what this resort is all about. You're also assured tasteful accommodations in a weathered, cedar-shingled hotel and terrific food. True, there's no playground for the kids and no organized activities, but you won't miss either with more than two miles of dune-sheltered beach and a shallow inlet for crabbing. For golf, the prestigious Misquamicut Golf Club is three miles away. Evenings bring movies, bingo, and cookouts.

Open mid-June through Labor Day. Doubles in new large two-bath family rooms run $100 a day FAP; toddlers and up, $25; infants, free. In older twin-bedded rooms, daily FAP doubles run $100 to $110; no charge for infants; toddlers and up, $18 to $40.

Now you can pamper yourself even when you shave.



Presenting the BIC Lady Shaver

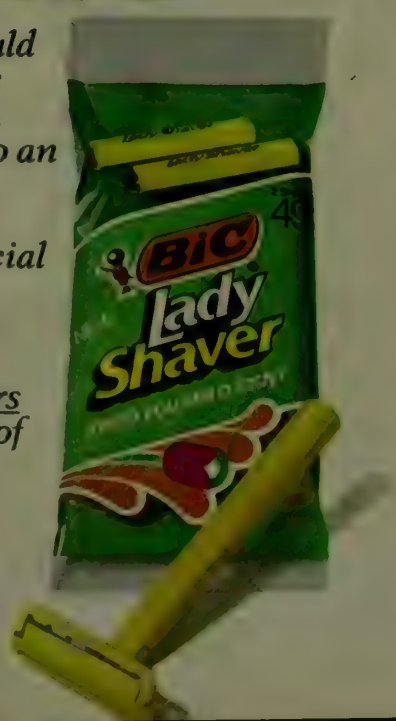
Bet you never thought that shaving could be a time you can pamper yourself. That's why we've developed the Bic Lady Shaver.

It changes an experience you dread into an experience that makes you feel like the woman you are.

The Bic Lady Shaver comes with a special guard bar, so it's tough to get a nick from your Bic. Our entire shape, in fact, was created to conform to your shape.

And you get two of our Bic Lady Shavers for only 49¢. And each one gives you lots of great shaves. That's one of the best values you'll find anywhere.

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THE TYLER PLACE



HIGHGATE SPRINGS
VERMONT 05460
PHONE 802/868-3301



This marvelous one-of-a-kind resort on Lake Champlain caters almost exclusively to families with children. Mid-June to mid-July, you may come as a single adult, but you must bring at least one youngster. The kids stay busy with sports instruction and competition. An array of activities is available for adults, too, including social dancing. Everything is figured in the rate. Most guests stay in summer cottages on the woodsy lakeshore grounds, but there are several cleverly designed inn units.

Open mid-May through mid-October. July and August, one week is the minimum stay. Daily FAP doubles (two persons 19 and over) range from $58 to $102. Children pay $17.50 to $26.50. Add ten percent in lieu of tips. Discounts up to 15 percent are offered mid-June to mid-July; EP rates (no recreation program) other times.

SUGARBUSH INN



WARREN, VERMONT 05674
PHONE 802/583-2301



Tennis is the big deal at Sugarbush, which has a huge complex of new courts and hosts John Gardiner-Ken Rosewall clinics, aided by video-tape replays. The Inn is situated on a panoramic hillside across from the golf course and ski slope. The resort adjoins Green Mountain National Forest, excellent territory for hiking, riding, and cross-country skiing. Instead of staying at the Inn, you can opt for condominium accommodations in a development next door.

Open May through November 1 and December through April 15. Doubles range from $48 to $100 a day. Add a ten-percent service charge. Children's rates are available on request.

HIGHLAND LODGE



GREENSBORO, VERMONT 05841
PHONE 802/553-2647



This restful, no-night-life resort accommodates only 55 guests in a pleasant clapboard lodge and cottages. The hillside property overlooks big Caspian Lake and includes a 360-foot beach where rowboats and canoes are available for salmon and trout fishing. The kids' program is free. Forests of the Nature Conservancy stretch for miles behind the resort, with fine trails for walks and cross-country skiing. Menus are good New England fare.

Open June to October 15, and for skiing December 20 to April 1. MAP doubles run $48 to $65 a day; children two to 18, $14; under two, free. June and September/October, deduct ten percent.

THE BALSAMS



DIXVILLE NOTCH
NEW HAMPSHIRE 03576
PHONE 603/255-3400



Vacationing at The Balsams comes about as close to staying in a Swiss resort hotel as possible this side of the Atlantic. The setting is amazingly Alpine; the layout and accommodations are in the grand-hotel style; the cuisine is international; the service graciously continental. Yet this resort isn't a stuffy place. A full house of around 370 guests usually includes at least a couple dozen kids, cheerfully evident on the lovely grounds. The recently refurbished hotel sits next to a private lake stocked with trout (fly-fishing only). Elsewhere on the mountainous 15,000-acre property you can engage in almost every vacation sport, including nature walks and guided hikes—all without extra charge. Evenings tend to be dressy. In summer, rates are fairly high, but skiing is a bargain.

Open exclusively for non-convention guests July through Labor day, and again after Christmas to mid-March for skiing. FAP doubles in summer range from $96 to $118 a day. Kids in your room pay $3 for each year of age, with a minimum of $15 and the maximum the adult rate. A week's skiing in January costs $300 double MAP, with lift tickets and lessons included; $360 other times, except holidays. A 15-percent service charge is added for tips.

WATERVILLE VALLEY GATEWAY



BOX 248-B
WATERVILLE VALLEY
NEW HAMPSHIRE 03223
PHONE 603/726-3724



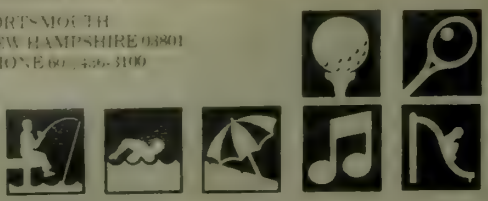
Budgetwise, you can't do much better than the Gateway: a family with two teen-agers may spend a summer week there for as little as $450. This includes breakfasts and dinners, lodgings in a spacious condominium, and all activities except riding. Small children can join a no-charge recreation program. Of course, there's nothing pretentious about the establishment; it resembles a congenial apartment community. Decor, food, and facilities are all simple and straightforward. Nobody wears tennis whites or dresses up for dinner. But the setting is extra special: modern three-story structures framed by New Hampshire woods are situated in a delightfully scenic valley in the White Mountains, convenient to hiking trails, with a stocked trout stream that flows along the property. Evenings bring wagon rides, discotheque dancing, and sometimes ski movies to remind you that this is also a choice winter resort, with excellent downhill runs and cross-country ski trails.

Open all year. MAP doubles Sunday p.m. to Friday a.m. run $136 to $176 for the five-day stay; kids 12 and under pay $62 to $82. On weekends, Friday p.m. to Sunday a.m., doubles run $52 to $76 for the two days; 12 and under, $24 to $26. In snow season, charges are about 15 percent higher; in spring and autumn, 20 percent lower.

WENTWORTH-BY-THE-SEA



PORTSMOUTH
NEW HAMPSHIRE 03801
PHONE 603/436-3100



Wentworth-By-The-Sea is a sprawling, sparkling white resort hotel in the grand tradition, presiding atop a bluff overlooking the Atlantic. Jackets (no ties) are required at dinner, and correct manners still are a "must." Kids have their own excellent activities program, separate dining room, recreation hall, and beach area. One special children's treat is an annual Christmas-in-July weekend, with trees, Santa, and a parade. For grown-ups, there are cocktail and card parties, dancing, and cruises. Go in July or August to avoid business groups.

Open early May to late October. In July and August, MAP double rooms run $64 to $86 a day; kids 13 and up in your room pay the standard rate; ages nine through 12, $15; four to eight, $14; under four, $3 crib charge. Add 13 percent to your bill in lieu of tipping.

WOODBOUND INN AND LAKE COTTAGES



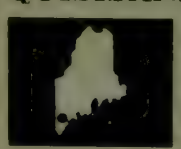
P.O. JAFFREY
NEW HAMPSHIRE 03452
PHONE 603/532-8341



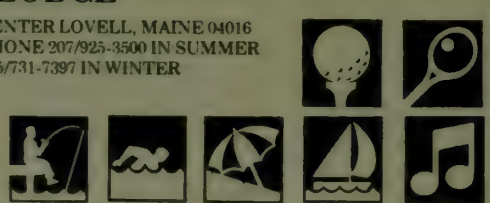
Woodbound is a small (about 90 guests), snug, intimate, and informal resort in a silent lakeside forest setting. Activities are varied, including cookouts, beach lunches, hayrides, bingo, fly-fishing, and arts and crafts. The fare is good New England home cooking; lodgings are immaculate. There's also a novices' ski hill and cross-country trails.

Open mid-May to mid-October and December 26 to mid-March. Daily FAP doubles run $52 to $70. Kids under ten pay 50 to 75 percent of the adult rate. Weekly stays only July and August, with ten-percent discounts; also discounts off-season.

QUISISANA LODGE



CENTER LOVELL, MAINE 04016
PHONE 207/925-3500 IN SUMMER
305/731-7397 IN WINTER



Just before they launch their careers, talented young artists from Julliard and other leading music academies often come to work as housekeeping staff—and to double at night as performers—at this charming lakeshore resort. Six evenings a week, guests are treated to opera, cabarets, musical reviews, recitals, and concerts. But everything is informal and relaxed, and dress is always casual. No recreation program is offered for kids; they're quite content with 1,200 feet of beach front for their playground. Menus are cosmopolitan and lodgings pleasant.

Open mid-June through Labor Day. Stays are FAP and by the week only July to late August; shorter stays other times. Couples pay from $56 a day in the lodge to $80 in cottages. Children under 12 sharing your quarters pay $22; extra adults, $28.

SPRUCE POINT INN



BOOTHBAY HARBOR, MAINE 04538
PHONE 207/633-4152



Spruce Point Inn is by far the most comfortable family resort on the north New England coast—small enough (100 or so guests) to be personal and friendly, yet large enough to provide a wide variety of pastimes, including sunset cruises. The resort enclave consists of the Inn, three lodges, and 19 cottages dressed in white New England clapboard and grouped in a grassy common that resembles a village green. The complex sits on a private shelf overlooking Boothbay. All of the accommodations are nicely furnished, meticulously maintained, and individualized. There's a children's beach, plus two pools (one saltwater) for adult swimming. The golf course is three miles away. The Inn's cooks are imaginative. Their offerings include a daily pastry buffet that covers a whole table, a Monday ice-cream smorgasbord, steak-and-egg breakfasts outdoors, and lobster cookouts. Guests can visit the village of Boothbay Harbor by commuter boat; sail to church on Sundays.

Open mid-June through mid-September. Daily MAP doubles range from $76 to $86; children under 12 sleeping on a cot or a "pull-out" in the same unit pay $25; 12 and over, $30. In multi-bedroom units, each person pays about $40 a day. A 12-percent gratuity is added on stays of less than a week.

SQUAW MOUNTAIN LODGE AND VILLAGE INN



GREENVILLE, MAINE 04441
PHONE 207/695-2272



The best of two vacation worlds comes in one package at Squaw Mountain Lodge and Village Inn, an amazing double-header resort. There's a ski lodge on a tall mountain and a condominium-plus-marina complex on lovely island-studded Moosehead Lake four miles down the hill. You can stay at either spot and use the facilities of both. Shuttle service is provided if you don't drive. An exciting activities program, as diverse as the scenery, is included in the summer MAP rate: golf and tennis instruction, canoe excursions and outfitting, scenic boat rides, sailing lessons, alpine hikes (made easier by using the ski lift), cookouts, parties, movies, and dancing. Older kids participate; a nursery takes care of toddlers.

Open all year. July through Labor Day, daily MAP lodge doubles run $60. Children 17 and up in your room pay $23; 11 to 17, $15; under 11, $11. In lakeside condos, add $28 a day per unit to the above rates. Thanksgiving to mid-April, MAP double ski rates, including lifts and lessons, run $60 to $78 a day. Kids 11 and up in your room pay $21 to $29; under 11, $15 to $21. EP double rooms (activities program not included) cost $28 a day in summer. ■

Q. Does Speed Queen pack a coupon for Tide in every new automatic washer?

A. Do kids run outside in their socks?



No question about it—when kids run outside in their socks, the dirt gets ground in with every step they take. And to help you get out that dirt, Speed Queen packs a 40-cents-off coupon for Tide in every one of their new washers. Now 40-cents-off is a good reason to try Tide. But we think you'll keep using Tide because of the way it cleans.

Tide was made to work best on the kind of dirt you see most in your wash—that terrible black dirt kids have a way of grinding into their knees and elbows and heels and toes...not to mention the day-in, day-out fruit juice and jam, chocolate drinks and ice cream. Tide can handle it all, and handle it beautifully!

When you need to count on cleaning, put your trust in Tide.



This Speed Queen washer is also good to have around when kids play outside. Its multi-cycle timer has settings for normal, permanent press/knits, even pre-wash soaking. And the exclusive, large capacity, stainless steel tub means no chips, no snags, no rust.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 15 washers pack Tide coupons in every top-loading automatic.



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Saratoga 120's

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Regular: 16 mg "tar," 1.0 mg nicotine—Menthol: 15 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

DECORATING

HALLWAY PHOTO GALLERIES

Even though hallways are often high traffic areas, they're usually low on the list of decorating priorities. One way to enliven a dull hallway is with a photo gallery combining portraits of family ancestors with photos of the children's latest activities. A variety of frame styles, both old and new, will make your family "album" even more interesting.



Photograph: Maris/Semel. Source: Ruth L. Grenci

In this upstairs hallway a molded shelf system displays an ever-changing collection of framed photos. Wood rails keep the pictures securely in place so the family can rearrange the gallery and add new photos without using wall-damaging nails. Wallpaper with a small overall print pattern serves as an appealing photo display backdrop. Since small children are part of this household, the family photos were hung safely out of sticky-fingered reach. Easy-to-clean paneling was installed on the lower portion of the wall.



Photograph: John Rogers. Source: Barbara Sims/Linda Magazzine

Here's a wraparound photo gallery that adds warmth and personality to a long hallway chopped up with doorways. To take advantage of what wall space there is, the family display is hung above eye level, yet still low enough to be easily seen. Long mirrors mounted between the closet doors add depth and dimension to this narrow space. ■

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All this tasty-looking food you see here is low cholesterol. Surprised? Fighting cholesterol doesn't have to be a chore...especially now that new Puritan Oil is here.

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TRAVEL WEST

Barbara Humeston,
Associate Travel Editor

(This section continues the "America's Best Vacation Resorts" coverage on the preceding pages.)

SUN RIVER LODGE



SUN RIVER, OREGON 97701
PHONE 503/593-1246



Sun River is a complete resort (5,500 acres)—including post office, shopping center, airport, permanent residences, guest accommodations, and recreation facilities. And the tasteful way this resort has developed has attracted considerable attention. Magnificent scenery—lush meadows, pine forest, and snow-mantled Cascade peaks—vies with sunshine and dry climate as the leading natural asset. In addition to facilities for the usual pastimes, there are 19 miles of paved paths for biking. Sun River also has a nature center (with hikes into surrounding Deschutes National Forest), canoes for trips on the Deschutes River, a resident polo team, and a new "iceless" indoor ice skating rink. Cross-country and downhill skiing (at nearby Mount Bachelor) are leading winter sports. Condominiums are available in handsome two-story complexes, a respectful distance from the bustling main lodge. Private resort homes, also for rent, sit among the pines.

Open all year. Condominium doubles start at $41 in July and August; $36 other months. Kitchen-equipped suites start at $55 and $50; homes at $48 and $50 (minimum two-night stay). Children stay free. Hughes Airwest flies to Bend and Redmond.

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BH 5

BOWMAN'S



WEMME, OREGON 97067
PHONE 503/622-3101



If you asked an Oregonian to recommend a little-known, elegant "in" resort, the choice probably would be Bowman's, east of Portland. Summer is focused on golf, with a mature 18 holes landscaped into the surrounding forest and a new nine holes on the quiet slopes of Mount Hood. Bowman's offers outdoor activities galore: hikes and nature excursions, trout and steelhead fishing in lakes and on the Sandy and Salmon Rivers, river running, and riding from nearby stables. In winter, there's free shuttle service to three major ski areas on Mount Hood. An excellent restaurant features both standard and gourmet menus.

Open all year. Condominiums run $41 for

two guests to $82 for six. Motel doubles cost $27; suites from $33. Kids sharing your room pay $5. Major airlines and Amtrak serve Portland.

BIG SKY



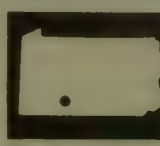
BIG SKY, MONTANA 59716
PHONE 406/995-4211



The "big" in Big Sky refers to a vast 10,000-plus-acre property of meadows and mountains surrounded by the Gallatin National Forest 50 miles north of Yellowstone Park and 43 miles south of Bozeman. Big Sky is a neat winter resort. Ski runs extend right to the windows of Huntley Lodge's big new dining room, and a heated and screened outdoor pool encourages swimming even when the ground is snow covered. During summer, the resort boasts a full range of activities, too: golf, hiking, riding, tennis, excellent stream fishing and a wilderness fly-fishing school, kids' programs, and float trips. In addition to the lodge and condominiums in Mountain Village, there are facilities for recreational vehicles, condominiums in Meadow Village at the base of the mountain, and a 1927-vintage dude ranch.

Open all year. Lodge doubles begin at $35 a day in summer; $50 in winter. Kids share your room free in summer; $10 in winter. Condominiums run $35 and $40 for a studio; $90 and $120 for a three-bedroom. Lone Mountain Guest Ranch is FAP, including all activities. Rates run $45 per person per day, slightly less if more than two share a cabin. Kids 12 and under pay ten percent less when staying with their parents. Northwest, Frontier, and Amtrak serve Bozeman.

BEDFORD SPRINGS HOTEL



R.D. 6
BEDFORD
PENNSYLVANIA 15522
PHONE 814/623-6121



When you come upon the Hotel, tucked deep in a narrow, woodsy valley, and see its white clapboard facade agleam in the greenery and rockers lining its porches, you'll think you're back at the turn of the century. But inside the venerable shell is a modern hotel—a nice blend of yesterday's mood and today's convenience. In deference to tradition, jackets and ties are required in the dining room even at

➔

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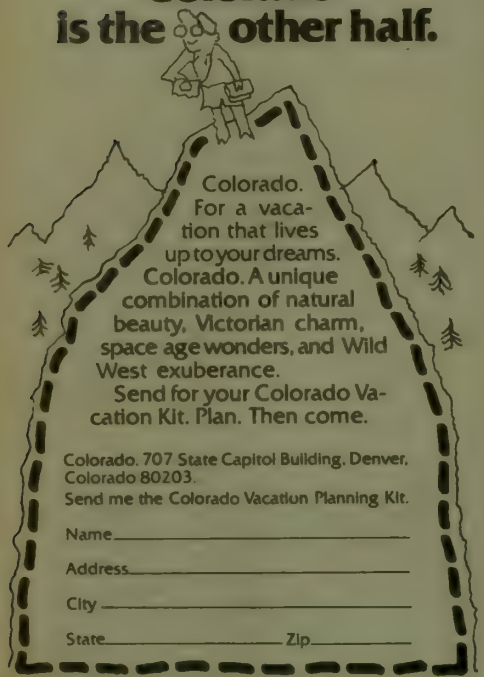
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BHG 58

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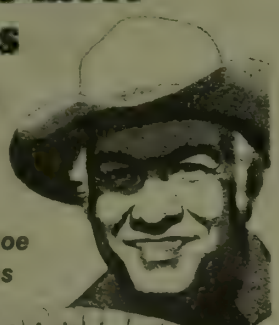
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CALIFORNIA



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When a visitor arrives on the Monterey Peninsula, the first sights to catch the eye are of the area's natural beauty: tall pines and wind-swept cypress, beautifully contoured mountains and valleys, the sky-blue Pacific Ocean, and miles of dramatic seashore. Start at Point Pinos at the tip of Pacific Grove, where you can explore tidepools abundant with animal and plant life, and tour the oldest operating lighthouse on the Pacific Coast. Then onward to the crystal-white sands of Carmel and Pebble Beach, and the rocky cliffs of the south coast leading to Point Lobos State Park and Big Sur. All along the way otters and shore birds play in the restless sea accompanying you on this most fulfilling journey back to nature.



The Monterey Peninsula Chamber of Commerce
P.O. Box 1770 BH
Monterey, Ca. 93940
(408) 649-3200

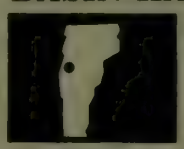
continued

Travel West

lunch; you can escape this formality, however, by buffet-lunching at the golf club. This sporty resort offers an array of recreation on 3,000 acres.

Open May 1 through October. A couple sharing a double room pays $72 to $80 a day MAP. Kids pay $22; under ten, $18.

BASIN HARBOR CLUB



BOX 8-P
VERGENNES, VERMONT 05491
PHONE 802/475-2311



There's a very fine, self-contained vacation resort called Basin Harbor Club on Lake Champlain. It has room for about 300 guests, mostly families. The general tone is informal. Meals are exceptionally good. There's nightly dancing, plus bingo and movies. Kids' activities include picnics, boat rides, and swim parties.

Open mid-June to mid-October. Daily rates, FAP only, for a couple run $77 to $120; kids on rollaways pay $5 to $25. Two-bedroom cottages run $150 to $180 a day.

LAKEWOOD



BOX 99
SKOWHEGAN, MAINE 04976
PHONE 207/474-3331



This year, the country's oldest summer playhouse stages its 78th season at Lakewood, a unique resort whose fans come as much for theater as for golf and tennis. You stay in comfortable cottages, dine *a la carte* at the clubhouse or the inn. Shows often feature name stars.

Open as a theater resort late June to September. Double rooms run $25 to $44. Kids 12 and over pay full rates; six to 12, half price; under six, free. Housekeeping cottages cost $200 a week. ■

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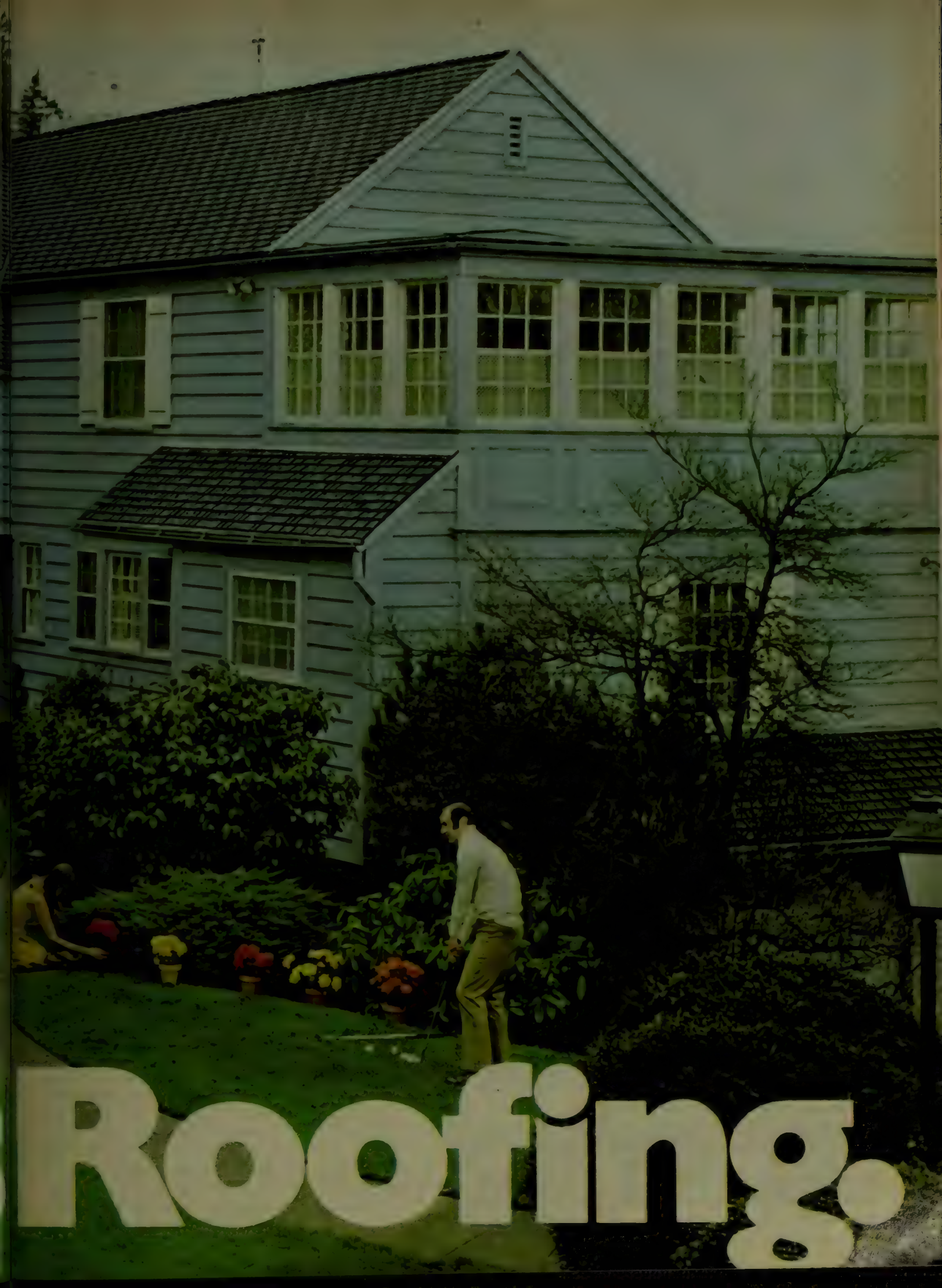


The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

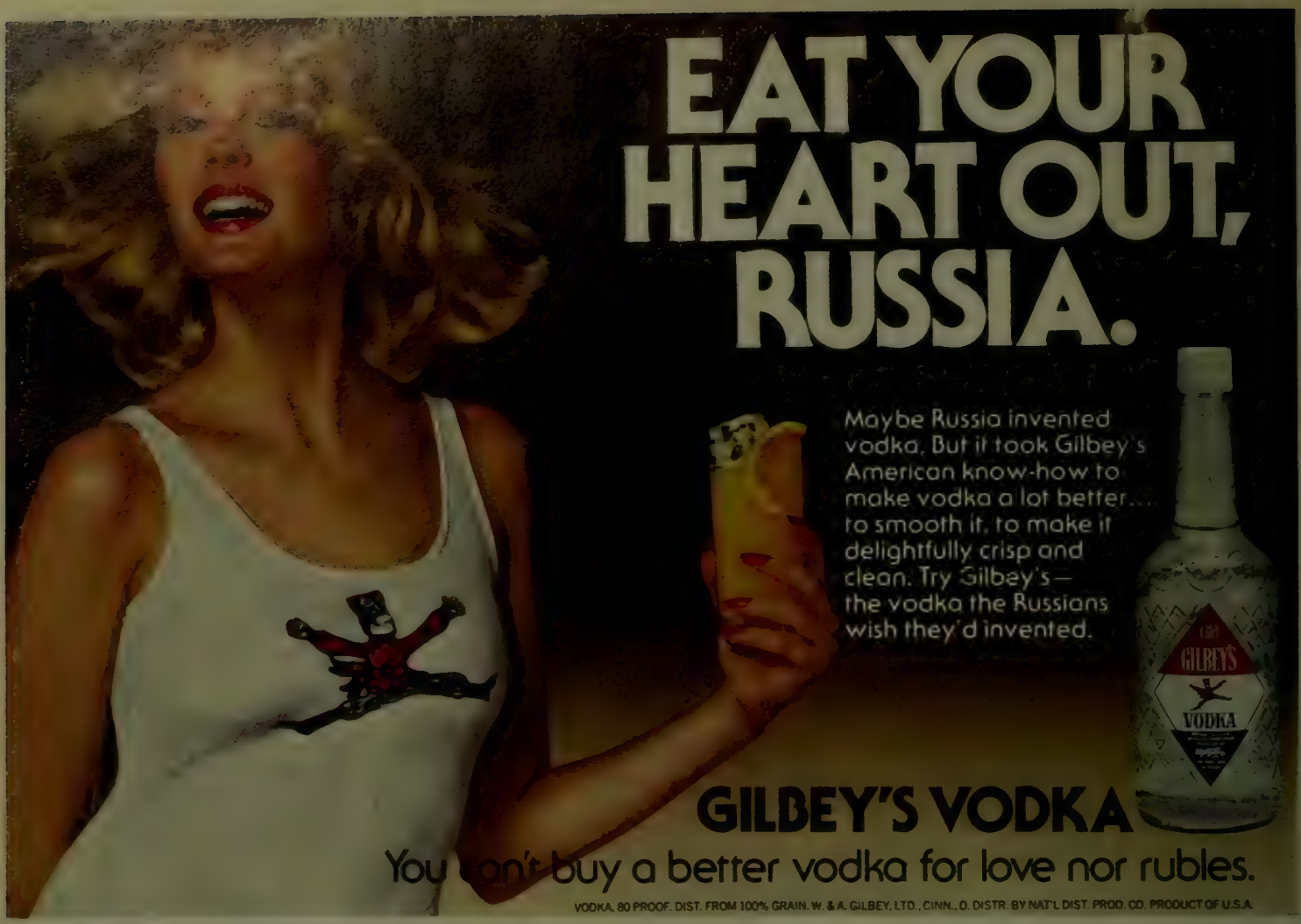
Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.

Asphalt Roofing Manufacturers Association
426 Pacific Avenue, San Francisco, CA 94133.

Today's



Roofing



FOOD

Budget meat kabobs



Photograph: Dieter

Keep these easy-on-the-budget kabobs in mind the next time you want an extraordinary barbecue entrée. For a complete summer meal, team them with a crisp tossed salad, homemade biscuits or rolls, and an assortment of fresh fruit and cheese for dessert.

LIVER KABOBS

1 cup tomato juice
2 tablespoons instant minced onion
1 teaspoon salt
⅛ teaspoon garlic powder
⅛ teaspoon pepper
1 teaspoon dried oregano, crushed
1 pound beef liver, cut in 1-inch-wide strips
3 medium zucchini, cut in ¾-inch chunks

In deep bowl combine tomato juice, onion, salt, garlic powder, pepper, and oregano. Add liver, stirring to coat. Let stand at room temperature 30 minutes, stirring occasionally. Meanwhile, cook zucchini in boiling unsalted water for 3 minutes or till nearly tender; drain. Lift liver from marinade, reserving marinade. On four skewers thread meat loosely, accordion-style, alternating with the zucchini. Grill over *medium-hot* coals for 4 to 5 minutes, brushing occasionally with marinade. Turn. Grill and baste 4 to 5 minutes more. (Or, broil 4 to 5 inches from heat for 8 to 10 minutes, basting occasionally with marinade.) Makes 4 servings.

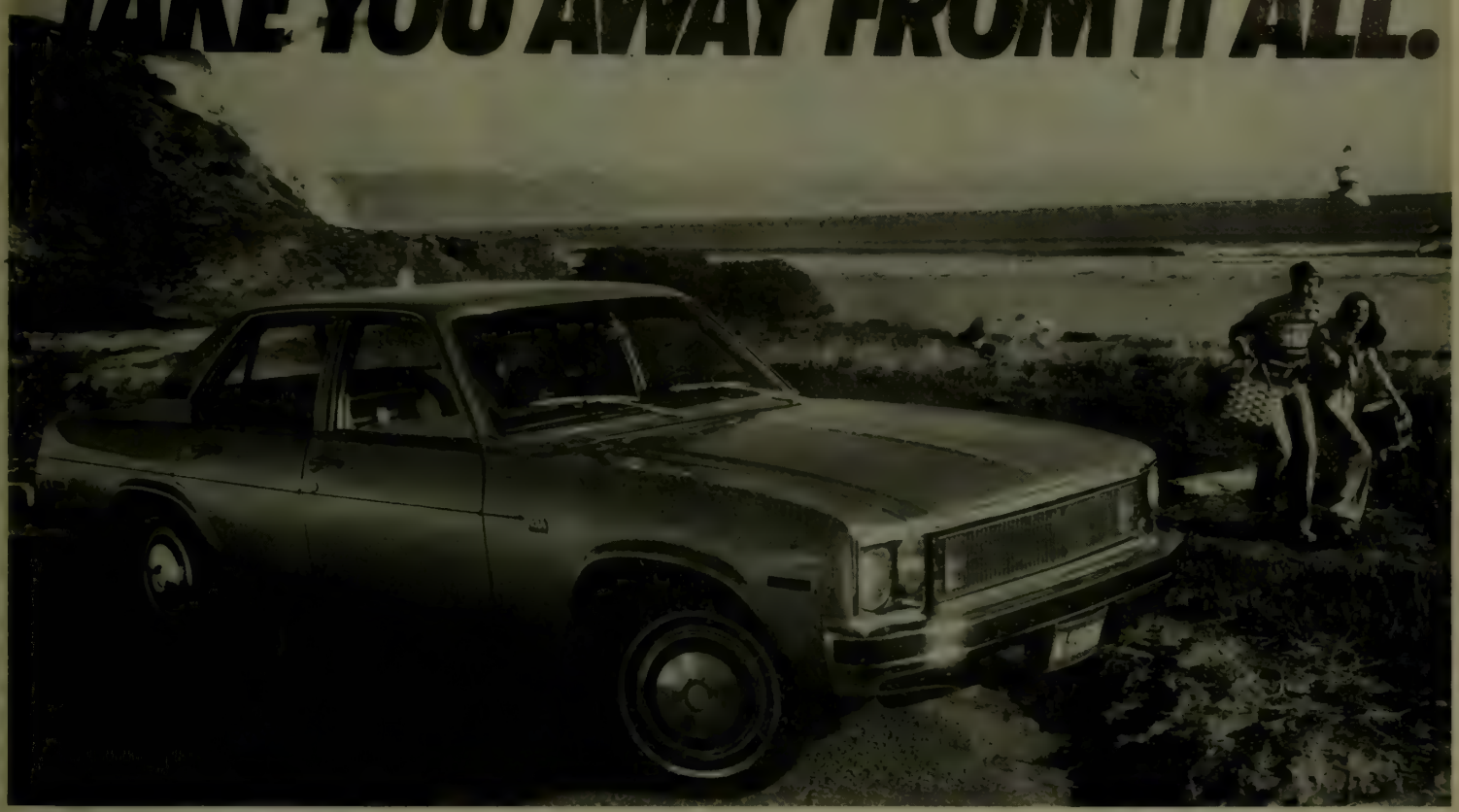
BEEF STEW KABOBS

Meat tenderizer turns beef stew meat into a fast-cooking favorite—

1 pound beef for stew, cut in 1-inch cubes
½ cup bottled teriyaki sauce
⅓ cup dry red wine
1 tablespoon worcestershire sauce
½ teaspoon garlic salt
Unseasoned instant meat tenderizer
1 large green pepper, cut in cubes
½ small pineapple, rind removed, sliced, and cut in wedges

Place meat in bowl. Mix teriyaki sauce, wine, worcestershire, and garlic salt. Pour over meat. Cover and refrigerate overnight or let stand at room temperature 2 hours, stirring occasionally. Drain meat, reserving marinade. Sprinkle meat with tenderizer according to label directions. On four long skewers thread meat alternately with pepper and pineapple. Grill over *hot* coals 8 minutes; baste with marinade. Turn and grill 7 minutes more. (Or, broil 4 to 5 inches from heat for 8 minutes. Turn; brush with marinade. Broil 7 minutes.) Brush again with marinade. Makes 4 servings. ■

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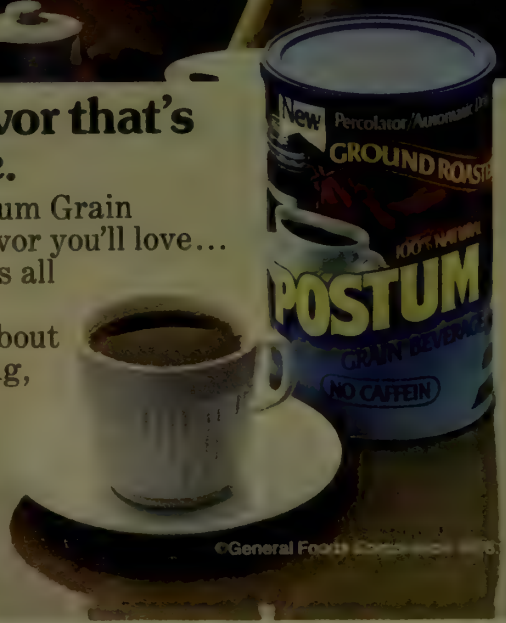


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So if you don't feel right about all the coffee you've been drinking, brew up some Postum today, either percolator or drip.

New Ground Roasted Postum. For fresh-brewed flavor that's naturally caffein-free.



©General Foods

DECORATING

STORAGE FROM SLIVERS OF SPACE

Now there's a third inevitability to add to the classic "death and taxes." It's the storage crunch in the average home. Shelves are always a good solution, but it isn't always easy to find a place to put them. Here are some that fit into spaces you might have overlooked and under-used.



Photograph: William Hopkins Source: Elizabeth Lunt

Under an exposed stairway *(below left)* is a sneaky place to add a series of open shelves. Here one-inch-thick plywood has been cut to fit under each step. Nail, screw, or glue the plywood shelves in place. With a wall-hung shelf and a daybed snuggled in under the stairs, this once wasted space makes a cozy nook for reading or napping.



Photographs Harry Hartman Architect: Crissman and Solomon. Source: Estelle Bond Guralnick

A hall landing can be a perfect place to net some extra shelf space. This top-of-the-stairs library *(above)* was created with shelves on adjustable standards. The right-angled ends are screwed and glued in place to keep books from slipping.



The tall and narrow space between two doors in a hallway can be put to good use with a floor-to-ceiling shelf treatment like this one. The shelves, which are made of pine and painted white, are supported by brackets and wall standards. The ends are angled so they don't endanger anyone going in or out of the adjoining bathroom. ■



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We have a growing concern for you.

FOODS

Speedy entrée from a pressure pan

Dust off the pressure cooker and find out how Grandmother could whip up delightful main dishes with speed and ease. In just 30 minutes this stunning roast is done—complete with an unbeatable simmered-in flavor.

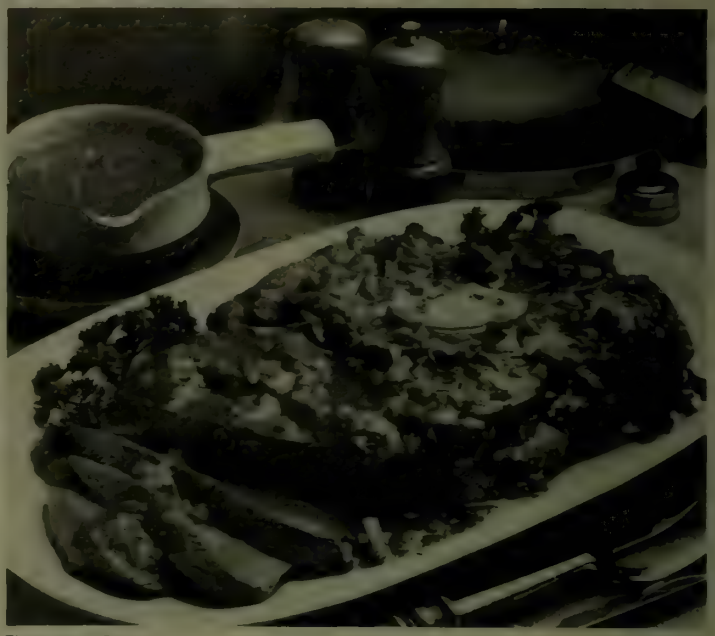
SAVORY ITALIAN BEEF

Serve the roast and gravy with mashed potatoes—

- 1 3½- to 4-pound beef chuck pot roast
- 2 tablespoons cooking oil
- 1 cup water
- 1 8-ounce can tomato sauce
- ½ cup dry red wine
- 1 carrot, finely chopped (½ cup)
- 1 3-ounce can chopped mushrooms
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- 1 teaspoon instant beef bouillon granules
- 1 bay leaf

• • •

- ¼ cup cornstarch
- ½ cup cold water
- Parsley



Photograph: Dieter

In 6-quart pressure cooker brown roast in hot oil. Combine the 1 cup water, the tomato sauce, wine, carrot, *undrained* mushrooms, onion, salt, bouillon granules, and bay leaf; pour over meat. Be sure meat or liquid do not go over ⅔-full line on cooker. Close cover securely. Place over high heat to bring pressure up to 15 pounds; adjust heat so pressure regulator rocks gently. Cook 30 minutes with gauge rocking gently. Remove from heat; bring pressure down quickly by running cold water down outside of cooker, taking care not to run water over regulator. When steam no longer escapes after regulator is tilted, remove regulator, then lid. Remove meat from pan to platter; keep warm. Skim fat from pan juices. Blend cornstarch and the ½ cup cold water; stir into pan juices. Cook and stir till bubbly; serve with meat. Garnish with parsley. Makes 6 servings. ■

This ham is extra lean and that's a guarantee.

EXL Hams from Hormel are carefully selected, trimmed, boned and cooked to pink perfection in their own natural juices to bring out the full tenderness and flavor. And if you're not satisfied that this ham is extra lean, with just a minimum amount of fat for flavor, we'll refund your money. You can't beat a guarantee like that. Except maybe with a recipe like this.

CRAB APPLE GLAZE. Blend 1-cup packed brown sugar, 2½ tbl. cornstarch; add drained syrup from 28-oz. jar of crab apples. Cook over medium heat, stirring constantly until mixture clears and thickens. Brush ham with glaze before last 30 minutes of baking time. Spoon on more glaze before serving and garnish with crab apples and water cress.





The Golden Walkerschnapper was here.



Pack an on-the-rocks glass full of ice, pour in 1½ ounces of Hiram Walker Peppermint Schnapps, top with 3 ounces of pineapple juice, stir, and you've got yourself a Hiram Walker Golden Walkerschnapper.

But not for long. Because like our Red Walkerschnapper (Schnapps and tomato juice), it's sensational. But with a crisp, new, fresher-than-sunshine taste. So tonight, enjoy a Walkerschnapper. But take it easy. Because whether it's Red or Golden, it'll give your glass a nice empty feeling.

SEND FOR OUR FREE ILLUSTRATED RECIPE BOOKLET WITH MORE THAN 100 MOUTH-WATERING FOOD AND DRINK IDEAS. WRITE: HIRAM WALKER CORDIALS, DEPT. GW, P.O. BOX 14100, DETROIT, MICHIGAN 48214.

The Hiram Walker Golden Walkerschnapper.

PEPPERMINT SCHNAPPS, 60 PROOF. HIRAM WALKER & SONS, INC., PEORIA, ILL.

Choosing and using frozen vegetables

If you're like most busy people, you rely on commercially frozen vegetables. Besides being time-saving and economical, they offer quality comparable to that of fresh vegetables.

Today's modern techniques ensure that vegetables are picked at their peak of ripeness. Packaging and shipping occur just hours after harvest.

If handled properly, frozen vegetables will retain their quality up to a year.

Selection is one key

- Select packages that are stored below the designated load line in the grocery store's freezer case.
- Avoid crushed or damaged packages.
- Be on the lookout for frost on packages (or inside a plastic bag). Frost buildup indicates thawing (and loss of nutrients) may have occurred sometime during storage.
- Make the frozen food aisle your last stop before going to the checkout line. Then, transfer the packages to your home freezer as soon as possible.

Careful cooking is key number 2

A little TLC in cooking frozen vegetables will protect those nutrients you purchased. Follow these pointers:

- Prepare only the amount that you and your family will eat in one meal. Reheating takes its toll of vitamin C.
- Cook vegetables from the frozen state. Thawing causes vitamin loss.
- Use as little liquid as possible in cooking to retain B and C vitamins, which are water-soluble.
- Cook vegetables just till tender. Prolonged cooking destroys vitamins.
- Freeze any leftover liquid for a healthy, delicious addition to stocks, soups, gravies, or sauces. ■

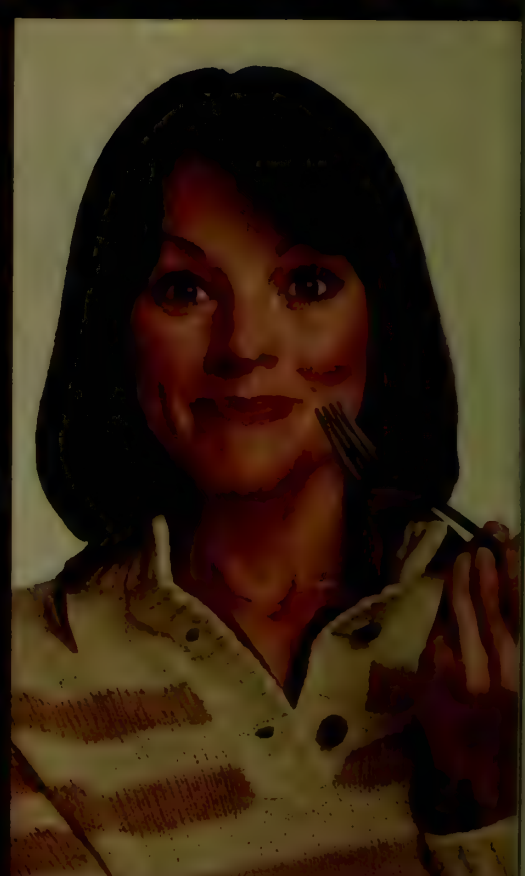
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FOR A CHANGE OF PACE.



Running out of delicious change of pace meal ideas? Then try Chun King Chow Mein.



Those crisp oriental vegetables, tender chunks of chicken, and special one-of-a-kind sauce make Chun King a delicious tasting change from the ordinary.



Absolutely delicious!

CHUN KING®

INSULSPRAY® FOAM PUTS THE INSULATION POWER OF 11-FOOT-THICK BRICKS* IN A 3-1/2 INCH SPACE BETWEEN YOUR HOUSE WALLS.

WHY INSULATE YOUR WALLS?

House walls are a major source of heat loss and gain in a typical home. Of all the products for insulating your house walls, there's not one with a higher Resistance Value (R-Value) than Insulspray foam insulation from Borden.

INSULSPRAY FOAM IS EASILY INSTALLED.

It flows up and down inside the cavity between the house walls to form a rigid "insulation sandwich." In winter, Insulspray foam holds your expensive heat inside. In summer, it keeps heat outside. The house is quieter and more comfortable year-round.

HOMEOWNERS EXPERIENCE SAVINGS AND COMFORT!

In a 1977 survey of 1,296 homeowners who had Insulspray foam installed, 95% reported their homes are more comfortable, and 75% said their homes are quieter. 74% have recommended Insulspray foam to friends or neighbors. What about savings? Read these actual comments!

"I think it is a real fuel saving product. Money well spent."
W.H., Illinois

"It saves us money. Our house is not drafty or noisy."
Mr. & Mrs. L.L., Ohio

"My home is warmer and quieter since insulation — heat bill took a definite drop."
B.K., Washington

"If you want to do something good for your home and your wallet, install Insulspray insulation. It is a great value."
C.C., Connecticut

QUALITY IS BORDEN'S POLICY.

Insulspray foam provides you the assurance of dealing with one of America's oldest and most trusted names. It is Borden's policy to please you these important ways:

BORDEN'S 'NO SHORTAGE' ASSURANCE. Don't wait to insulate. There's a plentiful supply of Insulspray foam.

BORDEN'S QUALITY STANDARDS. Insulspray foam is produced under exacting specifications with numerous quality checks.

BORDEN-CERTIFIED CONTRACTORS. To qualify for certification, contractors must complete a thorough training program. Ask to see your contractor's credential card from Borden.

BORDEN'S HOMEOWNERS CERTIFICATE offers you a permanent record of this value-enhancing improvement to your home.

BORDEN'S PATENTED DIFFERENCE. Not all insulation foams are alike. Insulspray foam is patented and has been used to insulate homes throughout the U. S. and Canada for years.

For insulation protection equal to a giant brick, and the consumer protection of the trusted Borden name, have your walls insulated now with Insulspray foam.



insulspray®

Borden Chemical/Borden, Inc.
180 East Broad Street,
Columbus, Ohio 43215

Insulspray foam is produced by Borden Chemical, Division of Borden, Inc. Insulspray is a registered trademark of Borden, Inc.

**The R-Value of Insulspray foam is 39 times greater than that of brick. Brick is a good building material but a poor insulator. R-Value of brick is 0.11, while the R-Value of Insulspray is 4.3 per inch.*

A foldaway vanity

Now you see it, now you don't. This convenient lighted vanity can disappear when it's not in use because it's built right into the wood-tone counter top. Invisible hinges let the vanity fold down and out of sight.

When the homeowners decided to remodel the bathroom of their old shotgun house in New Orleans, they opted for a light and contemporary look. No massing of shelves and accessories for them, thank you, just clean, crisp lines and a color scheme of wood tones and white.

Their handsome wall-hung bathroom counter may appear to contain simply a lavatory and plenty of elbowroom, *left*. But look again and you'll see why the cypress counter top looks so neat. Makeup and other grooming accessories don't litter the bath area; they're neatly and discreetly stashed inside a built-in, flip-top vanity case.





Photographs: Maris/Semel — Architect: Richard S. Caldwell, AIA. Source: Bonnie Crone

The open view of the vanity, *right*, reveals the simplicity of the unit. Essentially a box suspended within a larger box (the counter), the vanity case can be as large as you want it to be. Be sure to allow clearance for the theatrical makeup lights that flank the vanity mirror. If the makeup user in your family is nearsighted, you might consider installing a magnifying mirror inside the vanity lid.

Conceal the opening mechanism by using invisible hinges to attach the lid to the counter top. Then slide an attractive vanity stool beneath the counter, and your vanity area is ready for grooming action. ■

NEED HAND-SCRUBBING POWER?...

...for tough dried-on foods like lasagna, oatmeal, eggs?

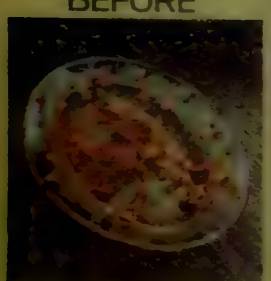
We took a serving dish with dried-on lasagna and put it in with a full load of dirty dishes and Palmolive Crystal Clear automatic dishwasher powder. Later the complete load came out clean as hand-scrubbed.

Crystal Clear is made for tough cleaning problems. Inside your dishwasher, it helps power off most stubborn dried-on foods. And even fights ugly hard-water haze on glasses.

Need hand-scrubbing power in *your* dishwasher?

THE ANSWER IS CRYSTAL CLEAR.

BEFORE



AFTER





The Garden Editors of Better Homes and Gardens® select Holland's most beautiful spring-flowering bulbs

ORDER NOW-SAVE 45%



15 Dutch Master Daffodil Bulbs. Early-blooming, to start off your daffodil season. Beautiful golden yellow with large trumpet. Left undisturbed will multiply each year. April blooming, 20" tall.



15 Red Apeldoorn Tulip Bulbs. Exterior is cherry red, edged signal-red, outer base yellow. In other respects, the same as Beauty of Apeldoorn.



15 Yellow Apeldoorn Tulip Bulbs. Golden yellow. In other respects, the same as Beauty of Apeldoorn.





20 Tall Mixed Dutch Iris Bulbs. The magnificent result of years of careful breeding, these tall beauties have the grace of prize orchids, but with an amazing range of colors. Easy to plant and care for. First of the cultivated Iris to bloom. Long lasting flowers.



15 Beauty of Apeldoorn Tulip Bulbs. Buttercup yellow outer petals dusted with red. Shiny yellow inside, glistening black anthers and center. Hardy in all climates. Unusually sturdy. Blooms late April-early May on 26" stems.



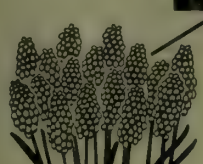


30 Blue Grape Hyacinth Bulbs. Chubby little bells of deep blue grow in full clusters on sturdy 6" spikes. Extremely fragrant. Spread quickly into thick masses. Do well in sun or shade. Multiply and bloom anew each year almost without attention.



60 Mountain Bells Bulbs. 20 each of Alpine Rosy Bells, Sunny Twinkles and Cascade Bells. All three bloom on strong 12" stems. Hardy Alpine blooms in June with fragrant multi-flowering carmine clusters. Sunny Twinkles, also a June bloomer, is golden yellow, has a lovely fragrance. Cascade is pure white with long-lasting multiple blooms and is great for garden or growing indoors.





10 Blue Giant Hyacinth Bulbs. Shoots up large, uniform spikes that bloom lavishly with delightfully fragrant, bell-like florets in a glorious shade of porcelain blue.



20 Mixed Jumbo Crocus Bulbs. Top quality mixture includes a balanced blend of all 5 outstanding colors shown here. Ideal for that natural look. Multiply and bloom year after year. All bulbs 9cm. or larger.

Here's spectacular color and beauty for your garden: an exquisite collection of 200 spring-flowering bulbs chosen by our Garden Editors from among Holland's finest. This fabulous collection is available exclusively from *Better Homes and Gardens* through an arrangement with Breck's of Holland, B.V.

Order by June 30th and you may have this complete collection at the special low price of only $24.95 plus $2.95 shipping and insurance. If you bought these bulbs individually, they might cost you as much as $46.25. That's a saving of 45% compared to the regular retail value. Your bulbs will be shipped direct to us from Holland and sent to you at the proper fall planting time in your locality and you will be billed then. (Of course you may charge your order to your credit card if you wish.)

Better Homes and Gardens guarantees you'll be delighted with your bulbs when they arrive, when you plant them, and after they bloom, or your money will be refunded. This warranty holds until July 31, 1979. There couldn't be a stronger guarantee. In the considered opinion of our Garden Editors, there are no finer bulbs. To make sure you have the collection in your garden, mail the order form now.

SEND NO MONEY. TO RESERVE YOUR BETTER HOMES AND GARDENS "EDITORS' CHOICE" BULB COLLECTION MAIL THIS FORM NOW....

Better Homes and Gardens, Box 10272, Des Moines, Iowa 50336

Please reserve for me now and have shipped direct to me at fall planting time in my locality, _____(qty.) "Editors' Choice" Bulb Collection(s). Each Collection consists of 200 fine Dutch bulbs in the quantities and varieties described on this page. Each Collection will cost me only $24.95 plus $2.95 shipping and insurance, instead of the regular price of $46.25. *Better Homes and Gardens guarantees my complete satisfaction with a money-back warranty good until July 31, 1979.*

☐ Charge in the fall when my bulbs are delivered to my:

☐ Visa ☐ Master Charge (Bank No.) _____

My credit card number: _____ Expires: _____

Signature _____

☐ Bill me in the fall when my bulbs are delivered.

Name _____
(Please Print)

Address _____

City _____ State _____ Zip _____





Thomaston now introduces a new beauty treatment for the bedroom.

Coordinated pillowcases, sheets, quilted bedspreads and drapes—all blend to match your room's personality as well as its coloring.

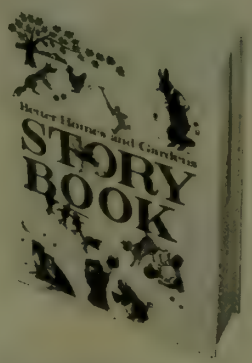
You'll find all your favorite patterns and shades, so you can change the look of your room as easily as you change lipsticks.

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WHEREVER BOOKS ARE SOLD

BUILDING

Between-the-studs table leaf storage

Keeping extra table leaves out of sight but handy can be a problem. These homeowners solved it by utilizing the between-the-studs space on an interior wall of their dining room.



Photographs: William N. Hopkins. Architect: Bill Farnan
Source: Patricia Carpenter

To build a similar storage spot, adjust the dimensions of the bin to fit your table's leaves. You can accommodate table leaves as large as 27 inches wide by removing a portion of one stud.

Decide where to put a header, then simply cut away the part of the stud that extends below the header line. Make your header by sandwiching a piece of ½-inch plywood between two 2x4s. Nail the header between the two studs flanking the opening and nail a vertical 2x4 between each end of the header and the floor. Leave the back and sides of the bin open, or enclose



them with plywood as these homeowners did.

Frame the bin with 1x2s and add a hinged door that complements your dining room decor, *above*. ■

Fresh from California.

Bright La Salle Rosé and California Strawberries.

La Salle Rosé is from The Christian Brothers, and it's one rosé wine that will brighten up lunches, picnics and dinner.

And, La Salle Rosé can be served chilled, iced, or mixed, which is why it's so delicious with California's other wonderful fruit, strawberries.

So, enjoy La Salle Rosé and strawberries together. Just place a strawberry in a glass of chilled La Salle Rosé, and discover a taste fresh from California.

Or, enjoy Frozen Strawberry La Salle for dessert. Just boil (for 3 minutes) 1 cup of sugar and 1/2 cup of water, stirring until dissolved. Add 1 pint of coarsely crushed California Strawberries, the juice and grated rind of a lemon, and 1 bottle of La Salle Rosé. Freeze in a quart container, or as ice cubes. And enjoy a bright dessert.

Then, there's the bright taste of a La Salle Rosé/Strawberry Cooler. A glass of La Salle Rosé, some California Strawberries, ice and a splash of soda.

Or brighten up strawberries and ice cream. Just pour bright La Salle Rosé over each serving.

So discover what's fresh from California. It's the bright kind of rosé wine. La Salle Rosé. And enjoy it with California Strawberries.



From The Christian Brothers of California®

WORLDWIDE DISTRIBUTORS: FROMM AND SICHEL, INC., SAN FRANCISCO, CALIFORNIA, U.S.A.

Take the first step to more beautiful skin with
BUF-PUF®

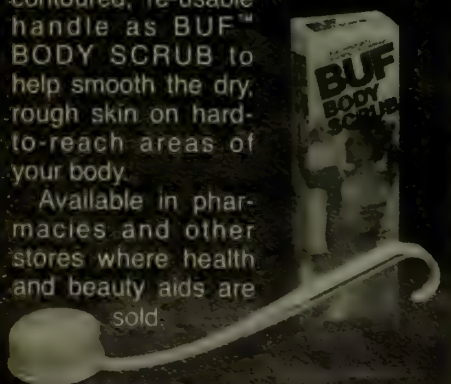


BUF-PUF gives your skin a fresh, tingly, alive feeling and a vibrant glow. With BUF-PUF your skin looks and feels better...is nicer to touch.

Developed by a leading dermatologist, BUF-PUF is a unique, non-medicated cleansing sponge that gently buffs away dirt and dead skin cells as you wash. This mild buffing is called epidermabrasion and it helps even the cloudiest complexion take on a new brightness.

BUF-PUF is also available with a contoured, re-usable handle as BUF™ BODY SCRUB to help smooth the dry, rough skin on hard-to-reach areas of your body.

Available in pharmacies and other stores where health and beauty aids are sold.



For your face and body
BUF-PUF
Nonmedicated cleansing sponge
Riker Laboratories, Inc. 3M
NORTHRIDGE, CALIFORNIA

Quick-to-stitch kitchen catchall

If your kitchen is short on storage, why not put a little wall space to work? Our 32-inch-square kitchen catchall has hooks to keep pans and other cooking utensils handy and perfect-fit pockets for pan lids, silverware, hot pads, trivets, and other culinary necessities.



Design: Cinda Shambaugh. Photograph: Wm. Hopkins

To make a catchall for your kitchen, you will need: 1½ yards medium- or heavy-weight fabric; 1 package double-fold bias tape; two 1-inch-diameter dowel rods; four to six cup hooks; three screw eyes; grommets (optional).

Stitching the rectangle

Cut a 34x36-inch rectangle from your fabric. Press under ½ inch on the 34-inch sides. Fold and press again to form a double-folded edge. Stitch close to the inner fold line on each side.

To form a casing for the top dowel rod, press the fabric under ¼ inch. Then, press under 1¾ inches. Unfold casing and lightly pencil in three marks on the 1¾-inch fold for screw eyes. Mark the center and one inch in from either side. To prevent the fabric from raveling around the screw eyes, use grommets or machine stitch small buttonholes around the placement marks. Refold the casing and stitch along the inside fold.

For the bottom dowel-rod casing, press under ¼ inch, then 1¾ inches as you did for the top casing. Unfold and lightly mark placement for cup hooks on the 1¾-inch fold. To determine intervals for hooks, line up the pans and utensils you plan to hang along a yardstick to measure 32 inches. (If you plan to hang large pans, you may have space for only four since they require more space when hanging side by side.) Use grommets or machine stitch buttonholes around marks. Refold casing and stitch.

Cutting the pockets

For perfect-fit pockets, trace around relatively flat lids on the fabric, adding ½ inch for seams. Or, for larger pans or other items, place the item on a flat surface and measure the total dimension, including the depth or thickness. Add ½ inch to this overall dimension for seams.

Then draw and cut circles from the fabric and press in half to form semicircles. Bind the outer edges of these semicircles with bias tape. Leave ½ inch of extra tape at each side of the semicircle to fold back for a clean finish when attaching pockets.

Attaching the pockets

Position the pockets in desired arrangement on the rectangle. Be sure to allow for the height of lids between the rows of pockets. Lightly mark the guidelines for your pocket arrangement on the rectangle with chalk. Pin one side of the pocket in place. Insert the lid or other item into the pocket and ease the pocket over to the other side to pin in place. This determines how much ease the pocket requires to avoid bulging the rectangle when it's hung. Continue pinning around the pocket. Stitch the outermost edge of bias tape to attach the pockets to the rectangle.

Cut two 32-inch dowels. Insert one in the top casing and attach screw eyes. Insert the other dowel in the bottom casing; screw cup hooks into the dowel through grommets or buttonholes. ■



Connie Parker and Country Pride® just changed a meat 'n potatoes man into a chicken lover.

Chicken used to be "off limits" in the Parker household. But that was before Connie Parker discovered Country Pride chicken and our very simple, very special recipe ideas. Like Country Pride's Hearty Chicken and Rice Supreme, an easy, one-dish meal that's sure to please man-size appetites.

The secret of its goodness, of course, is Country Pride fresh chicken. It's the only chicken that's especially selected and individually certified to be something more than just "Grade A." Plumper. Meatier. More flavorful.

And that's why recipes prepared with Country Pride chicken will always do you proud.

Just see for yourself. Treat your meat 'n potatoes man tonight. You can be sure he'll sit up and take notice. And you can take all the credit.

HEARTY CHICKEN & RICE SUPREME

4 Country Pride split chicken breasts (2 whole)
¾ c. long-grain parboiled rice
½ c. sliced celery
1 envelope dry onion soup mix
1½ cups hot tap water
1 c. frozen peas, thawed
3 tbs. chopped green pepper
2 tbs. diced pimentos

Seasoning: salt, pepper and paprika

Sprinkle chicken pieces with seasoning. Place chicken skin-side up in well-buttered baking dish. Spoon rice and celery around chicken. Add dash of salt. Sprinkle with soup mix. Add water. Cover. Bake in 350° oven — 55 min. Remove, stir in peas, green pepper and pimentos. Cover, return to oven. Continue baking 15-20 min. Makes 4 servings. This recipe is excellent with other chicken pieces.

Country Pride®
Country Pride Foods

Country Pride will do you proud.

Fruit juice desserts



Photograph: Dieter

ROSY GLOW COBBLER

5 medium apples, pared, cored, and sliced (5 cups)
2 cups cranberry juice cocktail
½ cup sugar
¼ cup all-purpose flour
¼ teaspoon ground nutmeg
1 cup packaged biscuit mix
2 tablespoons sugar
⅓ cup milk
1 tablespoon sugar
½ teaspoon finely shredded lemon peel

In covered saucepan cook apples in cranberry juice 5 to 8 minutes, stirring occasionally. Combine the ½ cup sugar, the flour, and nutmeg; add to apple mixture. Cook and stir till bubbly; keep hot. Mix biscuit mix and the 2 tablespoons sugar. Stir in the milk. Pour hot apple mixture into a 1-quart casserole; immediately drop batter in six portions atop. Sprinkle with a mixture of the remaining sugar and the lemon peel. Bake in a 400° oven for 20 to 25 minutes. Makes 6 servings.

ORANGE SNOWBALL BAVARIAN

To toast coconut, spread it in a shallow baking pan and bake in a 325° oven till golden, about 15 minutes, stirring once or twice—

1 cup sugar
2 envelopes unflavored gelatin
⅛ teaspoon salt
1 cup water
1½ cups orange juice
¼ cup lemon juice
Several drops yellow food coloring

• • •

2 cups whipping cream
1 10½-ounce angel cake, cut in cubes (8 cups)
½ cup flaked coconut, toasted
1 cup whipping cream, whipped
1 medium orange, sliced and halved

In medium saucepan combine sugar, gelatin, and salt. Stir in water; heat and stir till gelatin is dissolved. Add orange juice, lemon juice, and food coloring. Chill till mixture is partially set (mixture is consistency of unbeaten egg whites). In large bowl beat the 2 cups whipping cream till soft peaks form (tips curl over); fold in gelatin mixture. Fold in cake cubes and coconut. Turn into lightly oiled 2½-quart bowl. Cover; chill till firm, several hours or overnight. To serve, unmold on serving plate. Frost with remaining whipped cream. Garnish with fresh orange slices and toasted coconut, if desired. Makes 12 servings. ■



Some important reasons why your family may need vitamins

• EAT-AND-RUN MEALS • DIETING • EXTRA STRESS

Many nutrition-conscious Americans take vitamins or vitamin/mineral supplements every day. Some because their doctors have prescribed them. Others because they're dieting to lose weight or just have the feeling that they don't eat properly. Still others because they know that during periods of extra stress, extra nutritional protection may help, and there are many additional reasons.

Whether your doctor has told you that you need a vitamin supplement or you would like to insure that you are getting all your vitamin needs, you will undoubtedly find that Hudson Vitamins has the product you want. For Hudson offers America's most extensive vitamin/mineral line...a total of 209 fine products.

Our HUDSON guarantee

You'll find Hudson has the quality you demand. For one thing, only the very finest ingredients are used. For another, Hudson's quality control exceeds government requirements, assuring you that your vitamins when manufactured will remain fresh for up to three years. Yet Hudson Vitamins are always priced for value. And you must be satisfied with every Hudson product, or your money will be fully refunded.

A Special Value to Introduce Your Family to HUDSON® Vitamins

A FREE 30 day supply with the purchase of 100 of Hudson's best selling multi-vitamins.

Choose ADAVITE High Potency, 10-Vitamin supplement or ADAVITE-M (with 10 vitamins, 6 minerals).



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for the address of your local Hudson pharmacy.

HUDSON® VITAMINS

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temple blossom autumn eternal (gold) # castle garden



Lenox China and Lenox Crystal 15% off, no down payment, 2 years to pay*

Now through May 28, select the Lenox pattern you've always wanted . . . and take up to two years to pay! There's no longer a need to accumulate your fine table appointments one place setting at a time. Enjoy them all at once on our club plan. Choose any open stock pattern at 15% off the regular price of 45-piece sets of famous Lenox china (eight 5-pc. place settings, plus large oval vegetable, 16" medium platter, creamer and sugar with lid). Depending on the pattern, your monthly payment can be as little as 19.00. To complement your magnificent dinnerware and to complete your table setting, add Lenox blown crystal stemware in 16-piece sets. Depending on the pattern you select, service for eight can cost as little as 7.00 per month. To take advantage of this exciting offer, just fill out the coupon below . . . then sit back and enjoy the anticipation of a beautiful Lenox table, now within your reach.



intrigue # weatherly
moonspun castle garden

Please send me a 45-pc. set _____ China pattern

Please send me a 16-pc. set _____ Crystal pattern

Circle two below:
8 goblet, 8 wine, 8 dessert/champagne, 8 iced beverage

Name _____

Address _____

City _____

State _____ Zip _____

Phone (___) _____

(California residents add 6% tax to all quotations.)

☐ Club plan: no down payment, no interest, no finance charges, 24 equal installments. (Enclose account numbers for two credit references). The cost of credit is included in the price quoted for the goods, so the price you pay is exactly the same as our cash price

☐ Check enclosed, including tax

☐ Master Charge # _____

☐ American Express # _____

☐ Visa # _____

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Please allow 4-6 weeks for delivery, postage prepaid. Order must be postmarked before May 28, 1978

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DECORATING

Shady solutions

It's often the simple solution to a problem that works the best. Handling a maverick window shape is no exception. Roll-up window shades in new colors and patterns are a sure way to unify odd-size windows and control light and air—with flair.



Photograph: Bill Engdahl, Hedrich-Blessing
Design: Larry Deutsch, ASID

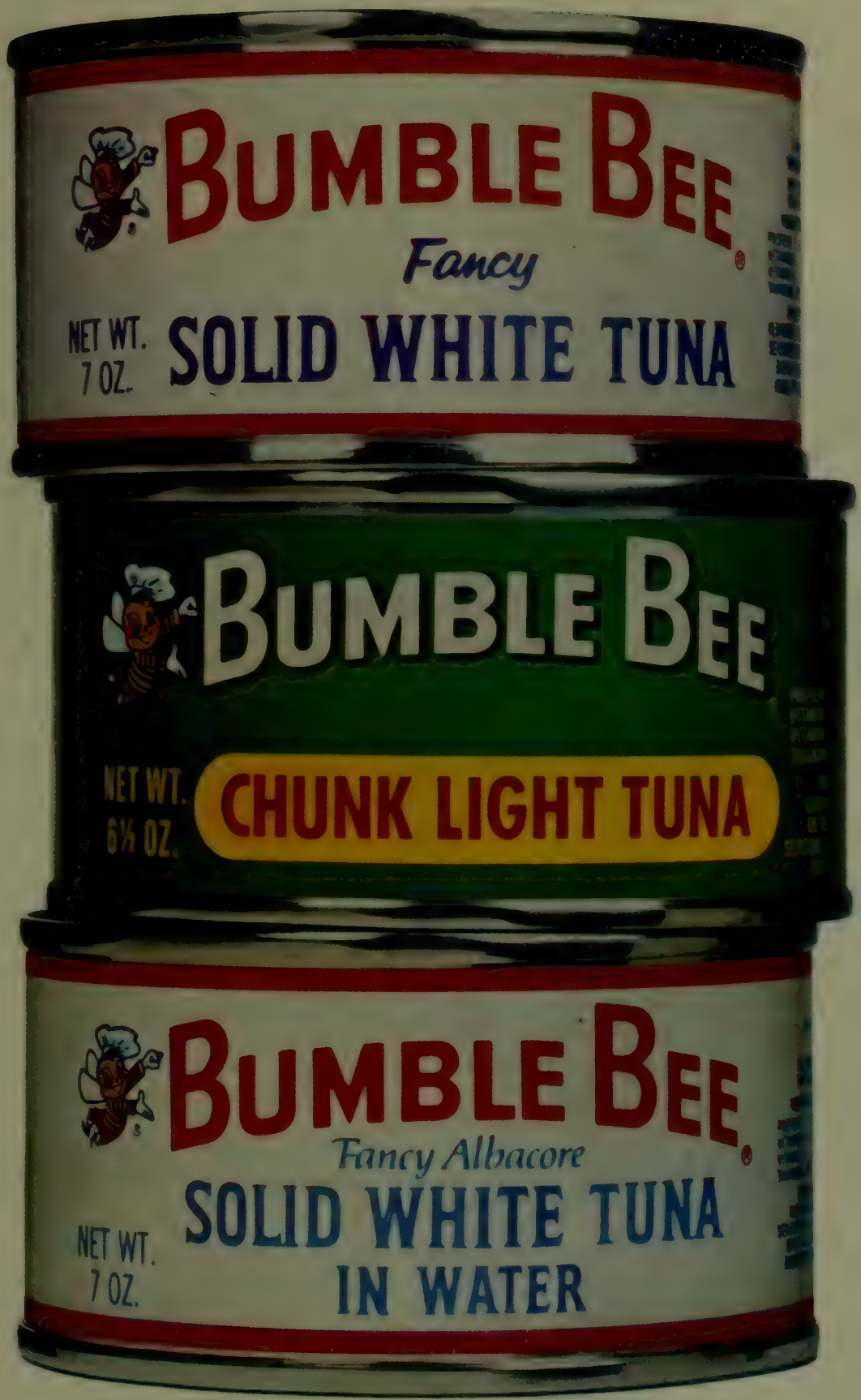
Three small windows take on center-of-interest importance in this children's room shared by two, *above*. Plain white shades were painted with the girls' initials and trimmed with fringe. These practical, vinyl-coated shades are also energy-savers, since they help keep out cold drafts and shield against the sun.



Photograph: Window Shades Mfrs. Assn. Design: Ann Heller

A striped shade turns this oversize—and ordinary—window into a colorful accent in a contemporary room, *above*. The shade is finished with a scalloped border and edged with matching gimp. To top off the window trim, there's a felt-covered valance above that hides the spring roller. ■

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SOURCES FOR HOUSE PLANS

If you're thinking about building a new house but don't know where to turn for architectural suggestions, here are some home design services that offer a variety of house plans and ideas.

- **Garlinghouse Company**
  Department SHG34
  2320 Kansas Avenue, Box 299
  Topeka, Kansas 66601

Garlinghouse has a binder set of house plans consisting of 12 different books, which sell separately for $1.35 each. Each year four new books are published and old ones are either updated or dropped. Price per plan depends on total square footage. Plans are shipped all over the country.

- **Heritage Homes Plan Service, Incorporated**
  Department 106, Suite 307
  3030 Peachtree Road, Northwest
  Atlanta, Georgia 30305

Heritage offers six different house plan books, four of them featuring contemporary homes. The other two feature traditional styles and a combination of rustic and ranch styles. One new book is published per year to keep the plans updated. All six books are available for $9.50. Plans cost $69.50 for one, $15 for each additional, and any four for $110. Orders go out the same day they are received.

- **Home Building Plan Service**
  Studio 28J
  2235 Northeast Sandy Boulevard
  Portland, Oregon 97232

Home Building offers 12 different books containing all types of plans. Books cost between $1 and $4.95 each and are always being updated with new designs. Special books are available for sloping lots, vacation homes, and homes with family rooms. Plans cost between $65 and $150. Orders are processed and mailed the same day they are received.

- **National Plan Service**
  435 West Fullerton
  Elmhurst, Illinois 60126

A complete catalog of house plans is available free of charge. National Plan offers a comprehensive range of housing types. One set of plans sells for $50. Four sets are $90. All plans include lumber lists for easy costing.

- **Master Plan Service, Incorporated**
  89 East Jericho Turnpike
  Mineola, New York 11501

All types of house plans are available through Master Plan. Their $10 encyclopedia includes over 400 designs; eight separate catalogs (with 80 designs each) sell for $1.50 apiece. The books are updated yearly; less popular designs are discontinued and new designs are added. One set of plans sells for $59 and five plans are available for $89. Orders are processed the day they come in.

- **Better Homes and Gardens Plans**
  Reader Service Department
  1716 Locust Street
  Des Moines, Iowa 50336

Better Homes and Gardens offers house plans for most of the houses published in the magazine. The plans are full, buildable working drawings and all are architect designed. Designs range from reproduction traditional to contemporary. A plan set sells for $50, or five sets for $75. ■

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KNOCK OUT RUST THIS MONTH

Smoke detector how-to

A smoke detector is supposed to sniff fires before you do. The unit's shrill buzzer can give you the seconds you need to reach safety.

Depending on its size and design, your house could need more than one smoke detector. Usually, one smoke alarm is placed between each sleeping area and the rest of the house. Everyone should be able to hear the alarm's buzzing through closed doors.

Mount each unit on the ceiling of the bedroom hallway. Multilevel homes need a detector on the ceiling of each level above the stairwell. To install an alarm on a gabled or high-pitched ceiling, mount the unit at least six inches but not more than 12 inches from the ceiling's highest point. This positions the detector in the air flow so the unit can "breathe."

Don't install a detector near a light fixture, forced-air heating outlet, door, or anything else that might keep smoke from reaching the unit. To avoid false alarms, don't mount a unit near the kitchen, garage, or bathroom.

Rooms with beamed ceilings, exposed joists, or overhead radiant heating should have wall-mounted units. Secure the smoke detector to the wall at least six inches but not more than 12 inches from the ceiling line.

To install a smoke detector, you need a 3/16-inch drill and a screwdriver. Locate the mounting holes by removing the smoke detector cover; place the base of the unit in the position desired. Mark, then drill the holes. Install the battery and screw the unit to the mounting area. Write the installation date on the inside of the cover. A battery lasts about one year.

Push the test button once a month. If you hear a buzz, you know the unit is working to keep your family safe. ■

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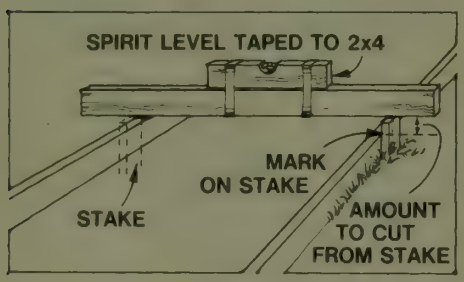
Do you have a lot available? _____

How to pour a sidewalk

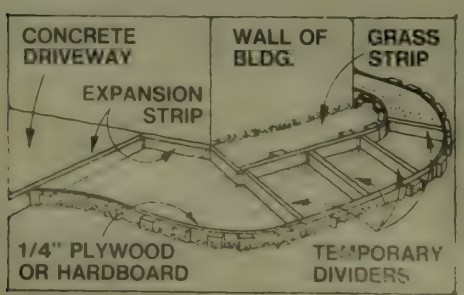
Whether you're replacing a front walk that's been condemned or just pouring a new service lane to your entry, you can save a chunk of money by doing the job yourself. Just follow these steps.

Begin by building and staking the forms. (If you are replacing a broken walk, either break it into small pieces before you lay new concrete over it or remove the old chunks completely.) Determine which way you want the walk to drain (always *away* from buildings) and set the grade by making the tops of all stakes level with the highest point, then adjusting the stakes later to produce the pitch you want. (To carry off water, your walk should slope about ¼ inch per foot of width.)

Use construction grade 2x4s for the forms (assuming a four-inch-thick walk). Brace the forms well with 2x4 stakes—one at each end and extras about every three feet.



Level the forms at the pitch you want, then nail the boards to their end stakes. Cut off the tops of the end stakes flush with the forms, and drive down the intervening stakes to make them flush, too. Use 1x4 form boards for curves, and stake them every *two* feet to prevent bulging. Form extra sharp curves with ¼-inch plywood or ¼-inch tempered hardboard.



If the walk runs next to a building or ends at a driveway, install an expansion joint—a ½x4-inch asphalt impregnated strip sold at building supply outlets.

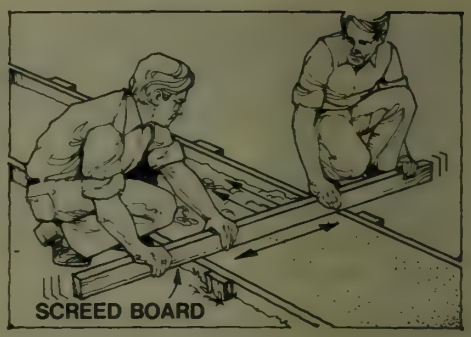
Compact the subgrade well by tamping it thoroughly. Low spots where water will collect should be filled with stone, sand, or cinders. This is important in cold climates where frost will cause heaving and cracking.

To estimate how much concrete you'll need, multiply length by width by thickness to get cubic yards. For example, a three-foot-wide walk that's 40 feet long and four inches (⅓ foot) thick is 3x40x⅓ or 40 cubic feet in volume. Divide 40 by 27 cubic feet (one cubic yard) to get 1.48 cubic yards. (Ready-mix concrete suppliers and concrete pros talk in terms of *cubic yards.*)

For small jobs that require only a few cubic feet, it's economical to mix by hand or with a rented mixer. Or use commercially prepared mix that's sold by the bag. Anything over a cubic yard is generally too much for one person to mix (by hand), pour, and finish in a day. Proportions should be one part cement to three parts sand and four parts ¾-inch gravel.

Having ready-mix concrete hauled to your site saves labor, but you are expected to unload the transit mix truck in the time allowed—about five minutes for each yard. If the mix can't be poured by chute into the forms, you need a couple of helpers and some heavy-duty wheelbarrows.

It needn't be exhausting work to do your own mixing, however. Place a temporary divider between the forms and do only as much as you choose at a time. Before pouring, wet down the forms and the subgrade so they won't draw water from the mix. For maximum strength, concrete should be just moist enough to be worked easily; it should not be soupy. Fill the forms and immediately screed (strike off) the wet concrete with a 2x4 screed board. For a three-foot-wide walk, use a five-foot screed. Work it from side to side as you draw it along the concrete. Screed twice to get the concrete level with the forms and to fill low spots.



Immediately afterward, use a wood float to level ridges left by the screed.

If you want a nonskid surface: (1) Use only the wood float a second time before the concrete sets, or (2) run a broom over the freshly floated surface. For a smooth finish, use a wood float, then follow with a steel trowel when the surface begins to grow firm.

While the concrete is still workable, run an edger between the concrete and the form boards. Then cut control joints (to control cracking) every four feet with a groover.

Concrete should be allowed to cure five to seven days. Leave the form boards on that long. Keep the slab moist by: (1) frequently spraying it with a garden hose or sprinkler, or (2) covering it with plastic sheeting to retain the moisture.

Air-entrained concrete

Air-entrained concrete contains tiny air bubbles that help prevent damage from freezing, thawing, and deicing salts. You can get the concrete in ready-mixed form by asking for six-percent air-entrainment. Trying to mix your own won't work; it's just not possible to mix the concrete vigorously enough.

Timing is everything

Once concrete is poured, level it immediately and finish it when it begins to stiffen. Working time depends on the mix and temperature. On a hot, dry day concrete sets fast. On a cool day you *must* wait for it to firm. Troweling too soon only prolongs setting up. Don't hurry concrete; you'll exhaust yourself. Save your energy two ways: (1) Have everything ready before the truck arrives, and (2) don't buy or mix too much, so you won't have to rush. ■

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Ideas

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Photographs: Ernie Braun. Design: Jack A. Woodson, AIA. Source: Barbara Cathcart

Make the top and sides of your new mailbox from ¾-inch redwood. You can build the front and bottom from redwood, too, or use siding to match the rest of your home, as was done here. (The siding in this case was ⅜-inch resawn fir plywood.) Our mailbox is 16 inches long, 5¼ inches deep, and eight inches high. You can vary the size, of course, but make sure it's large enough to accommodate magazines and bulky mailing envelopes.



Hinge the top so you can rest it in the open position against the wall behind it. (Cut the top into two pieces, connect them with a piano hinge, then nail the back section in place.) Mount the box onto the house (use wood screws) at a convenient height.

If you install your mailbox in a protected entry, you won't have to waterproof the box. ■

GARDENING

Do you need to feed a tree?

Before you fertilize or feed any tree, whether sapling or mature spreading shade tree, consider the benefits and hazards.

Feeding can be a plus for young, small trees. It helps them grow faster and produce larger, greener leaves. A nutritional boost can also perk up trees of any age if they suffer from soil deficiencies. And feeding can help some trees recover from diseases, such as verticillium wilt.

However, feeding may not be beneficial to all your trees. The resultant boost in growth rate may be super for saplings, but it can weaken the wood of mature trees, making them more vulnerable to storm breakage. Pruning can become a problem when the fertilizing causes a tree to grow out of scale with your landscape design. The lovely large leaves may also be more vulnerable to diseases.

Before encouraging a spurt in growth, check on what you should expect from your variety. If your tree seems to be a slowpoke, inspect site conditions. Are soil texture, drainage, and exposure right for the tree? Is anything restricting the roots or trunk, and is there damage from disease and insects?

Tree-feeding how-to

Deep injections are not necessary as most of the tree's feeder roots (the ones that use the nutrients) are in the top ten to 12 inches of soil.

Applying fertilizer on the surface works as well as injecting it down several feet. Place plant food where the roots are—under the crown spread of the tree and a few feet beyond.

Most trees show little response to anything but nitrogen, except where specific minerals are deficient. Don't use more than six pounds of nitrogen per 1,000 feet of surface.

Avoid complete fertilizers—those containing nitrogen, phosphorus, and potassium—for tree feeding. Grass around the tree can be injured by quantities of complete fertilizer sufficient to supply six pounds of nitrogen per 1,000 square feet. ■



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FIRESIDE SEATING



Photograph: Bob Hawks. Design: Karen Marcus of Halls Crown Center. Source: Jean Kygar Eblen



Photograph: Ernest Braun. Source: Helen Heitkamp

Summer or winter, there's no more natural gathering spot than around a fireplace. Since it's often the focal point of the room and a hub for conversation, a fireplace calls for comfortable seating nearby. But seating doesn't have to fit into the traditional sofa-and-two-chairs pattern. Here are two attractive examples of alternative groupings.

▲ If your family tends to lounge as well as sit, these modern-day versions of the *recamier*, or reclining couch, may be just the ticket for conversation. This type of couch has a single long cushion plus wraparound corner bolsters for lounging comfort. Small pull-up tables move about as needed and take up less space than one large coffee table.

▲ There are more ways to make up a cozy conversation group than with matched pairs of seating. In the room above two love seats face each other near the fireplace. One is covered in a contemporary textured fabric, the other in a traditional floral print. Although different on the surface, the sofas are similar in style, so they work well together. ■

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BUILDING

A garage with storage on the side

If you own a home, chances are you also own a lot of equipment—lawn mower, garden hose, rakes, buckets, sports and play paraphernalia, and odd pieces of lumber. Finding a weather-protected home for all that gear can pose a considerable problem. These homeowners came up with a neat solution. They devised an attractive outdoor storage unit that houses their principal vehicles (one car and a bevy of bikes) and also offers the security of an enclosed storage room.





Photographs: John Rogers. Architect: Michael Bartlett, AIA
Source: Barbara Sims/Linda Magazzine

This vehicle-plus-storage area tucks neatly into a corner of the backyard; the storage room is sited between the two vehicle ports. You can enter the 6½x24-foot storage room through a door centered along the drywalled carport wall.

The simple, functional design of the structure helps to keep it unobtrusive. The concrete slab ports have shed roof lines and cedar shake roofing and siding. The fencing (2x2s spaced two inches apart and braced with 2x4s) is extended along the driveway to separate the storage ports from the adjacent garden areas. ■

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DECORATING

Green-growing entries

An eye-catching grouping of green plants is a great way to liven up a lackluster entry or hallway. Here are two types of plant treatments to consider for your house.



Photograph: Jim Hedrich, Hedrich-Blessing

Butcher-block platforms with plate-glass tops make perfect display units for small and medium-size plants. The slatted-side platforms take up very little floor space and keep the plants in a tidy two-tiered arrangement. Each of the nesting plant units measures 16 inches deep.

Source: Jessie Walker Associates



Photograph: Harry Hartman

Even though this foyer is totally devoid of natural light, plants flourish in the suspended built-in planter. Three hanging grow-lights in cone-shaped fixtures provide all the light the plants need. A mirrored backsplash reflects the greenery. ■

Design: Susan Acton of Contemporary Interiors.
Source: Estelle Bond Guralnick



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A casual room becomes exciting with Sears Footlights Supreme printed carpeting. Choose a field of strawberries, a lively plaid, or any of the large selection of available patterns and colors.

Footlights Supreme, a Sears Best, is made of 100% Antron® nylon pile, the most durable carpet fiber. The urethane cushion back is all the cushion you'll need. It's anti-static and treated with SCOTCHGARD® Brand Fabric Protector. Its soil-hiding properties make it perfect for a kitchen or den.

Footlights Supreme is backed by the Sears Label of Confidence, the label behind every piece of Sears floor covering. It reveals important information like fiber content, construction and wearability...and most everything else you need to know before making that all-important purchase.

Step up and see Footlights Supreme, available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

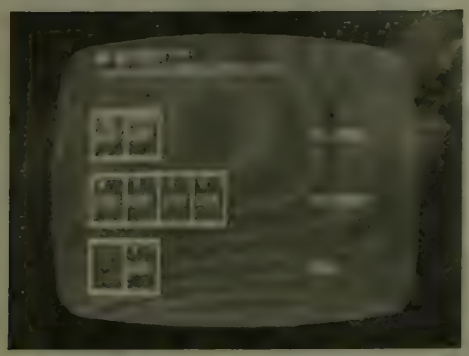
Only at **Sears**

© Sears, Roebuck and Co. 1978

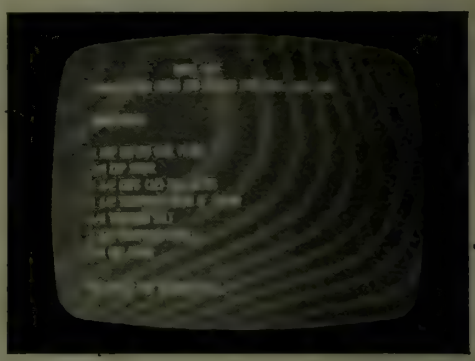
Reg. $8.99 sq. yd. Sale $7.99 April 23 through May 27, 1978

GOOD NEWS

Tabletop computer







Affordable computers for the home are now available to help you manage personal finances and menus, and to help children with their studies. And these computers are scaled-down versions of the real thing, not just video games. This $600 system includes a microcomputer with keyboard, a 12-inch video display monitor (your own television set will not accept this computer), a cassette program player/recorder, a prerecorded blackjack and backgammon cassette program, and one blank cassette. A comprehensive manual explains how to use the optional prerecorded program cassettes (partial list below) and record your own programs. The manufacturer plans to offer new prerecorded programs on a regular basis.

TRS-80 Microcomputer System, about $600; basic computer course program, about $13; recipe program, about $5; personal finance program, about $15; math and algebra programs, both about $20. Radio Shack, a Tandy Corporation Company, 1400 One Tandy Center, Fort Worth, Tex. 76102.

Good-looking energy savers



These light fixtures combine the energy-saving operation of fluorescent lighting and the decorative look of standard lighting. The circular fluorescent bulbs provide abundant illumination and are especially effective when installed in areas where good lighting is essential, such as kitchens and family rooms.

Sterling Circline Fluorescent Fixtures, from about $67 to about $93. Nutone Division, Scovill, Madison and Red Bank Roads, Cincinnati, Ohio 45227.

Steady roller



Do you find that keeping a loaded wheelbarrow balanced is as difficult as pushing it? With this cart, the weight of the load is distributed across the diameter of the inflatable ball-shaped wheel for a steady ride. The cart won't get mired in mud or damage soggy lawns, and its rugged plastic bin is rustproof.

Ballbarrow, about $50. Capacity: four cubic feet. Ballbarrow Corporation, 1320 Ardmore Avenue, Itasca, Ill. 60143.

Solar water heater



You can tap the sun's energy for hot water or beverages with this portable solar heater. A reflector lid intensifies the rays entering the two-gallon tank through a translucent window. You can get hot liquid year-round, but bright summer days will produce the quickest results.

Solar Wunder Water Heater, about $50. Solar Works, Inc., 4817 First Ave. S., Birmingham, Ala. 35222

continued

Introducing RUST-O-CRYLIC®



The easy new way to fight rust.

RUST-O-CRYLIC® is a water-based coating that takes the work out of fighting rust. Yet, it gives the same lasting protection as RUST-OLEUM® with its famous fish oil formula.

Easy clean up. There's no mess when you're finished. Simply wash your brush with soap and water.

Fast drying. RUST-O-CRYLIC coatings dry to the touch in 15 minutes. Apply a primer coat and follow up with your favorite RUST-O-CRYLIC top coat in one hour.



Proved in industry. Like original RUST-OLEUM®, this tough coating has been proved in heavy industry. Today, it's protecting millions of dollars of equipment from the worst kind of rust conditions.

Ask your paint or hardware dealer for RUST-O-CRYLIC water-based coatings. He has them in your favorite colors.

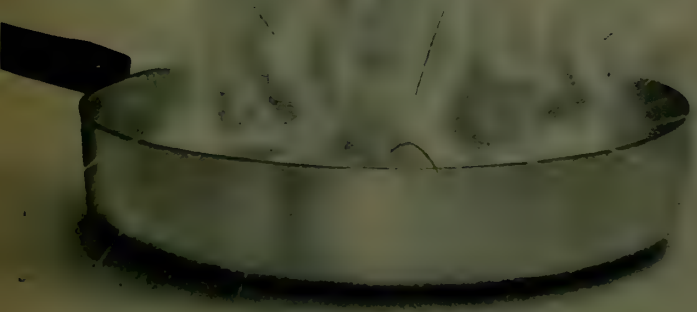


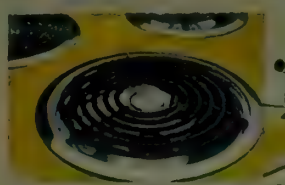
RUST-OLEUM CORPORATION

2381 OAKTON STREET • EVANSTON, ILLINOIS 60204

EVER WONDER WHERE THE COOKING GREASE GOES?

EVERYWHERE!





New Improved Grease relief®
for the grease that goes everywhere.

Almost every time you cook, grease particles fly through the air and land everywhere. Worse yet, grease attracts dirt.

New Improved Grease relief® gets rid of grease and dirt. Not all products do. Some only clean up the dirt and leave a greasy film behind. Grease relief dissolves away grease. It actually degreases your whole kitchen.

Plus, Grease relief even gets rid of greasy dirt on your clothes.

© 1978 Penwalt Chemicals Company
Division of Viadon-Norwich Products, Inc. Greenville S.C. 29607



GOOD NEWS

Baby's safety floater



The buoyant collar on this life vest keeps your infant's head safely above the water's surface. Velcro side fasteners and straps adjust to fit any child under 30 pounds in weight.

Kindergäärd Life Vest, about $15.95. Stearns Manufacturing Co., P.O. Box 1498, St. Cloud, Minn. 56301

Your own yarn cutter

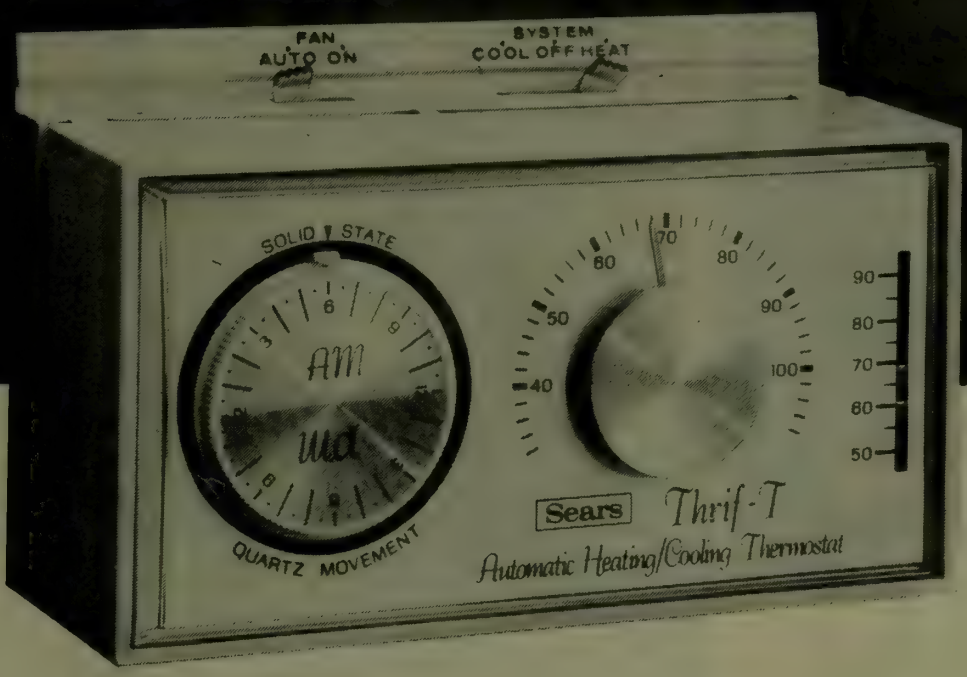


Want to cut the cost of your needlework projects? Instead of buying precut yarn, use this device to cut 2½-, 3½-, and 4½-inch lengths of yarn from skeins.

Adjustable Yarn Cutter, about $4.95. Pittsburgh Yarn Company, 707 Penn Ave., Pittsburgh, Penn. 15222

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

Save on Sears Thrif-T Thermostats, and they'll help you save on fuel costs automatically.



Our Thrif-T Thermostats are another group of Green$aver products from Sears. Because these automatic thermostats help you hold down the energy dollars that go into heating or cooling your home.

There's a Sears Thrif-T Thermostat with a Single Set-Back. In winter, it can automatically turn down your heat while you sleep, then turn the heat back up before you get up. With air conditioning in summer, it automatically sets the temperature up while you are away at work. Then turns it down at a pre-set time before you get home.

There's also a Sears Thrif-T Thermostat with a Dual Set-Back. It gives you two separate timing functions that automatically raise and lower temperatures during both your sleeping hours and the hours you're away from home.

These Green$avers work for you whether you use oil, gas or electricity. They replace most existing thermostats quickly and easily. There's no additional wiring. A screwdriver is all you need. The 24-hour quartz timer runs on a special, long-lasting NiCad battery that recharges itself.

So save now at sale prices. And start saving on fuel automatically from then on.

Here's the kind of heating/cooling savings Sears Thrif-T Thermostat can help you achieve by automatically changing the temperature twice a day.

Approximate Percent of Energy Savings

	Heating* (nighttime setback)		Cooling* (daytime setup)
	5°	10°	5°
ATLANTA	11%	15%	9%
CHICAGO	7	11	16
DALLAS	11	15	9
LOS ANGELES	12	16	20
MINNEAPOLIS	5	9	9
PITTSBURGH	7	11	10
ST. LOUIS	8	12	9
SEATTLE	8	12	9

*Above savings are based on computer study of a one-story home of 900 square feet with four people in the household. Heating savings based on daytime setting of 75° and nighttime setback from 10PM to 6AM. Cooling savings based on 75° nighttime setting and daytime setup period from 5AM to 4PM. Your savings may vary.

ON SALE

at most Sears retail stores

SAVE $5 or $10

HEATING/COOLING UNIT

Single Set-Back

REG. $54.99 NOW $44.99

Dual Set-Back

REG. $59.99 NOW $49.99

HEATING ONLY UNIT

Single Set-Back

REG. $44.99 NOW $39.99

Dual Set-Back

REG. $49.99 NOW $44.99

Sears

Sale starts April 30, ends June 3, 1978

© Sears, Roebuck and Co. 1978

Prices and dates may vary in Alaska and Hawaii.



Books Like These Don't Grow On Trees.

ORTHO announces two significant new titles in its fabulously successful book series now numbering 20. Produced in the colorful, factual ORTHO format, these new books present all original material culled from years of experimenting with growing things.

The World of Trees
tells how to select and grow trees from the points of view of home owners, city planners, landscape architects, food growers, commercial growers and tree enthusiasts. It includes regional maps, charts on fast growing trees, and the soil needs of various trees. More than half the book is a regionalized "tree encyclopedia." Complete nuts and bolts information on digging, planting, staking, watering, fertilizing and pruning. 112 colorful pages.

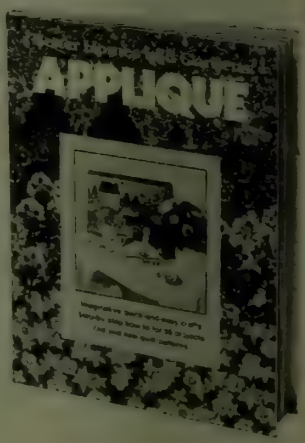
Gardening with Color
discusses using the wonderfully varied colors of nature as a gardening palette. It will open your eyes to the colors that already exist in any landscape, teach the principles of color gardening, give advice on color combinations in single flowers as well as whole fields of floral color. It tells how the gardener can borrow different planting and color ideas from different countries. Contains detailed charts of plant materials for planning color combinations in the garden. 96 colorful pages.

ORTHO books are available wherever ORTHO products are sold.

Chevron
ORTHO Chevron Chemical Company
575 Market Street, San Francisco, CA 94105

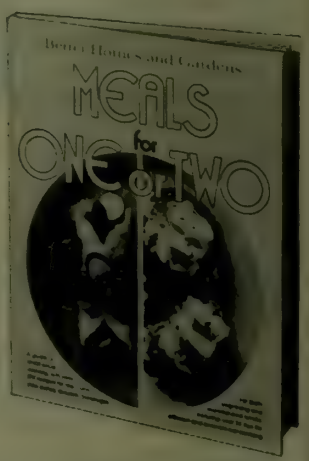
NEW IDEAS

THE ANCIENT ART OF APPLIQUE, UPDATED FOR TODAY.



Few sewing techniques span the generation gap as completely as applique. From grandma's favorite quilt to little sister's blue jeans, applique is appreciated and admired by people of all ages. This new book from Better Homes and Gardens serves as a basic introduction to this fascinating hobby. The beginner is taken in easy stages from basic techniques, through quick-and-easy projects, all the way to advanced methods featuring traditional as well as modern projects. Included are color-illustrated designs for beautiful pillows, toys, home accessories, wall hangings, soft sculpture, quilts and many more. This hardcover, 96-page book includes step-by-step instructions for 43 imaginative projects in all. Only $3.95 wherever books are sold. A similar book titled *Embroidery* is also at your bookseller.

COOKING FOR TWO CAN BE THE MOST FUN OF ALL



If you somehow have the idea that cooking a whole meal for just yourself... or for two... is too much bother, then you really need this brand new Better Homes and Gardens *Meals for One or Two Cook Book*. You're going to be surprised at how satisfying it is to turn out a delicious dinner for two without having to cut big recipes down in size. Included are 190 tested recipes for main dishes, side dishes, desserts, beverages and snacks. All perfectly scaled down to give you one or two servings without wasteful leftovers. Even helps you save money at the supermarket. 96 pages, 46 color photos. $2.95 at your bookseller.

IMAGINE! A DIFFERENT SALAD EVERY DAY FOR FIVE MONTHS



It's a fact. Better Homes and Gardens is just out with a colorful new salad book that has recipes for 161 delicious-to-eat, beautiful-to-look-at salads. Vegetable salads, fruit salads, molded salads, full meal salads, and salad dressings. Also included are special "diet" salads and dressings... even popular new "natural" salads using sprouts, yogurt and nuts. The day is long past when a salad meant half a canned peach and a scoop of cottage cheese on a leaf of lettuce. This new book shows you how exciting a salad can be, and how it can perk up a whole meal... and sometimes be a whole meal all by itself. Have fun. *All-time Favorite Salad Recipes*, is the fifth in a series of 96 page books. At your bookseller for only $2.95.

PPG Solarcool® Bronze glass tames the blazing summer sun. And air conditioning costs.





With all of its windows and sliding glass doors glazed with PPG Solarcool Bronze reflective glass, this Florida home looks perfectly beautiful.

But it's on the inside that Solarcool pays off. By reducing glare and heat gain from the burning southern sun, this newest PPG residential glass can save up to 17 percent on air conditioning costs. That's compared to clear glass and is based on a PPG computer energy analysis. Comparable savings can be obtained in other locations.

In the daytime the glass reflects the lovely Florida sky and water. Even more important, it sharply reduces visibility from the outside, so people inside enjoy comparative privacy. And ultraviolet light, a major cause of interior fading, is cut way down.

If Solarcool can tame air conditioning costs in Florida, think what it can do for the home you're going to build or buy. Why not write for a free copy of our Solarcool idea book: "Best Glass Under the Sun." PPG Industries, Inc., Dept. BH-158, One Gateway Center, Pittsburgh, Pa. 15222.

Bent Tree Development by
The Babcock Company, Coral Gables, Fla.

PPG: a Concern for the Future

PPG
INDUSTRIES



HOW TO TEACH YOUR DOG GOOD MANNERS

Dogs are a lot more fun to have around when they're well-mannered. The pet that jumps up on visitors, barks at the mailman, or doesn't come when called can be a real nuisance. Whether your dog is a pup or a mature member of the family, obedience training can change him from a ruffian to a model of canine deportment.

Obedience training is a rather formidable name for what amounts to teaching the average family pet some basic behavior patterns. For most dogs it's sufficient achievement to master five commands—*heel, sit, down, stay,* and *come*—and overcome any special problem like chronic barking. The *heel* command makes walking your dog a pleasure. Your pet strolls quietly at your side and adjusts his pace to yours. The command to stay can literally save your pet's life by preventing him from plunging into traffic.

Of course, if your interests are more specialized, you can use obedience training to prepare your dog for the show ring, hunting, and field trials, or guard or rescue service.

When to begin

Most trainers say your dog should be at least six months old before you enroll him in an obedience training course. The ideal age is about eight or nine months. The time involved and the success rate vary with dog and trainer. A puppy less than six months old is usually too immature to respond, though some trainers offer "kindergarten" puppy training, to help young dogs become accustomed to people and other animals and to teach them some degree of control.

And despite the cliché, you *can* teach old dogs new tricks. But the training may take longer and the success rate usually goes down after about age six.

Training time for you, too

You don't have to be an expert to train a dog. In obedience training, the owner is trained along with the pet. The keys to success are patience, practice, and consistency.

Whether you seek a professional's help or handle all the training on your own, you and your pet should learn to work as a team. (Most professionals don't recommend sending your dog away to obedience school.) Both owner and pet learn to trust each other and develop a pattern of success. You'll have to master a number of techniques, such as how to give firm but not harsh commands. And you must provide plenty of praise and positive reinforcement, just as you do in training a child.

To do it yourself

If you're training your pet on your own, you must be willing to set aside regular training times. Plan on ten- to 15-minute workouts twice daily for several weeks.

Most pet stores sell instruction books for under $5. Or you can get training information from your local humane society or from the American Humane Association, 5351 South Roslyn, Englewood, Colorado 80110 (send 15 cents to cover postage). Manufacturers of pet products may offer training brochures, too. For a free copy of *What Every Good Dog Should Know,* write: Gaines Training Booklet, Box 1007, Kankakee, Illinois 60901.

You'll need to buy a choke collar (leather for puppies; metal chain for older, larger dogs) and a leather leash about six feet long with a snap fastener ($7 to $10 depending on size and material). Later, a 20- to 30-foot length of clothesline rope can be useful in teaching the command "Come."

With outside help

On the other hand, there are some important advantages to signing up for a training class conducted by a professional. A trained instructor can quickly point out errors and help you and your dog overcome specific problems.

Chances are both your dog and you will learn faster training with a group. Being in a class can boost the morale of a timid dog and be a settling influence on an aggressive pet. Most dogs are social animals and respond better in competition with their peers. Also, you'll have an incentive to do your training homework, so your pet will measure up to his classmates.

Local training clubs, sometimes affiliated with the American Kennel Club, are popular with many pet owners. Usually the clubs are staffed by trained volunteers and provide classroom situations in which you and other owner-dog teams can learn together. Many of the classes are open to crossbreeds as well as purebreds and may lead to obedience competition. Some obedience trials include classes especially for children and teen-agers who've trained their pets; otherwise, youngsters may compete along with adults.

The hour-long training sessions, usually one a week, are spread out over ten to 12 weeks and cost about $30. The fee often includes collar and leash. You can find a club in your area by writing to: American Kennel Club, 51 Madison Avenue, New York, New York 10010. Your

continued

Drawing: Hellman Design Associates

Chances are 1 in 3 your dog is hiding a weight problem.



Veterinarians report that, on average, 1 out of 3 dogs is overweight.* And most of their owners aren't aware of it. Read how to tell if your dog is overweight. And what Cycle® 3 dog food can do about it.

Overweight in dogs can be unhealthy—just as it can be in people. But it's a lot harder to spot. You have to know where to look and what to look for.

EXAMINE YOUR DOG CAREFULLY.

If you can't feel his ribs easily, chances are they're covered by extra pounds. His flanks should taper upward—not hang loosely—from rib cage to hind legs. His head shouldn't appear to sit on his shoulders without much of a neckline. Check his joints: excess weight can make them stiff or swollen.

And remember: clues may show up in your dog's behavior. If he tends to sleep a lot, or is less active, less playful—he could be overweight.

CYCLE 3–THE FIRST FOOD MADE FOR THE OVERWEIGHT DOG.

Cycle 3 provides an adult dog with all the daily nutrition he is known to need. In a full-size meal of meaty chunks, and a choice of tasty beef or chicken flavors. Yet every complete Cycle 3 dinner contains less fat and 20% fewer calories than the best-selling canned food.

CHECK WITH YOUR VETERINARIAN.

He can help you determine what your dog's proper, healthy weight should be. With normal exercise, Cycle 3 can help your dog return to that weight again.

There's a Cycle food formulated for each important stage in your dog's life.



GF GENERAL FOODS

Cycle® Nutrition...for the life of your dog.

DOG FOOD

©General Foods Corporation 1977

*Telephorte survey of over 400 veterinarians throughout major cities across the

continued

Teach your dog good manners

local veterinarian or humane society probably also can supply information. Or write: Gaines Obedience List, Box 1007, Kankakee, Illinois 60901, for a rundown of classes in your vicinity.

Professional trainers offer both classes and individual instruction. You can expect to pay slightly more for their services than for club training (from about $40 for ten lessons; private lessons about $15 per hour). Some trainers specialize in particular breeds. And some prefer to involve the entire family (particularly the kids) in training your dog in his home environment.

Recently, specialized canine behaviorists also have come on the scene. They operate on the premise that there are critical periods in the psychological development of any dog, and that your pet responds best when lessons are geared to his natural inclinations. If your pet is shy, insecure, or has suffered abuse from a previous owner, for example, a behaviorist may begin training with simple fetch-and-carry routines. That way the dog can participate without a leash, and his efforts can be quickly rewarded to bolster his feeling of accomplishment.

Picking a professional

Picking a good trainer involves a bit of comparison shopping. Since trainers generally aren't licensed or certified, quality varies widely. Begin by asking for recommendations from your veterinarian or friends who have trained dogs. Then call the trainer and ask for information on his background, the length of time he's been in business, and how many of his or her "pupils" have earned their CD (companion dog) degree in obedience competition. Also, ask for a couple of customer references you can check out. A preliminary discussion about your pet with the trainer also will be helpful.

Before you enroll your dog with a trainer or club, attend at least one novice class and watch the dogs in action. Pay particular attention to the methods used and the trainer's or instructor's willingness—or lack of it—to solve problems. Are the techniques humane or is excessive punishment, rather than reward and reinforcement, used in teaching? Is the class atmosphere relaxed? Ask the pet owners if they feel their dogs are making progress (but keep in mind that some dogs simply learn quicker and easier than others).

Keeping up the good work

Once you and your pet have completed training, remember: Use the training techniques you've mastered regularly. A dog is a creature of habit, and if you don't put what's been learned into practice, your time and effort will have been wasted. You may even want to continue with regular practice sessions at home. They provide great opportunities for good physical workouts to help both you and your pet stay fit, along with some stimulating mental exercise.

Traditional dog "tricks" (shaking hands, rolling over, playing dead, and such) also can usually be more easily taught to a dog that's been obedience trained. ■

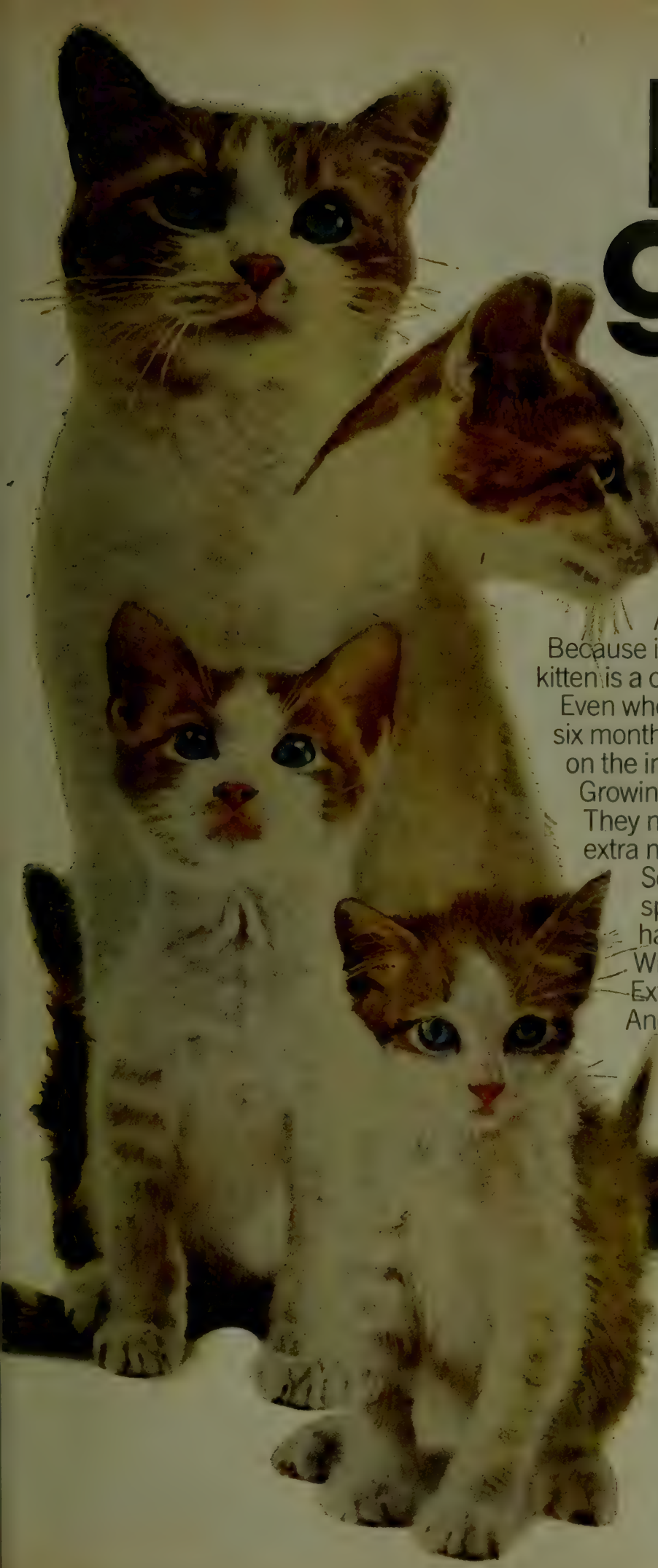


☐ Cocoa is the rich, creamy new color Eljer is pouring in a complete line of bathroom fixtures—including lavatories, toilets and bathtubs. ☐ Wait 'til you see the way it warms your bathroom. It harmonizes with almost any beautiful earth tone you choose to live with. Or, try it with strong, vibrant colors—and watch how it sparkles. Either way, you'll love it. And either way, it'll make itself right at home—because Cocoa was meant for someone just like you. Someone with a taste for a delicious new Fashion Color in their bathroom. ☐ See Cocoa applied to the Eljer line of beautiful high-quality bathroom fixtures. Call your builder, remodeler or plumbing contractor and ask him what time he's serving Cocoa today. Or, write us for literature.

ELJER PLUMBINGWARE
Wallace Murray Corporation
Dept. BH, 3 Gateway Center
Pittsburgh, Pennsylvania 15222

ELJER

WallaceMurray



How to grow a cat.

If you've already got a little kitten, you're lucky.

Now what you need is a little patience.

They don't grow-up as fast as you may think they do.

A kitten is a kitten for his whole first year.

Because it takes 12 full months of growing before a kitten is a cat.

Even when they look grown-up on the outside (at say six months or so) they've still got to finish growing-up on the inside. Filling out their bodies.

Growing-up isn't easy.

They need all the help they can get. From lots of extra nutrition.

So Purina® Kitten Chow® kitten food (that's the special food for your kitten's whole first year), has the complete and balanced diet they need.

With extra vitamins. For keen, bright eyes.

Extra calcium. For strong teeth and bones.

And plenty of protein. For building healthy muscles.

Kitten Chow tastes so delicious, that if your kitten can't stop eating it after his first year is up, it's okay.

Let him eat. It's good for him.

So even if you've never grown a cat before, now you're an expert.

You know how to turn a little kitten into a beautiful grown-up cat.



Kitten Chow. The special food for your kitten's whole first year.

For your pet's health...see your veterinarian regularly.



Finish off problem rust in one coat.

Derusto Minute Finish Spray stops and prevents rust with one quick-drying, high gloss coat. A special rust-inhibitive primer is built into every color. Makes rusted lawn furniture, bikes, wrought iron look like new.

Derusto Protective Coating is a heavy duty, semi-gloss rust preventive finish. A built-in primer assures rust prevention with one coat. Ideal for mowers, metal garden sheds and other metal, wood and masonry surfaces.

Derusto is a registered trademark of DAP Inc.
DAP Inc., General Offices: Dayton, Ohio 45401
Subsidiary of Plough, Inc.

Depend on paint-up products
Derusto creates

Save Your Ceramic Tile.



Major tile manufacturers recommend Bon Ami® Polishing Cleanser because it cleans without scratching. Maintains the original tile lustre, and even helps restore the finish to tile dulled by other cleansers. Won't stain grout, either—even after years of use.

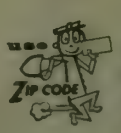
© 1978 Faultless Starch/ Bon Ami Co.
Kansas City, Missouri 64101

NEW FREEDOM FROM DAILY DENTURE "FIXINGS"

Snug Cushions hold dentures comfortably tight for weeks

No more "fixings" every morning with messy powders or creams. Even if dentures need "fixing" after every meal, here's important news. Snug cushions restore dentures' holding power so dentures stay comfortably tight for weeks. Snug, the soft, effective temporary aid, forms a "comfort bond" between dentures and gums. Sticks to dentures, not to gums. Rinse, scrub or soak Snug fresh and clean. Easy to remove, but won't wash off or flake away. So, end daily "fixings"! Use Snug to hold dentures comfortably tight for weeks.

SNUG® BRAND DENTURE CUSHIONS



Mr. Zip Speeds Your Mail
You'll get better service when you include your zip code as part of your address when shopping by mail.

Doctors Prove You Can Help Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieve Pain And Itch Too.

Gives prompt temporary relief from hemorrhoidal pain and itch in many cases.

Doctors have found a most effective medication that actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. In many cases, the first applications give prompt relief for hours from such pain and burning itching.

Tests by doctors on hundreds of patients showed this to be true in many cases. The medication the doctors used was *Preparation H*®—the same Preparation H you can get without a prescription. Ointment and suppositories. Use only as directed.

SHOPPING

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

AN UP-TO-DATE VICTORIAN KITCHEN
Page 18 (left): Exhaust hood—Vent-A-Hood, 1000 N. Greenville, Richardson, Tex. 25080. Dishwasher—General Electric, Appliance Park, Louisville, Ky. 40225. Wallpaper—Sherwin Williams, 101 Prospect Ave., Cleveland, Ohio. (Right): Ovens—Frigidaire, 300 Taylor St., Dayton, Ohio 45401.

A MOTHER'S DAY BRUNCH
Page 40: Mugs "Horizon"—Otagiri Mercantile Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. Bowl—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.

OPEN UP AN OLD CAPE COD
Page 52 (bottom): Sofa and wing chairs—Tower Place Mall, Atlanta, Ga. 30326. Stained-glass window—Jennifer's Glassworks, 2410 Piedmont Rd. N.E., Atlanta, Ga. 30324.
Page 54 (top): Refrigerator—Sears, Roebuck & Co., Sears Tower, Chicago, Ill. 60684. Counter top—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. Casserole—Dansk Designs Ltd., Radio Circle Rd., Mt. Kisco, N.Y. 10549. (Bottom): Towels—Fieldcrest Div., Fieldcrest Mills, Inc., 60 W. 40th St., N.Y., N.Y. 10018. Vanity top—Marble Masters, 6289 Bankhead Hwy., Austell, Ga. 30001. Lighting—Georgia Lighting, 530 14th St., Atlanta, Ga. 30318.
Page 55: Sofas and chairs—Tower Place Mall (address above).

EXPAND AND REDO A BOXY OLD HOUSE
Page 59 (top): Sliding glass doors—Andersen Corp., Bayport, Minn. 55003. Gas cooktop—Glenwood Range Co., Rt. 140, Industrial Park, Taunton, Mass. 02780.

A STUNNING CERAMIC TILE FLOOR
Page 60: Umber quarry tile—American Olean Tile Co., 100 Cannon Ave., Lansdale, Pa. 19446. Ceramic mosaic tile: 1x1-inch white, 1x1-inch cinnebar, 1x1-inch buckskin—American Olean Tile Co., (address above). Dishwasher—KitchenAid, Division of The Hobart Co., Penn Ave., Troy, Ohio 45374. Refrigerator—General Electric,-Appliance Park, Louisville, Ky. 40205.
Page 61: (top) Ceramic tile—American Olean Tile Co. (address above). (Bottom) Crystalline antique ceramic tile—American Olean Tile Co., (address above). Bathtub—Eljer Plumbingware Div., 3 Gateway Center, Pittsburgh, Pa. 15222. Towels—Sears Roebuck and Co., Sears Tower, Chicago, Ill. 60684. Loofa pad—Village Bath Products, Minnetonka, Minn. 55343.

FRESH STRAWBERRY DESSERTS
Page 86 (left): Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Server "Hacienda"—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421. (Center): Platter—Rosenthal USA Ltd., 411 E. 76 St., N.Y., N.Y. 10021. (Right): Spoons "Multi"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Sherbets—Rosenthal USA Ltd., (address above). Glass liners—Plummer-McCutcheon, 145 East 57th St., N.Y., N.Y. 10022.

A RAINWATER SYSTEM THAT'S A SNAP TO INSTALL
Page 116: Solid vinyl rainwater system—Gazelle, Inc., Tomah, Wisc. 54660.

SHADE SHOPPING
Page 130: Paint for all windows—Martin-Senour Co., Box 6939, Cleveland, Ohio 44101. Window shade on left—"Silver Plisse" by Breneman, Inc., 1133 Sycamore St., Cincinnati, Ohio 45210. Shade on right—"Stripe Royale" by Graber Co., Middleton, Wis. 53562.
Page 131: Shade on left—Templar 2 Solar Control Screening fabric by Isabel Scott Fabrics, 125 Newtown Rd., Plainview, N.Y. 11803; shade manufactured by the Flosett Co., 7 W. 22nd St., N.Y., N.Y. 10001. Shade on right—"See Thru" by Plastic-view Transparent Shades, Inc., 15468 Cabrito Rd., P.O. Box 25, Van Nuys, Calif. 91408.

PRIZE TESTED RECIPES
Page 157 (left): Two bowls—Noritake Company Inc., Cincinnati, Ohio 45215. Baking dish—Anchor Hocking Corp., 5th & Pierce Sts., Lancaster, Ohio 43130.
Page 158 (left): Soup bowl "Strata"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204. Luncheon plate "Fan Shell"—Franciscan Tabletop Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Glass "Arabesque"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010., Fork—Ceramar, Inc., 225 5th Ave., N.Y., N.Y. 10010. (Center left): Soufflé dish—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Salt and pepper—H.E. Lauffer Co. Inc., Belmont Dr., Somerset, N.J. 08873. (Right): Dessert plate, cup and saucer "Camelot"—Spode, Inc., 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Dessert fork—Oneida Silversmiths, Kenwood Station, Oneida, N.Y. 13421.



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*Hopkinson, J.H. et al: "Effective Pain Relief: Comparative Results With Acetaminophen In A New Dose Formulation, Propoxyphene Napsylate-Acetaminophen Combination, And Placebo:" *Curr. Therap. Res.* 19:622-630, 1976. Smith, M.T. et al: "Acetaminophen Extra Strength Capsules Versus Propoxyphene Compound-65 Versus Placebo: A Double-blind Study of Effectiveness And Safety:" *Curr. Therap. Res.* 17:452-459, 1975. The kind and amount of analgesic (acetaminophen) employed in the tests are the same as that contained in two tablets of Datril 500.

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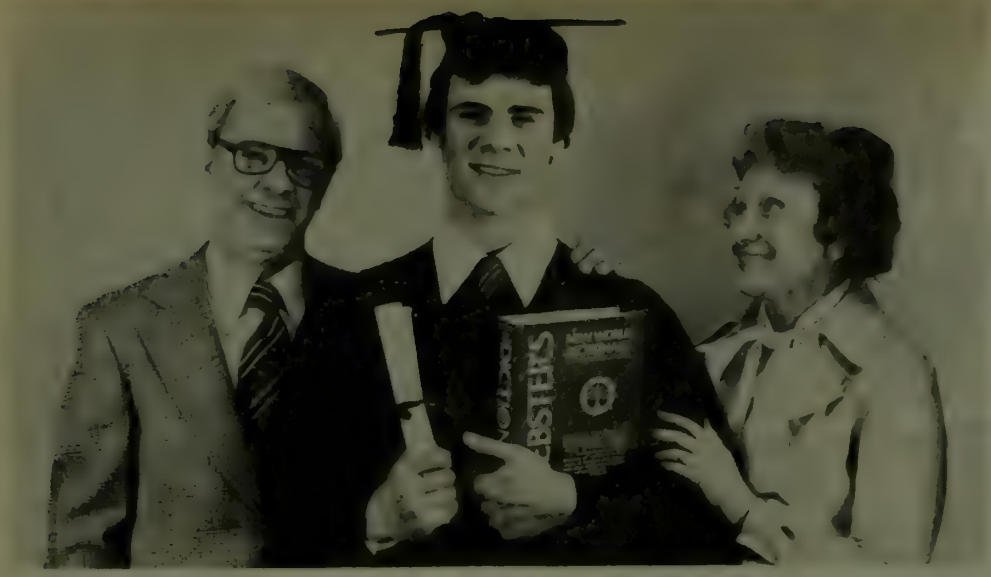
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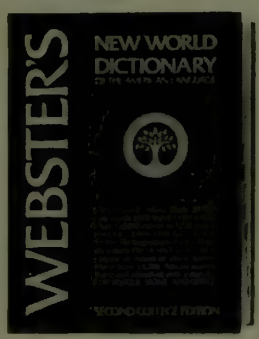

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Are you constipated again?

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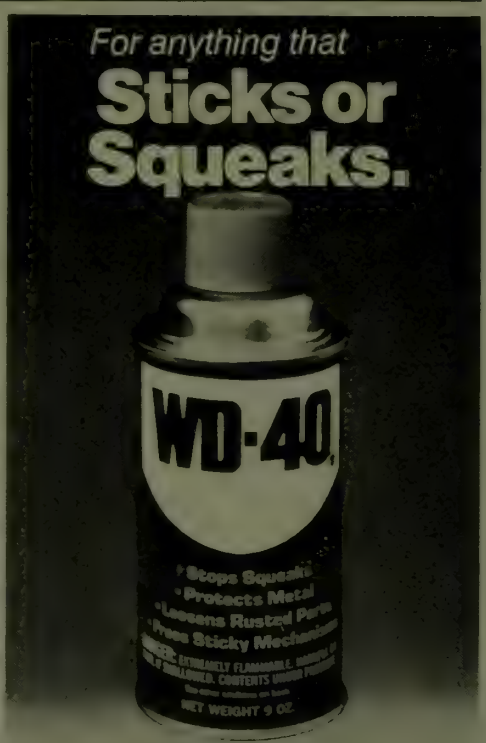
Serutan works by adding the roughage your system needs to retain vital moisture. Then, Serutan's gentle bulk forms the soft stools that enable you to eliminate gently and comfortably.

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So if you're constipated, take Serutan—you'll get the relief you've been looking for.

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DECORATING

Do-it-yourself headboards

If mix is more your style than match when it comes to bedroom furniture, why not invent a headboard treatment? By putting something old or unusual to imaginative use, you can create a one-of-a-kind design and save yourself the price of a store-bought headboard.



Photograph: Maris/Semel. Design: Gail Bell
Source: Ruth L. Grenci

Unable to find a headboard to suit their fancy, these homeowners searched local flea markets. Their "find" is a handsome carved-oak slab, once part of an antique chest. Securely bolted to the wall, this recycled bit of Americana complements the room's warm country flavor.



Photograph: John Rogers
Source: Barbara Sims/Linda Magazzine

This custom look was created by plucking a favorite area rug off the floor and hanging it behind the bed. The heirloom Oriental is suspended from a crossbar frame. Carved antique torches serve as side bars. This idea could be copied by framing almost any good-sized area rug. ■





Our Jamie's 5 months this week. His little cradle is from Ethan Allen, too.



Now with Jamie, I can't always browse around the Gallery, so I browse through their Treasury. 392 pages of pictures and ideas, free–you don't have to buy anything.



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Meet Judy and Nick Merrill. Second in a series of stories about the kind of people who furnish their house, their way, at Ethan Allen.

"When Nick and I decided to renovate this old house, we knew it would mean a lot of work. But to us it's worth it. Not just because the neighborhood is worth preserving, but because these houses stand for the kind of values that are important to us.

That's how we feel about our furniture, too. And it's why I fell in love with the things at Ethan Allen. They seem committed to making really fine furniture, in styles that never go out of style, like this Canopy Bed from their Heirloom Collection.

When I think about what life was like years ago, when people cherished their few possessions, I realize it's not so different now. Nick and I think about every piece before we buy it, to make sure we get the kind of quality and value we want. You can tell just by looking at it, this furniture is going to last a long time–I bet Jamie inherits this bed! Then it really will be an heirloom."



You know, when our friends come over they can't believe we own such good furniture. When I tell them it's all from Ethan Allen, they're even more impressed. They don't realize that in the long run, buying good furniture from the start is one of the best investments you can make.

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DECORATING

Caring for your electric blanket

One of the easiest of springtime chores is washing your electric blanket prior to summer storage. Dry-cleaning is not recommended for electric blankets, since the chemicals used may damage the insulation on the wires and ruin the blanket. Here are some home-laundering guidelines.

Washing

Pretreat any heavily soiled areas or spots. To protect the plug, pin a corner back over it with safety pins. Or, baste a piece of fabric or an edge portion free of wires over the plug.

Plan to wash each blanket separately. The water should be lukewarm or cool. Set the washing machine controls for the short, gentle cycle and full water level. Use a normal amount of mild soap or detergent, minus the amount used for pretreating, and a water softener if necessary. When the machine is partially full, add the blanket and arrange its bulk evenly. Finish filling the machine and start wash cycle.

If your blanket is badly soiled, stop the machine in mid-cycle, and let the blanket soak for five to eight minutes.

Use a last-rinse fabric softener, if you wish, but do not add a water softener to the final rinse.

Drying

Remove the blanket as soon as the spin cycle is finished. If instructions indicate that your blanket may be dryer-dried, use a moderate to low temperature setting for no longer than necessary.

For line drying, either indoors or out, remove the plug covering and spread the blanket over two parallel lines. Do not pull or tug to reshape it. After a few hours, turn the blanket over to speed the drying process.

When the blanket is dry, iron the bindings and brush the nap with a soft brush before storing the blanket for the season. ■

Finally, here's a big, powerful food processor without a big price tag.



It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.



There's even a handy spatula and a complete 64-page recipe book included.

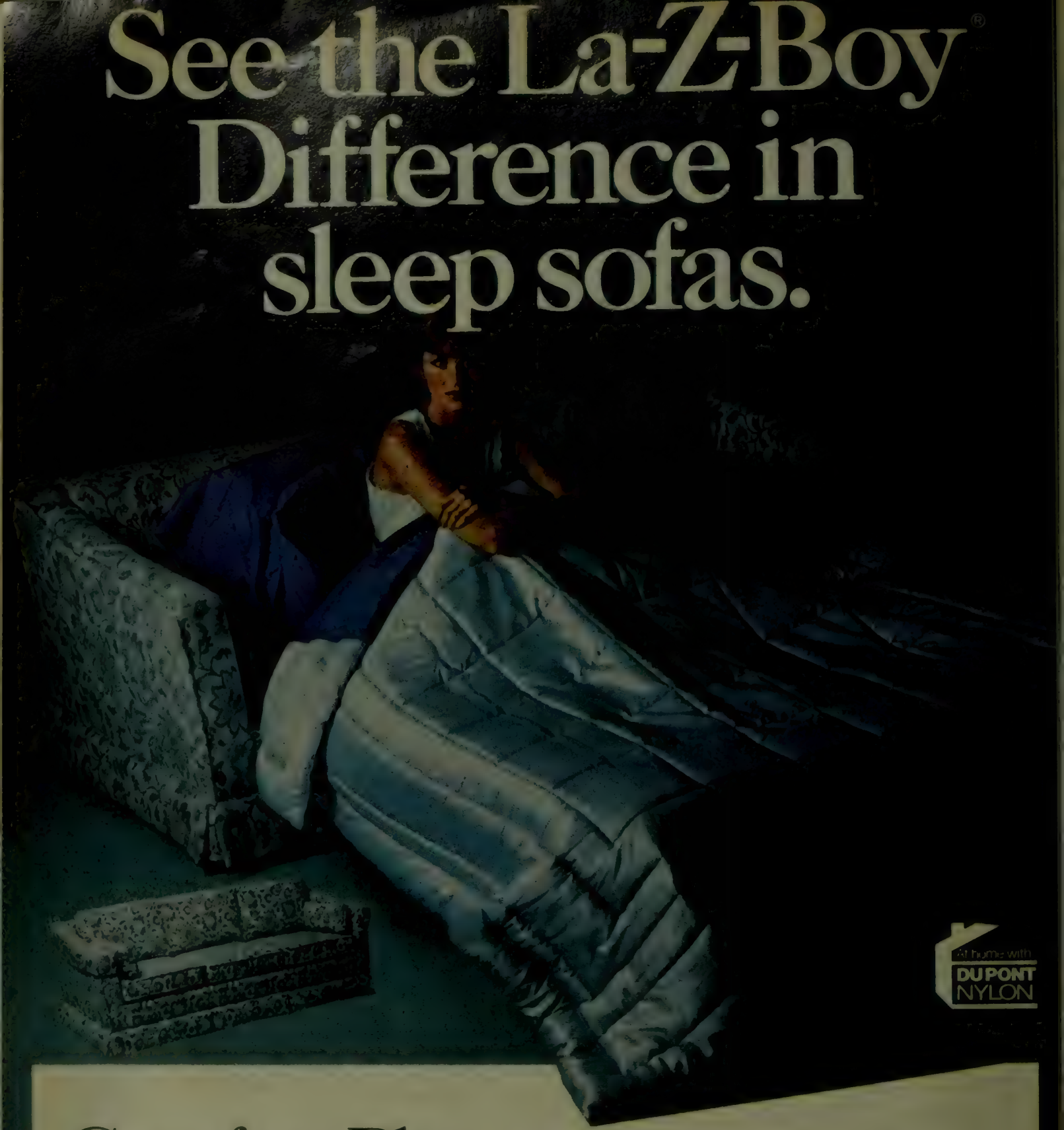
Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.

Sunbeam

Love their quality!
Shirley Jones

Sunbeam Appliance Company, a division of Sunbeam Corporation ®Sunbeam ™Le Chef ©Sunbeam Corporation, 1978

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MISTAKES THAT COULD FOUL UP YOUR WILL

Just as a properly drawn will can help protect your family's welfare, certain mistakes can create unnecessary complications. Here are some of the more common errors to avoid. Not all these pitfalls apply to all wills. Also, state laws and family circumstances vary widely. Be sure to seek professional advice if needed.

1. *Neglecting to update the will.* In some states, your will could become invalid if you were married or divorced, or had a baby, since you drew up the will. A move to another state also might invalidate all or part of the will because of a difference in state laws about spouse's rights, witnesses, and so forth. Other changes that could create problems: death of a beneficiary, executor, or guardian; receipt of a sizable inheritance, purchase of property, or the disposal during one's lifetime of property that is mentioned in the will; going into business or forming a partnership.

2. *Appointing someone older than you as executor.* If the person you appoint dies before you do, you'll have to find another executor. If he or she becomes incapacitated or dies while acting as executor, a court-appointed administrator will take over. In most states, it's possible to forestall the latter complication by naming a substitute executor in your will.

3. *Choosing witnesses who are older than you or likely to move.* In some states, missing or dead witnesses can cause delay, extra costs, and other problems at probate time.

4. *Making insurance payable to your estate.* If insurance proceeds are made payable to a named beneficiary instead, the proceeds avoid probate and, under certain circumstances, are not taxable. Get some expert advice on this point from your insurance agent or lawyer.

5. *Picking a beneficiary as a witness for your will.* His legacy would be voided by the court in many states.

6. *Not appointing a guardian for your children, for incompetent parents, or for certain other beneficiaries.* When you don't name a guardian, the choice is left up to the court.

7. *Leaving a lump sum to a beneficiary.* Instead, specify a percentage of the estate. Here's why: Say your net worth at the time you draw your will is $100,000 and you leave $25,000 to a charity. If the estate shrinks to, say, $50,000, the charity will still get $25,000—now half of the estate—at the possible expense of other heirs. But if you specify a bequest of 25 percent of the estate, the charity will then get $12,500.

8. *Keeping your will in a place no one else knows about.* You should leave your will with your lawyer, a bank's trust department, or in your safe deposit box—if your state's laws permit access without too much red tape. And, be sure to tell your family or executor where the document is located.

9. *Making changes in the will by erasing, scratching out, or adding some words.* In most states, this almost surely invalidates the will. If you want to make changes, have a lawyer redraw the will or add codicils.

10. *Neglecting to destroy your old will when you make a new one.* Not only should the new will state that it revokes all others and is your last will and testament; the old one should be destroyed to avoid possible complications for your heirs.

11. *Failing to include a residuary clause that leaves to a named beneficiary or beneficiaries all property that's left after your specific bequests are carried out and cash gifts distributed.* Without a residuary clause, the remainder of your property may be distributed according to state laws with results quite different from those you would have wanted.

12. *Not providing for the possibility that beneficiaries may predecease you.* Name alternates to whom your bequests will go, or provide for other disposition in case the original beneficiaries die before you do.

13. *Not including a common disaster clause.* If you and your spouse die simultaneously or under circumstances in which it is impossible to determine who died first, a common disaster clause can make clear who the heirs are to be. It also can effect important tax savings in larger estates.

What about do-it-yourself wills?

Drawing up a will yourself is not necessarily a mistake, but the record shows such wills to be risky. The majority are declared invalid because they contain serious flaws or do not comply with state laws. The effect is to leave your heirs in the same position as if there were no will at all. That could cost your family much more than the amount you hope to save in legal fees by drawing up your own will. Be sure you know what you're doing in terms of the laws of your state.

Especially risky is the holographic, or handwritten will, which is not admissible in many states. Even where a holographic will is admissible, it usually must be written entirely by one person and signed by the same person —and must meet all the legal requirements of the state. (The same is generally true of a typewritten will.) Among the strictest requirements are the witnessing and signing procedures.

Printed will forms, available in stationery stores, can give you an idea of content and sequence. Also, consult a good book on the subject such as *You And Your Will,* by Paul B. Ashley (McGraw-Hill); *How To Avoid Problems With Your Will,* by Robert A. Farmer and Associates (Arco); *Write Your Own Will,* by Robert J. Schwartz (Fairchild Publications). But remember: Much of what these books say may not apply in your state. ■



Does it pay to pay off your mortgage?

Although you'll save on the overall costs of your mortgage by paying it off early, you could be losing a considerable amount of cash in other ways. Here's why:

How much might you save?

Since interest on most mortgages is figured at a fixed rate on the declining balance of the loan, each monthly payment you make goes a little less to interest and a little more to the loan itself. What's more, your equity in the house—how much you own outright—increases at a faster pace as the loan progresses.

For example, on a 25-year, $30,000, seven-percent loan you might have incurred a few years ago, your monthly payments on a typical mortgage would be about $212. Of that amount, $172 would go to interest and $40 to principal beginning your second year. Right after the fifth year, $156 would go to interest, $56 to principal. After 15 years, interest would take $99 of your next monthly payment; principal, $113.

If you were to pay off that loan over its 25-year lifetime, your payments would total about $63,600—$33,600 more than the $30,000 you borrowed. But if you were to wipe out the balance after 15 years, your total payments would be $55,111—$38,160 over the first 15 years of monthly payments, plus $16,951 to pay off the principal. That's a savings of some $8,489!

Suppose your loan were more recent, reflecting today's higher interest rates. For a typical annual rate of nine percent, a $30,000, 25-year mortgage would cost you $252 a month, or $75,600 over the loan's lifetime. The interest payments: a grand total of $45,600 over 25 years. To pay off that same loan after 15 years would cost $65,474—$45,360 over the first 15 years, plus $20,114 to pay off the principal. Your savings: $10,126, compared to what you would have spent full term.

Why not save?

At first glance, the examples above make paying off your mortgage mighty tempting. Not only would you pay out a lot less money over the years; you would own the house outright sooner.

Yet mortgage prepayment is not what most money experts advise these days—especially on older loans that are made at interest rates considerably less than today's. Several reasons figure in:

1. Better ways to use cash

Under normal circumstances you should not pay off a mortgage in advance if you can earn a better rate of return on your dollars some other way that's reasonably secure. The fact is, these days you can earn eight or nine percent a year on various investments, such as long-term savings certificates, U.S. Treasury bills, and high-grade corporate bonds—most of them about as safe as any investment you can make, according to many specialists.

These opportunities may change in the future. But for now, if your mortgage is set at an interest rate equal to or less than what today's investment opportunities afford, paying off the mortgage is not the best choice.

To understand why, consider what you might do instead with the cash used to pay off those two sample mortgages ten years before maturity. Every $1,000 invested at eight percent and compounded annually would earn $2,159 over that same ten-year span. Apply that figure to the roughly $17,000 and $20,000 you would have used to pay off the two sample mortgages (see chart below).

2. "Cheaper" dollars

The persistence of inflation is an-

continued

Drawing: Mike Mittermeier

PREPAYMENT COMPARED TO INVESTING

	Approx. $ needed to pay off after 15 yrs.	Approx. $ saved by prepaying	Approx. $ earned at 8% over 10 years***	Difference
7% mortgage	$17,000*	$8,500	$36,700	$28,200
9% mortgage	$20,000**	$10,000	$43,200	$33,200

*actual amount: $16,951 **actual amount: $20,114 ***compounded annually

Source: National Association of Mutual Savings Banks

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that will put you in a higher income tax bracket. One of the advantages of a mortgage loan is that interest payments are deductible on your income tax return. True, the amount of interest you pay on most kinds of mortgages declines each year, as the outstanding balance of what you owe lessens.

However, as your income taxes increase, so does the value of any deduction. If you're in a 25-percent bracket, every dollar you can claim as a tax deduction derived from mortgage interest saves you 25 cents; in a 40-percent bracket, you're spared 40 cents worth of taxes.

What if you invest your money instead of using the cash to pay off your mortgage? Then the tax picture depends upon the kind of investment you make. Several possibilities could lighten or eliminate the tax load on your investment earnings. For example:

- The present $100-per-year dividend exemption ($200 when you file jointly) would apply to the degree that other investments don't already use up those limits.
- Some investments provide a capital-gains tax break when you hold on to the investment beyond a certain length of time.
- You could try any of a number of tax-favored investments—from municipal bonds or bond funds to various forms of self-engineered retirement plans—now available to the average family (see "Tax saving investments your family can make" in *Better Homes and Gardens* magazine, October, 1977).

4. No prepayment penalties

Some mortgages carry a dollars-and-cents penalty if you pay off some or all of the principal in advance before a certain time period. Check your mortgage contract for details about such penalties and weigh the additional costs against what you would expect to gain by prepaying your mortgage.

If you have questions about the contract, your banker can provide the answers. In fact, it's wise to discuss the whole matter of prepayment with your banker before making your move anyway. ■

continued

Mortgages

other key deterrent to paying off a mortgage early. Quite simply, when the value of the dollar is declining each year, a long-term loan with a fixed-interest rate benefits the borrower. The reason: You're paying off in "cheaper" dollars, so your fixed payments cost you less each year in real value.

What if you have a "variable rate" mortgage or any other kind of mortgage whose terms alter one way or another as the value of the dollar changes? Then you don't have the same advantage as with a standard mortgage, but it's worth taking the time to figure the pros and cons of the math anyway. Your mortgage banker can help you determine the exact figures.

3. A greater tax break

Inflation counts in another way. Most likely, your income will increase over the coming years, and

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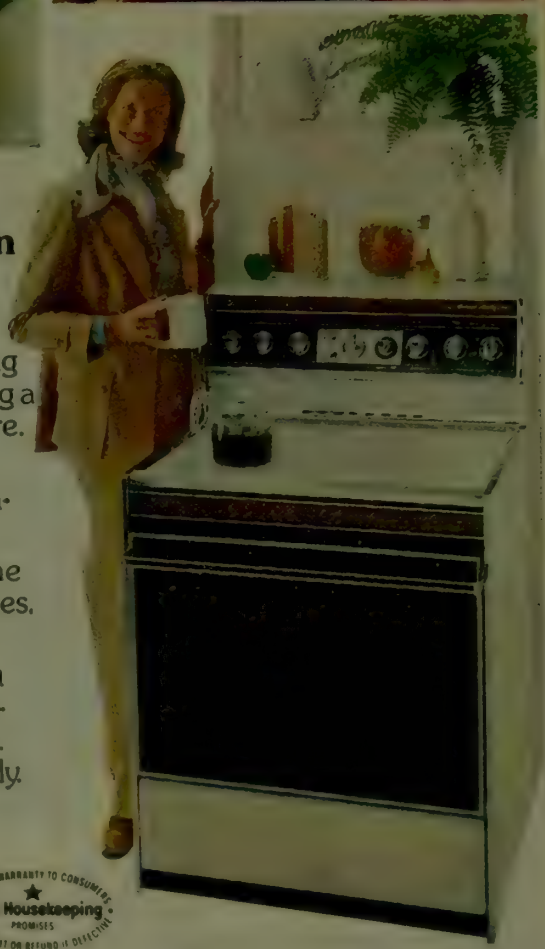
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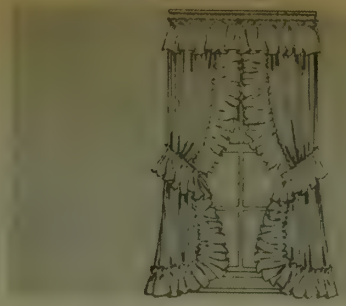
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by Ann Lively



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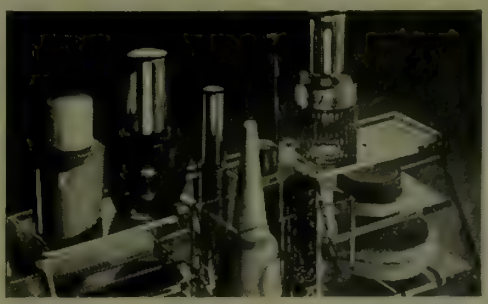
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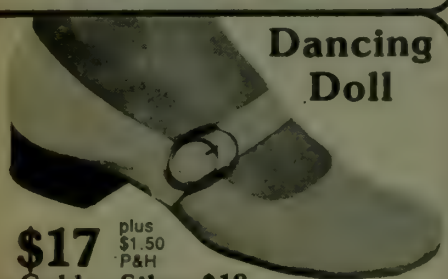


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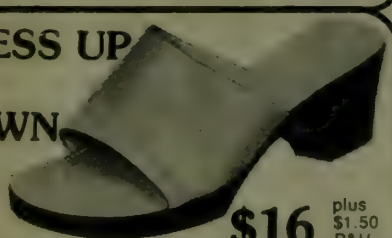
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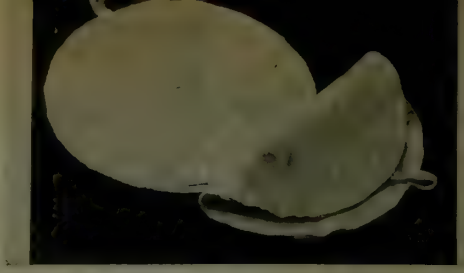
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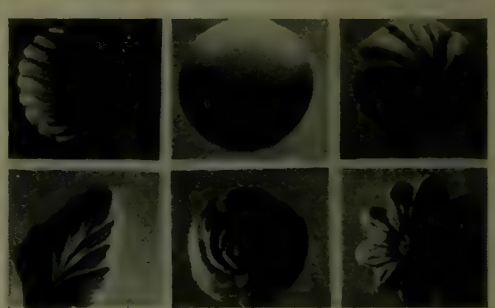
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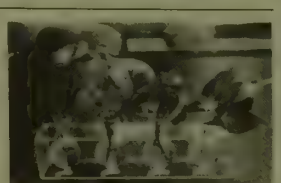
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9367 Shadowbox $10.98

Add $1.50 post. & hdlg. NY res. add taxes

LILLIAN VERNON Dept. H52, 510 S. Fulton Ave., Mt. Vernon, NY 10550



PET IDENTIFICATION TAG

Don't worry about your dog or cat getting lost. This stainless steel lifetime identification tag displays all necessary information for his safe return—pet's name, your name, address, phone number—all engraved free. Hook for easy attachment to collar. **$1.25** ppd.

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Have an up-to-the-minute wardrobe with these lovely fashion patterns. Each pattern is computer drawn to your own measurements to guarantee a good fit. Cat. $1, redeemable with first order. Surefit Patterns, Dept. ED10, 65 Oak St., Norwood, NJ 07648.



Real butterfly wall plaques

Mounted under glass on white plaques with lacquer frames. Complete with silken cord for hanging. A number of ways to arrange for striking wall decor. 3½" dia. Set of 6/ $5.98 + 95¢ post. Harriet Carter, Dept. BHG14385, Plymouth Meeting, PA 19462.



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Perpetual calendar holds each month's "have-to's" day by day in a 30" x 36" wall space. See-thru pockets hold show tickets, bills, appointments, etc. Vinyl, $5.95 + 75¢ post. (PA res. add tax.) American Consumer, Dept. JMM-37, Caroline Rd., Phila., PA 19176.

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By The Roll!

I'm selling my trunkful from the 1880's up to WW II.



Roll (50 different!) ..**$10**
3 rolls **$27.50**
Add $1 per lb. (pstg & hdlg).

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ORNAMENTAL WINDMILL

Unique lawn decoration. Turns in slightest breeze. Adds rustic charm. Sizes 4½ ft., 8 Ft., & 10 ft. tall. *For colorful literature send stamps or 25¢ handling*

Air Machine Co., Inc.
Box 215T, Lohrville, Iowa 51453



No more aching back

Self-conforming Back-Pal for proper, comfortable support for home, office or car. Counter balanced weight and strap holds it where it fits and feels best. Inflates for firm or soft support; 14" x 7½", $3.95. Better Sleep, Dept. BH5, New Providence, NJ 07974.



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Said by some to have magic powers. Graceful swirl bracelet (top) is polished to shine. $2.98. Popular "Elephant Hair" bracelet slides to adjust. $3.98. Lovely together, $6.50 for both. Add 45¢ post. Ferry House, Dept. BH5, Briarcliff Manor, NY 10510.

continued



Flatware patterns available

At 40-75% off manufacturer's suggested price; active, inactive & obsolete patterns. Send photo, drawing, tracing of mfg's name and list of pieces wanted. Also, sell or trade. Write: Walter Drake Silver Exchange, BH-77 Drake Bldg., Colorado Springs, CO 80940.



Elegant faux gold and ivory French phone (#43T571) **$84.95**. White with faux gold trim (#43T570) **$79.95**. Gov't FCC Appr'd. 4 prong plug for existing jack. Modular adapter $4.95. Check, BAC/Visa, M.C. Give card #, expir. date. Add $2.50 p. & h. Tx. residents add 5% sales tax

THE TELEPHONE BOOTH
One Tandy Center, Dept. AC
Fort Worth, Texas 76102

BASEMENT TOILET

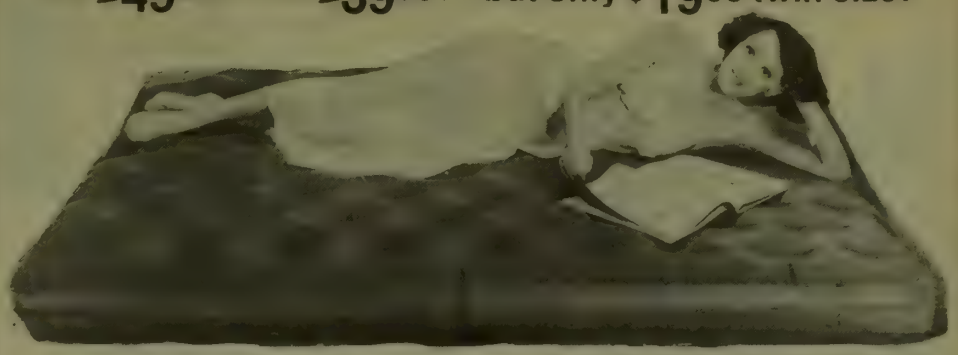


Flushes up to existing sewer or septic tank by powerful self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Financing available. Write for free literature.

SANDERS, Dept. J-46, Box 92102, Houston, Tx 77206.

Now...inflatable air beds...

not ~~$49.95~~...not ~~$39.95~~...but only $19.95 twin size!



Sleep On Air—For Unbelievable Comfort
Store It On A Shelf
It's Like An Extra Bedroom

THOUSANDS SOLD AT $49.95

Now you can own a genuine inflatable air bed at a new low price that saves you as much as 33% on a twin size bed... 40% on full size!

If you've ever tried an inflatable bed—where you sleep on air—you know the incredible comfort it gives. An air bed cushions you, yet keeps your entire body suspended evenly. Its incredible flexibility provides an experience you'll never forget.

No matter which size inflatable air bed you buy, you're always cradled in relaxed comfort; your body evenly suspended no matter how much you move; no matter how much you weigh. Two people can lie on a full size bed without the movements of one disturbing the other.

Air beds do not require inner springs or frames (though each fits standard frames). You can place them on the floor and enjoy complete comfort. They're ideal extra beds. Made of strong, heavy-gauge vinyl. Can be cleaned quickly with a damp cloth or soap and water. Inflate fast with tank or canister vacuum cleaner or air pump. Deflate easily for compact storage. Handy as guest bed or for camping trips, vans, on beach, or as a water raft.

Use handy coupon to order now at these low prices. Satisfaction guaranteed, or we refund full purchase price promptly if you wish to return in 2 weeks. Mail coupon today.

Crown-Castle, Ltd., Dept. AM-96
51 Bank St., Stamford, CT 06901

Please send me the inflatable air beds I have selected below. I understand I must be completely delighted or I can return for full purchase price refund.

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C. ☐ Queen Size $39.95 + $4.00 shipping
D. ☐ King Size $49.95 + $4.00 shipping

Enclosed is $_____
Charge my
☐ American Express ☐ Master Charge
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Card # _____
Exp. Date _____
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STREET _____
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AMERICA'S BEST INSULATED LOG HOME! Use your custom plan or select one of ours. Hand peeled **CEDAR** or **LODGE POLE PINE** log homes and cabins with "EXTRA" insulation from $3,900.00. We manufacture kits for any log structure. Dealership information package $5.00. Brochure/Plan book $3.50.

★ **"EXTRA" Insulated Log Homes** ★

Wilderness Log Homes

Rt. 2-BHG-5-D, Plymouth, Wis. 53073

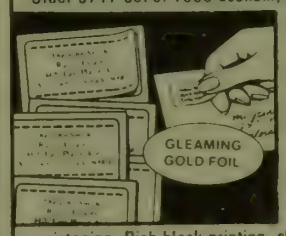
Please send ☐ Dealership information pack $5
☐ Plan book $3.50

Enclosed is $_____
Name _____
Street _____
Town _____
State _____ Zip _____



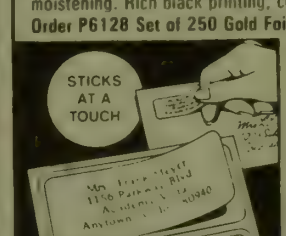
1000 RETURN ADDRESS LABELS $1.00

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Self-Stick GOLD FOIL LABELS $1.98

Gleaming gold foil labels stick to any clean, dry surface – need no moistening. Rich black printing, classic border
Order P6128 Set of 250 Gold Foil Labels (boxed). $1.98



250 Self-Stick WHITE GLOSS LABELS $1.98

Glossy white self-stick labels cling to any smooth surface – no moistening. Sharp black printing up to 4 lines
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3055 Drake Bldg. Colorado Springs, CO 80940

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ADDRESS _____
CITY & STATE _____ ZIP _____
_____ S717 1000 Labels @ $1 each $_____
_____ P6128 Gold Foil Labels @ $1.98 each $_____
_____ P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for postage & handling $_____
SATISFACTION GUARANTEED Total $_____

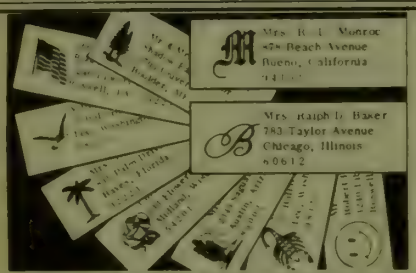
"SAVE YOUR HEART" with a STAIR-GLIDE® stairway lift.



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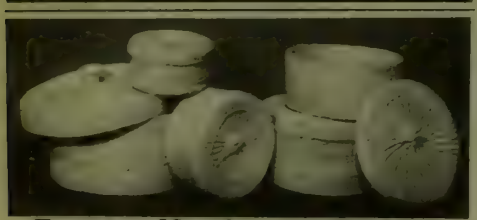
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Any initial in Old English or Script, Pine, U.S. Flag, Gull, Palm, Rose, Saguaro, Any Zodiac Sign, Happy Face or Horse, Roadrunner, Palette, Spruce, Treble Clef. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes . . . 1½" x ½" for $2.50 or Deluxe size 1¾" x ¾" for $3.50 + 35¢ post. via 1st or 25¢ via 3rd class. Specify design, size and color. Useful 96-P. Gift Catalog, 50¢. Bruce Bolind, 155-L Bolind Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)



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CASUAL COLLECTION
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Fast, Efficient, Reliable

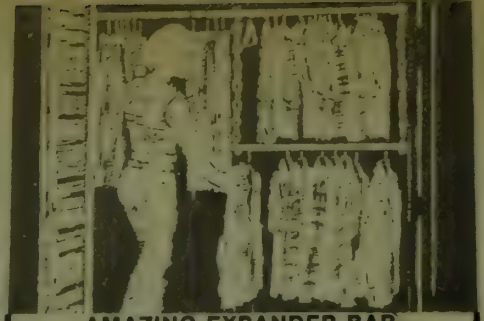
COMPOST BINS

Turn garden and kitchen wastes into rich, fertile compost to improve poor soil and feed your plants. Grow bountiful harvests of vegetables and more beautiful flowers. Scientifically designed bins produce valuable compost in weeks No turning the heap. Make a ton in one season. Send for FREE catalog



PATENT 3951294

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At last! A scarecrow that really works. Chrome-plated discs and stainless steel whip harness sun and wind energy. Proven remarkably effective in controlling birds, rabbits and other wildlife.

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Imagine yourself the builder of this attractive All Purpose Barn 24' x 36' x 18' high with easy to follow plans. Appealing to the eye in suburban, farm, ranch, lake area. Many uses as 3 or 4 car garage, boats, campers, store, lodge Plans call for concrete floor, ceiling joist, plywood loft flooring, suggested window and door locations. Send **$8.00** for plans and material list 24' x 36' HORSE BARN PLANS showing 3 stalls, tack room **$10.00.** Send 25¢ for brochure on other projects to build

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24"x72"	$ 5.50	$ 7.50
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60"x72"	12.00	18.00
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add $1.00 postage per shade.
Send 25¢ for catalog.
Visit Our Warehouse Showroom.

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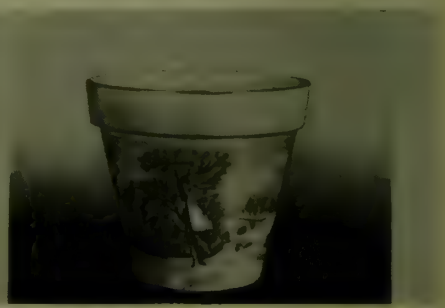
King bed converter in seconds

Convert your twin-size beds into a luxurious king-size. Place polyurethane Span-A-Bed between 2 twin-size beds. Fits snugly—you'll never know its there. 6' long, 14" wide. $4.99 plus 75¢ post. Holiday Gifts, Dept. 405-8H, Wheat Ridge, CO 80036.



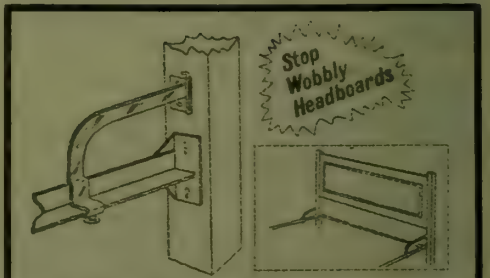
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Have a pot belly? Put it in its place. Look and feel more attractive the minute you put it on. Instant grip Velcro fastener makes it easy to put on and take off. 6"W adjusts from 26-50". $4.99 + 70¢. Holiday Gifts, Dept. 405-8G, Wheat Ridge, CO 80036.



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Dept. 405-8B, Wheat Ridge, Colorado 80036



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Any item replated at sale price—no charge for dent removal, straightening. Worn antiques, heirlooms, quadruple silver-plated. Write for 25-yr. warranty & price list. Silver-plating Div., Senti-Metal Co., Dept. BH-5, 1919 Memory Lane, Columbus, OH 43209.



Beautifully plated, solid metal

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NO STAKING, NO TYING, NO GROUND ROT NO ANIMAL DAMAGE

Now pick twice as many tomatoes in half the space with fabulous TOMATO CAGE! 27-inch tall tomato cage promotes fast growth. No ground rot. No wind or animal damage while eliminating work (no tying ever). Continuous balanced support eliminates crop damage. Easy access to fruit.

Turn Your Garden Into "Shopping Baskets" Jam-Packed With Garden Fresh Fruits & Vegetables

TOMATO CAGES provide perfect continuous support for all heavy vine vegetables, eggplant, bush beans, squash, peas, lima beans, climbing strawberries, grapes.

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Please rush 27-inch TOMATO CAGES as checked below:

- ☐ 3 TOMATO CAGES $5.95 plus 90¢ PP & HDLG
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I enclose $_____

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Specially designed for tension-free head and shoulder comfort while you bathe. The Soothe-A-Bath-Pillow lets you enjoy the calm, soothing serenity of true relaxation. Fatigue and worries seem to wash away—you feel revived. Held in place with four solid suction cups. Also wet proof to keep your hair dry. With its handsome gold fleur-de-lis pattern, this cushion makes a practical attractive and healthful gift too. Only **$4.98** each (specify white or pink background). Order from this ad, we'll pay postage, ship promptly. NJ residents add 5% tax.

Send Check or Money Order to—

Better Sleep Inc.

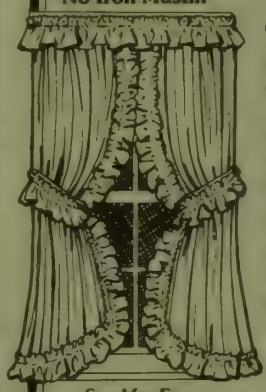
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No Iron Muslin



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Uses up to 40% LESS HEAT!!

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A cinch to dress up an outfit, our gleaming metal linked belt is backed with stretchy, comfortable elastic. Brilliant butterfly clasp pulls it all together; turns a simple outfit into a smashing one. Fits waist sizes 25" to 42". Comes in 1¾" width (as shown) or ½" width. Gold or Silver. Specify width and color. **$5.98 each; 2 for $10.98. Add 95¢ post.**

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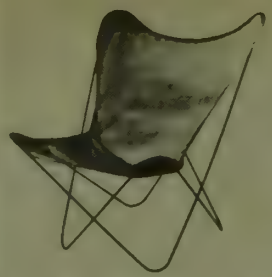
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BUTTERFLY CHAIR COVER



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Write for free illustrated book.

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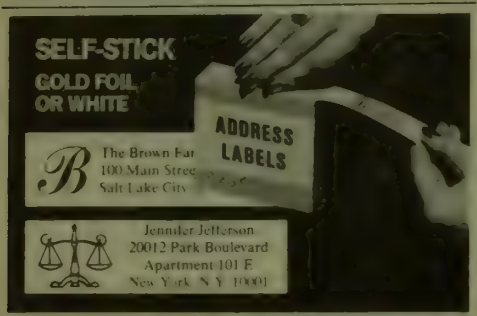
Heavy vinyl outdoor furniture raincovers also available

LEISURE HOUSE Dept. B5
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Unique chimney initial

Also attractive under a gable or on garage door. Indoors, it adds Old English elegance to the fireplace, den, etc. Rustproof, stained black baked enamel. 16", $14.95; 24", $31.95 + $1 post. Specify initial. Bruce Bolind, BH-5 Bolind Bldg., Boulder, CO 80302.

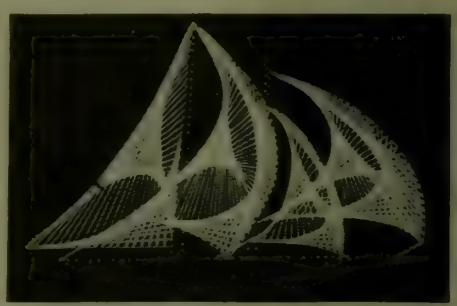


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Far superior to a gummed label. Self sticking, no licking, no mess. Label dispenses ready to apply. Professional imprinting up to 4 lines in rich black. Deluxe 2¼" long. Thoughtful gift for relatives or friends. Specify zodiac or initial, if desired. 500 Snow White Labels. **$2.95** Any 3 Orders—**$7.95.** 500 Luxurious Satin Gold Foil Labels—**$3.95.** Any 3 Orders **$9.95.** PPD. Money back guarantee. Gift Catalog 30¢. LABELS UNLIMITED, The Printing Specialists, Dept. 507, 182 Paul Dr., San Rafael, Ca. 94903.



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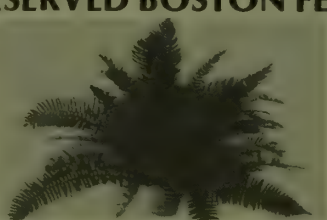


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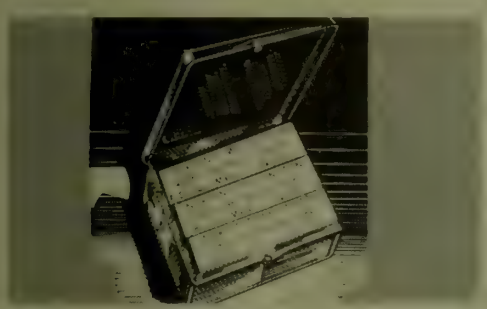
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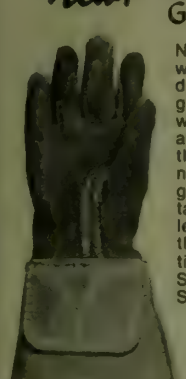


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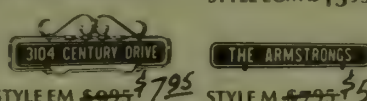
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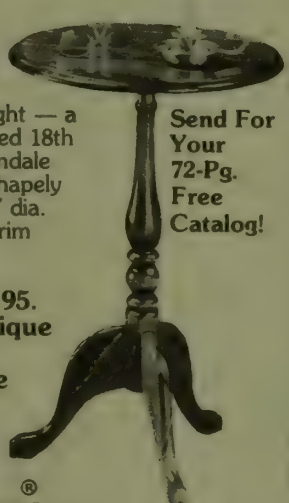
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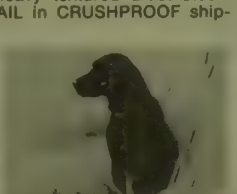
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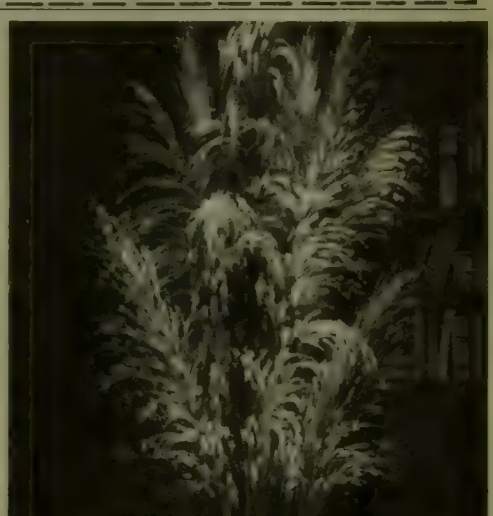
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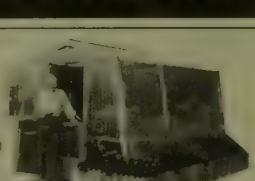
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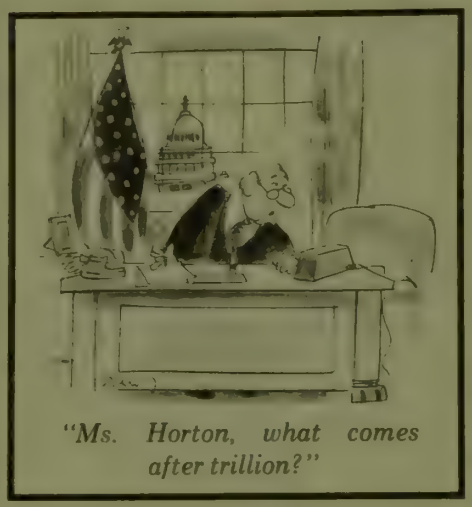
The Man Next Door®

Christine doesn't like those new taped telephone sales devices. When you answer the phone, you're greeted by a tape-recorded sales pitch. It's not fair, according to Chris, because not only does the taped voice keep on talking when you say you aren't interested, it doesn't even know it when you hang up in its face.

Mother Hillis saw in the paper that a popular young television star was quitting his series to go off and find himself. She says that in her day one's name on a regular paycheck solved all identity crises.

The dance at our civic club's annual convention was a disaster thanks to the fine work of the sight-seeing committee that afternoon. Almost all the conventioneers stayed in their hotel rooms and nursed their blistered feet.

Ken Floyd remembered his wedding anniversary but he didn't score any points. He happened to make the mistake of referring to it as "our memorial."



"Ms. Horton, what comes after trillion?"

Dr. Bob Hannelly reports that the only sure remedy he knows for a poor memory is simply to forget it.

A scaler of Mount Everest could be no prouder than my neighbor Catherine, seven. After working up her courage, she finally took one hand off the handlebars and waved while riding her bike. "I never thought I could do it," said the modest conqueror.



Voices vary.

My own voice is nothing to cheer about, but I sing hymns enthusiastically when I'm in church. Every note. But this time I had decided to sing softly and listen to those other voices.

The voice in the pew behind me wavered as it sang, struggled to reach the high notes, then faltered off pitch.

Beside me, on my right, another voice sang less than half the time and vacillated between baritone and soprano because it kept youthfully cracking. The voice on my left sang clearly.

All three voices sounded beautiful.

The voice behind me belongs to an elderly friend just out of the hospital and with a gloomy diagnosis—but singing his gladness at being alive.

Beside me were Bud, 13, whose adolescent voice changes almost weekly, and Christine, whose singing expresses her calm efficiency.

The music in the church never sounded better. Lately I have been listening intently for more music, and I have heard it everywhere.

Aside from hearing obvious music such as bird songs and the laughter of children, I have harkened to the melodies of roller skates on the sidewalk, of soft rain falling on a thirsty young garden, of a teen-ager humming as she made cookies, of babies crying in a maternity ward.

Some music has carried me back through the years—the whistle of a boy signaling for Bud to come outside and play, the giggles of our collegian daughter flirting on the telephone, the ringing of the ice cream truck's bell and the resulting slams of screen doors up and down the street.

And, when the windows were open and the sounds of bees, birds, and boys drifted lazily through the warm air, I have heard music that lulled me toward sleep as surely as a lullaby.

For this kind of music, you need neither voice nor instrument, stereo nor orchestra. Just a consciousness that the sounds of today are the memories of tomorrow.

Burton Hillis

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Rev. John W. Howe; Kathy, 8; Jonathan III, 2½; Mrs. Karen Howe; and Jessica, 1.

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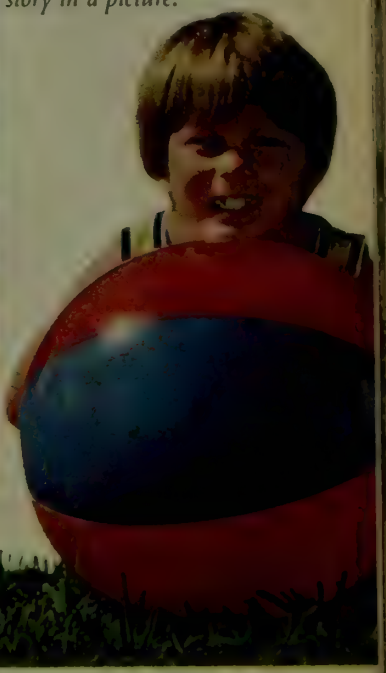
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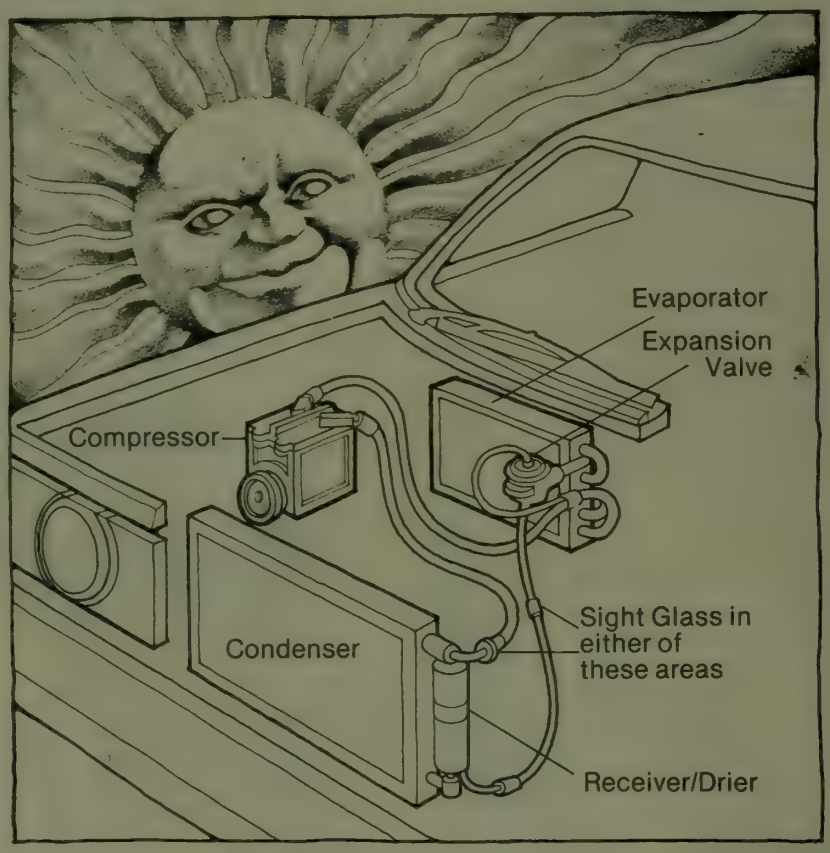
If anything proves that looks can indeed be deceiving, our women's Timex Marathon® is it. It's as durable as any Timex, but as delicate-looking as fine jewelry. Select yours from 21 different styles, $24 to $50.* Every Timex Marathon shows the time all the time, without your having to push any buttons. The digital tough enough to be a Timex. Timex Marathon. For women.



TIMEX®

CARS Kim Garretson

Troubleshooting your car's air conditioning system



When you switch on your car's air conditioner for a cool, comfortable ride, you set in motion a complex system of air cooling and air distributing mechanisms. Because the closed system contains a dangerous refrigerant under pressure, you should leave the servicing to an authorized air conditioning mechanic. However, if you are familiar with the system's components and follow our guidelines for periodic inspections, you may be able to pinpoint malfunctions before they lead to costly breakdowns.

How does it work?

Basically, the air conditioner removes heat from the air inside your car and exhausts it to the outside air through the evaporation and condensation of the refrigerant R12, commonly referred to by its trade name, Freon.

When you turn a knob or press a button to start the air conditioner, the compressor (*see diagram*) . begins pumping liquid and gaseous Freon through the system. The compressor is driven by a belt connecting the compressor and the engine's crankshaft pulley. An electromagnetic clutch on the belt pulley controls the compressor's pumping action as you travel to keep proper amount of Freon moving through the system.

In the cooling process, pressurized liquid Freon moves through the expansion valve into the evaporator (*see diagram*). There, the lower pressure converts the Freon into a super-cold gas that moves through the evaporator coils under your dashboard, soaking up heat from the surrounding air. At the same time, moisture from the air condenses on the cold coils and is channeled out of the car through the evaporator's drain tubes. The cooled air then is pushed back into the interior by a blower motor.

The Freon gas and the collected heat continue into the compressor, which pressurizes the gas to enable the condenser to change it back into a liquid. As this occurs, the heat is exhausted to the outside air. The receiver/drier collects any moisture or dirt the Freon has picked up on its journey, and the Freon begins moving through the air conditioning system again.

Checking the system

If you follow our checklist once a year, or whenever the air conditioner begins to run improperly, you should be able to correct problems or speak knowledgeably about the malfunction with your mechanic. Also, run your air conditioner for a few minutes periodically during the cold weather months, but only when the temperature is above freezing. This keeps the seals lubricated so leaks are less likely to develop.

Always wear goggles, gloves, and protective clothing when inspecting the air conditioning system, and try to avoid touching any part of the system. Freon is colorless and odorless, both as a liquid and a gas, but it is so cold that exposure or contact will cause immediate frostbite to skin and permanent damage to eyes.

Blown fuses?

If the blower motor is not sending air through the outlets, or if you are getting only hot air, the problem might be a blown fuse. Check the fuses in the box and replace any that are blown. If you're getting hot air, a fuse on or near the compressor may have blown. Check your service manual to find out where the fuses are located and how to replace them.

If fuses are not causing these problems, ask your mechanic to check the wiring, switches, blower motor, and the car's heater (it could be stuck on).

Loose belt?

Press on the midpoint of the belt connecting the compressor and the engine. If the belt depresses more than one-half inch, it may be slipping and cutting the efficiency of the compressor. Check your service manual for tightening instructions. If the belt is

continued

Drawing Graphic Corporation



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Whirlpool solid state dryers allow you to choose the dryness you want for each type of fabric and come with a box of Bounce packed inside.

Bounce makes clothes really soft.

Bounce controls static so synthetics don't cling.

Bounce leaves things smelling clean and fresh.



Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in

continued

Air conditioning systems

glazed or frayed, it should be replaced. If the belt's pulleys rattle when the belt is not moving, their bearings may be defective.

In the clutch?

Ask a helper to start the engine, set the air conditioner to its coldest temperature, and switch the air conditioner on and off. Meanwhile, closely watch the clutch plate which usually is in front of the compressor's belt pulley; the plate should move in slightly toward the pulley and begin to rotate with a steady resonant sound each time the air conditioner is switched on. If the clutch does not start and stop, the clutch or its controlling switch may be defective.

Low on Freon?

Most air conditioning systems have a sight glass for observing the condition of the Freon. The sight glass is usually on top of the receiver/drier, or in the line leading to it, or in the line near the expansion valve. Check your service manual for the precise location.

If the sight glass shows a steady stream of bubbles that do not disappear after a few minutes, the system may be low on Freon. Visually inspect all hoses and connections for an oily residue that indicates a leak. Don't touch or pull on the hoses; only authorized mechanics should seal leaks. Recharging or refilling the Freon supply usually is another job for a mechanic. Do-it-yourself recharging kits are available at auto supply stores but must be used with extreme caution, and only when the system is low on Freon, not when it is out of refrigerant.

The Freon might also appear cloudy or foamy. This indicates moisture contamination due to a plugged filter element in the receiver/drier or a faulty expansion valve; your mechanic can replace the filter, the entire receiver/drier, or the expansion valve.

Clogged condenser?

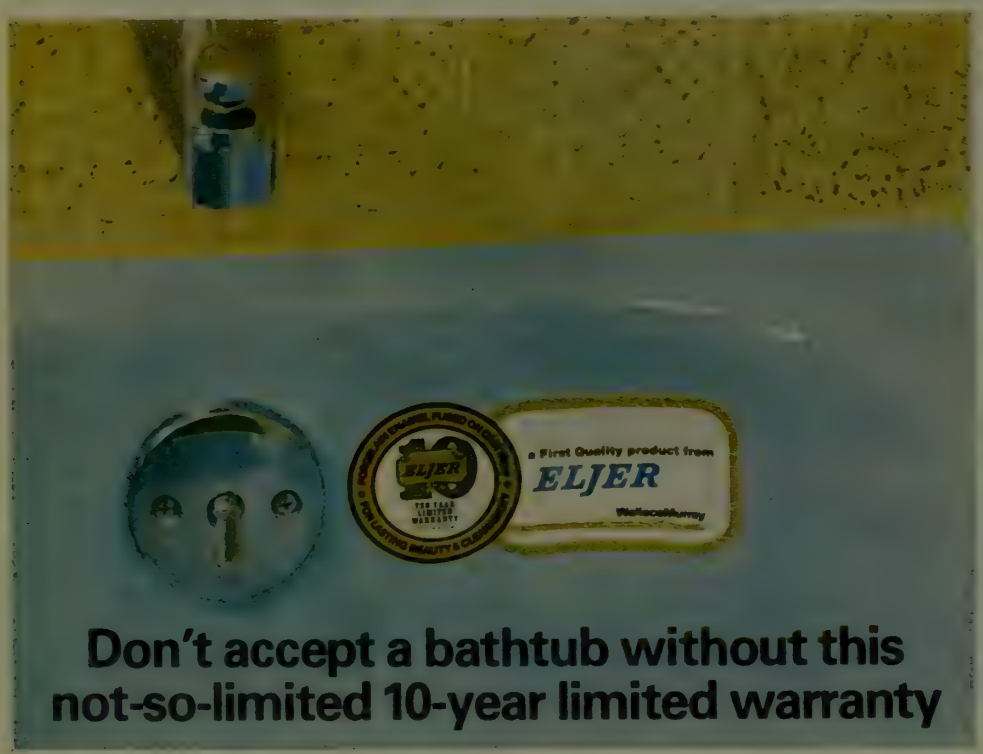
Inspect the face of the condenser mounted in front of the radiator. Leaves and bugs may be lodged in the air-intake openings, cutting the air flow into the condenser. If so, remove the debris with a soft-bristle brush, air hose, or water hose.

Evaporator problems?

If moisture from the evaporator drips on your front floorboard, the drain tubes may be clogged with dirt or leaves. Get beneath the car and locate the two- to four-inch long rubber tubes on the firewall between the engine compartment and the interior. Clear them out by carefully inserting a piece of soft wire in the tube ends. Do not stick anything sharp into the tubes because it is possible to puncture the evaporator coils.

Air leaks?

Warm air from outside might be stealing some of your cool air. Check all fresh air vents and the floorboard and firewall for leaks and seal any that you find. Also, visually examine the ducts beneath your dashboard that carry the cooled air to the outlets. If a duct has collapsed or is loose at either end, replace it or repair it with electrician's tape or furnace duct tape. ■



Don't accept a bathtub without this not-so-limited 10-year limited warranty

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You Don't Have When You

Don't give up room for six.

Don't give up comfort.

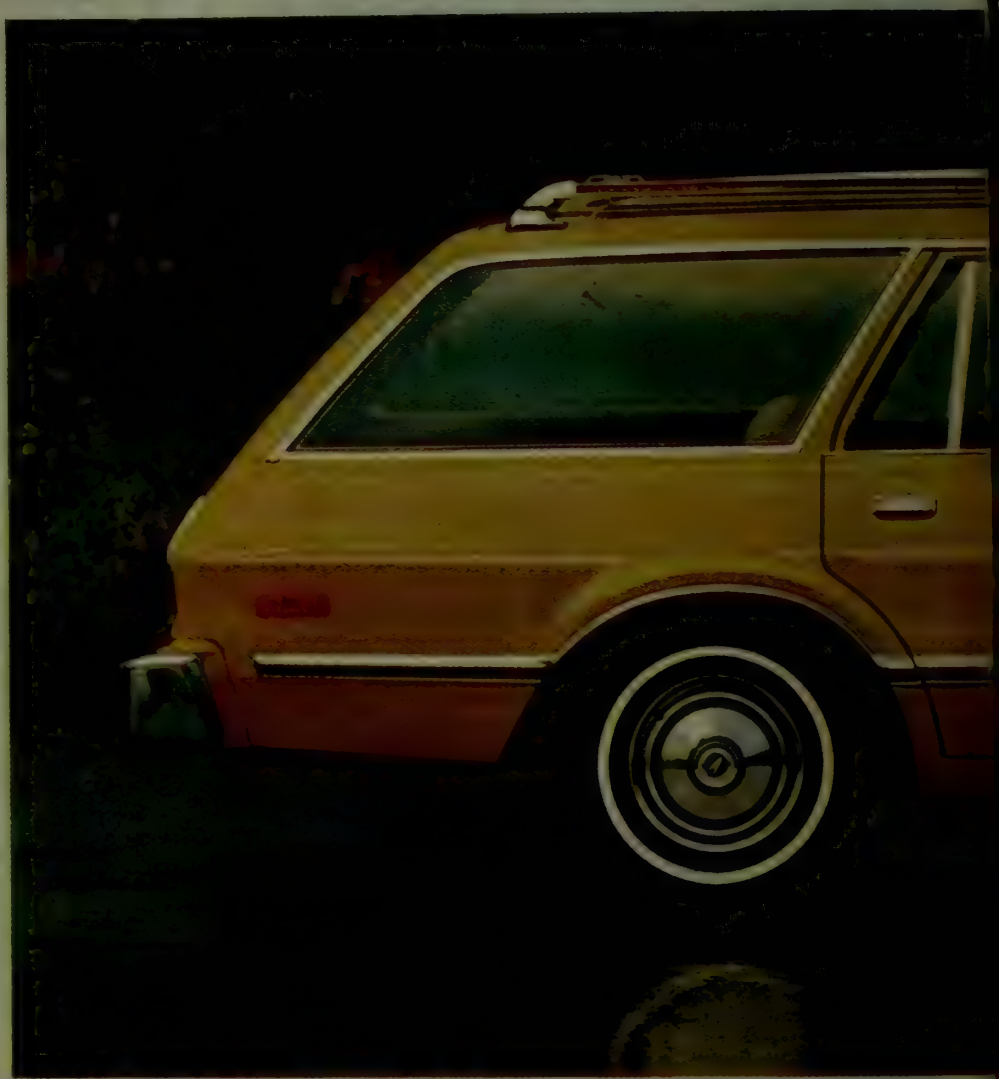
Don't give up big car ride.

Don't give up hip room.

Don't give up leg room.

Don't give up style.

Don't give up economy.



Just because everything is going up and up doesn't mean you have to give up and up.

Get a new Plymouth Volaré. It's priced like a smaller car, yet it has many of the virtues of a bigger car. Like passenger room. Our sedans and wagons seat six passengers, not five. Like a unique isolated transverse suspension system that makes it ride like a bigger car. Like generous head room and hip room and leg room.

Volaré. America's first choice in wagons over the past two years.

We've done everything possible to make Volaré comfortable for you. As a matter of fact, Volaré four-doors and wagons have more passenger room than any cars in their class.

Plymouth Volaré even has a higher resale value than any one year old GM or Ford wagon.† Yet Volaré is remarkably economical, as you can see.

The Volaré you see here is priced at just $4362,** and the EPA estimated this Volaré based on 225, 1-bbl. engine

25/18* MPG HWY MPG CITY

$4362**

To Compromise Economize.



and manual transmission, at 25 mpg highway, 18 city.* Of course, your actual mileage may vary depending on your driving habits, the condition of your car and its optional equipment. And in California, mileage will be lower (optional automatic transmission mandatory).

You may have thought that you'd have to give up the things you expect from bigger cars in order to get economy.

But with Volaré, you really don't have to compromise. Volaré offers you the room, ride and comfort you want. Plus the economy you want.

So why would anyone consider compromising in order to get economy? We give up.

†% of return of original sticker price for one year old wagons on a competitive model basis. Based on recent Automotive Market Report publication averages.

**Sticker price including optional custom exterior package and luggage rack. Excluding taxes and destination charges, optional white sidewall tires and deluxe wheel covers ($80 extra).

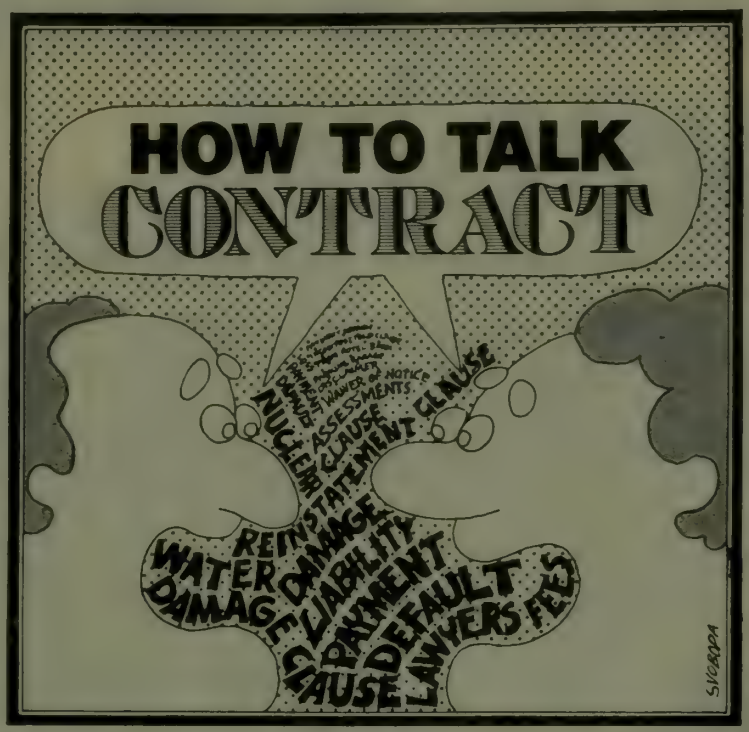
Don't Give Up.

Get a New Plymouth Volaré

Plymouth

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With any contract, it's important to understand every single word before you sign—whether the agreement is written in simple English or in legalese. You also should realize that many pieces of paper, such as baggage checks, sales slips, and plane tickets, may be contracts too—even though they don't normally require your signature. Here are some key terms and concepts to watch for.



Bank credit card agreements

● *Right to withhold payment.* You have a right not to pay the credit card issuer, under certain circumstances, until any problem you have with the purchase has been cleared up.

● *Payment default.* Your whole account may become immediately payable if you default on any part of it or violate any term of the credit card agreement.

● *Lawyer's fees.* In a suit against you for failure to pay, you may be liable for the lawyer's fees of up to 20 percent of the amount owed, but for no more than a stated total.

Bank transactions

● *Advance notice of withdrawals.* Some savings accounts reserve the right to require one or more months' notice before you can withdraw more than a specified sum. Check the rules when you open the account.

● *Loss from safe deposit box.* A clause usually found in the rental agreement disclaims the bank's liability for any loss except in case of fraud, negligence, or bad faith.

Insurance policies

● *Preexisting health conditions disclaimer (health or life).* The insurer's liability is denied for any conditions you were treated for before the policy was issued.

● *Incontestable clause (life or health).* The policy would be incontestable, usually after two years, because of any erroneous statements or omissions of pertinent facts in the application you filled out.

● *Policy assignment (life).* That's the right to transfer ownership of the policy to another person. The company must be notified.

● *Reinstatement clause (life).* Under certain conditions, you're allowed to reactivate a policy you've allowed to lapse.

● *Pro rata liability (fire).* If other insurance is permitted, the company will be liable only for its proportionate share of the total amount of insurance in force.

● *Nuclear clause (fire policy).* All fire policies have a general war risk exclusion, which means no coverage of nuclear damages of any sort when caused by a hostile power or by insurrection or rebellion. Even if those situations don't exist, coverage for nuclear damage is limited. Excluded are any direct damages due to nuclear radiation or contamination. (Explosions evidently are deemed impossible from any peacetime cause.) However, most policies will cover damages sustained from fires that result from "nuclear reaction, contamination, or radiation." For example, suppose you were told to evacuate your home because of possible contamination, and you did leave. Then fire broke out in your home. You would be covered provided you took normal precautions before leaving.

Leases

● *Waiver of notice.* This gives the landlord the right to terminate the lease without notice if, in his opinion, you have failed to live up to the terms of the lease.

● *Waiver of tort liability.* The landlord is relieved of liability for bodily injury or property damage, even if it resulted from his negligence. The waiver is generally unenforceable, but it is used sometimes to discourage legal action.

Travel agreements

● *Responsibility.* A clause in the tour brochure or agent's voucher may disclaim responsibility for injury or for any additional expense that could result from a long list of contingencies.

● *Cancellation penalty.* A clause in a tour brochure generally gives the cancellation deadline and specifies the amount of penalty for cancellation after that time.

● *Baggage loss limitation.* Most airline tickets limit responsibility on domestic flights to $750.

Miscellaneous contracts

● *Parking garage disclaimer.* A ticket or sign reading "Not responsible for damage or theft" probably will not stand up if the garage is attended and you must leave your keys with the attendant.

● *Checkroom "not responsible" sign.* This notice probably won't hold up if an attendant is in charge.

● *Baggage room check.* The statement on a ticket limiting loss to, say, $40 would probably not relieve the checkroom owner of responsibility for loss exceeding that amount.

● *Loss from hotel room.* The hotel probably would not be held responsible for a loss from your room, providing a notice in the room advises that the hotel assumes no responsibility and that there is a safe deposit box available to guests. ■

Drawing: Dudycha, Schirck & Associates

How to make a good drink great.



Make any drink with Seagram's 7 and make it a great one. For a smooth, refreshing 7 & Cola, pour 1½ oz. Seagram's 7 over ice in a tall glass. Fill with cola and garnish with lime.

Seagram's 7 Crown

Where quality drinks begin.

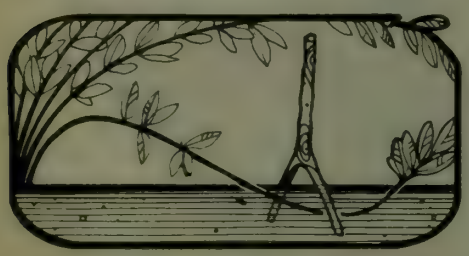
SEAGRAM DISTILLERS CO., N.Y.C. AMERICAN WHISKEY—A BLEND. 80 PROOF.

GARDENING IN JUNE

June is the ideal month to propagate some of your favorite flowering shrubs and perennials. In most cases, it's easy to do and you'll be rewarded with plenty of extra plants for the garden next year. Two of the most commonly used propagation methods are ground layering and stem cutting.

Ground layering

Low-branching shrubs like rose, spirea, pussy willow, forsythia, deutzia, weigela, and viburnum are easy to propagate. Just bury a section of branch underground, and after it has developed its own root system, use a sharp, clean knife to separate the whole piece from the parent plant.



To get off to a good start, select a young vigorous branch on the lower half of the plant. Then gently make a slanting cut about halfway through the stem; make sure you expose at least one inch of inner bark. Remove all the leaves on this section of branch and bury it four to six inches in the ground. To make rooting even easier, dip the wound in rooting powder before covering the stem with soil. Use a forked stick or stone to keep the branch in place. Longer stems can be pinned down at several locations along the length of the stem to get more than one new plant for the garden.

Stem cuttings

Many perennials like chrysanthemum, lavender, St. John's wort, phlox, viola, and cranesbill geranium can be propagated from stem cuttings.

To take a stem cutting, cut off a four to six inch piece of stem with a sharp, clean knife. Make the cut just below a node (the point at which the plant's leaves join the stem) and remove all the leaves on the bottom two or three inches of stem. Dip the cutting in some rooting powder before planting to encourage quick root formation.



Plant the cuttings in a flat filled with moist sand or vermiculite. For best results place the flat in a plastic bag and locate it on a sunny windowsill or under plant lights. In a few weeks, after the new roots are about one inch long, pot up the cuttings individually and set them outside in a sunny location protected from high winds.

By late summer the plants should be big enough to be planted directly in the garden. ■

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If a man or woman averages just $11,000 a year, he or she will make about half a million dollars during the usual 45 years of employment.

Limited Retirement Income

Yet, U.S. Dept. of Commerce figures show that millions of people end up with an income of only a few hundred dollars a month after they've retired —and that includes Social Security!

A *few* hundred dollars a month! That's *hardly enough* money to enjoy all the good times we all promise ourselves after we stop working. In fact, at today's prices, it's barely enough to survive on.



Taking Care of Yourself

Why do most folks end up with so little to show for nearly a half-century of work? Usually, it's because they didn't take care of *themselves* first! They pay the butcher and the baker and the gas station owner and the banker—and never seem to have money left over for their own future happiness and security.

Yet, many experts have noted that people who have prepared a definite "plan of action" for retirement—an



absorbing hobby, travel, etc.—seem to enjoy better health and longevity compared to those who are forced to sit around bored, lonely and frustrated because they simply don't have money to travel, to enjoy hobbies, to entertain, to be "on the go."

Is it too late to start doing something about this? Not at all! In fact, by paying yourself first with what can amount to small change, you can guarantee yourself a substantial added monthly income that you can never outlive, or that can even help you retire early if you want to.

And now you can get by mail, the "Money Book" that tells how simple it can be to use the assured monthly income benefits of cash-value life insurance protection to guarantee yourself the extra cash you'll need and want.



For your "Money Book", simply mail the postage-free card next to this page, from Certified Life Insurance Co. of California, whose policies protect thousands of California families. There's no cost or obligation for this important service. ■

"What's Happening to the American Family?"



A Report From More Than 300,000 Readers

By Gordon G. Greer, *Executive Editor*,
and Kate Keating, *Travel and Features Editor*

Last fall, in our September and October issues, we published a special two-part questionnaire inviting readers to share their feelings on the state of the American family. As was the case with our first family survey five years earlier, the number of respondents topped 300,000—this time 302,602. (Visualize the New Year's Day crowd at the Rose Bowl, then multiply that throng by three.) And nearly ten percent of the people who replied to our poll—29,902—attached letters, often long ones, to their completed questionnaires. Their comments ranged from thoughtful to touching to witty as they amplified their answers and explained their opinions, often telling us parts of their life stories to make a point. All in all, it ended up being one of the largest public outpourings on this subject ever elicited, a fascinating self-portrait of the American family.

This is the first report of what our survey revealed.

HOW'RE WE DOING? NOT SO HOT

It's obvious in the answers to our very first question that most readers are disturbed by the present state of the family.

Do you feel that family life in America is in trouble?
Yes: 76% No: 22%

(Throughout this report, you may notice that the answers don't always add up to 100%. This is caused in some cases by multiple answers, and in others by rounding off decimal points or by omitting those respondents who "don't know" or didn't answer.)

We wondered what readers viewed as the greatest threats to family life. In descending order, 37% said inattentive parents ("Parents don't want to be bothered anymore"); 36% said the absence of religious and spiritual foundation ("Living contrary to God's laws can only lead to great unhappiness"); 21% said materialism ("Necessities are confused with luxuries"); 18% said financial pressure ("It drives the mother and father out of the home to work, thus leaving the raising of children to other people and turning the home into no more than a motel for an overnight stay"); and 18% said divorce ("Obviously, the greatest threat to a family is having it broken up").

In their comments, many readers seemed especially distressed by the "me first" attitude they observed all around them ("'Doing your own thing' is irresponsible and selfish"), the decline they perceive in adherence to religious credos ("Man has made a mess of his life without God"), and a widespread malaise and purposelessness they blame on a lack of worthwhile goals ("In our family we don't really know where we're at or where we're headed").

"People don't care enough" was a common lament. "They aren't willing to extend themselves for one another. We don't feel deeply enough about things—the family, the community, the inner cities, whatever—to give up our material comforts or our security to improve them."

Or, as a reader from Connecticut expressed it, "Every person who marries for any reason other than to love and to share; any person who has a child without committing 20 years or more to the nurturing and support of that child; any teacher who does not teach; any lawyer who is incompetent; any seamstress whose seams rip; any doctor who is too busy to heal; any clerk who is rude—all assault the community and its ability to exist."

continued

WHO ANSWERED THIS SURVEY—AND DO THEY SPEAK FOR AMERICA?

A quick statistical profile of the respondents to our poll shows that 66% of them, both men and women, attended college (more than double the figure for the nation as a whole), 89% are married, 82% own their home, 60% have children under 18, and their median family income is $20,125. All of those figures are significantly higher than the most recent national averages.

Also keep in mind that our respondents are obviously all readers of Better Homes and Gardens. Certain segments of the American population—the economically disadvantaged, for example—are not adequately represented in our magazine's readership. That means that these groups are underrepresented in our poll as well. And even among our readers, there is a limiting factor. Not everyone had the time or inclination to complete our lengthy questionnaire—only those with a particularly strong interest in the subject.

Technically, this isn't a cross section of national opinion. The views expressed here are strictly those of 302,602 readers of Better Homes and Gardens who give evidence of caring deeply about the American family.

American Family?

HOW'RE *YOU* DOING? I'M O.K.

In their own pursuit of happiness and satisfaction, most readers say they put greater value on intangibles—raising kids, staying healthy, continuing to grow in mind and spirit—than on materialistic achievements, career success, or social status. When we asked what they considered "very important" to them personally, 86% said physical well-being, 77% said raising children, 65% said intellectual growth, and 55% said spiritual growth. Ranked lowest of the 11 items on our list were recognition by others (13%), influence over others (9%), and social status (5%). Sharing the middle ground were house and property (37%), financial achievement and salary (35%), job status and career (26%), and sexual attractiveness (22%).

And how are they doing? Quite well, on the whole. In only one of the 11 areas did even a third of our respondents report dissatisfaction with the progress they're making—39% listed themselves as "not satisfied" in the realm of intellectual growth.

Are you better off materially than your parents were? Are you happier?

Better off	Happier
Yes, better off: 71%	Yes, happier: 48%
About the same: 20%	About the same: 42%
No, worse off: 7%	No, less happy: 6%

Some readers said they didn't feel as happy as they should: "I love my husband, we're very good friends, we love our son. But still there is something missing in my life. I just don't know anymore." Others seemed almost to purr with contentment: "After 26 years, if we had it to do over, we'd do it—hopes, fears, heartaches, joys, hardships and all. I'm a very happy woman today. Life has been good to me. I'm thankful for what I have."

KIDS: ARE THEY WORTH IT?

These are hard times for parents, our readers reported, but the rewards outweigh the difficulties in more than nine homes out of ten.

If you had it to do over, would you have children?
Yes: 91% No: 9%

For many readers, their children are their greatest satisfaction: "They are people I like and enjoy as well as love." For a less lucky few, they seem a shattering disappointment: "Child rearing has to be the hardest, most demanding, most worrisome task there is—I don't know what happened to joyous, fulfilling, rewarding." Some parents say that if they were starting all over again, they'd have children but perhaps fewer of them: "We have three and find each well worth the effort—but the costs of feeding, clothing, lessons, camps, etc., are so high that two children are the most I'd consider if we had it to do over."

When we asked what they considered the ideal number of children for their own family, 47% said two; 23% said three; 11% said four; 8% said one; 5% said five or more; and 5% said none.

Arguments for childlessness were often well presented: "My husband and I have tried to analyze our relationship to discover why it only improves continually (into our 13th year) while others are failing. One conclusion is the fact that we are childless by choice."

How do readers feel about other married couples deciding not to have children? Only 15% disapprove. Another 43% checked "Not my concern," and 40% checked "Approve."

Asked if working parents spend enough time with their children, readers gave low marks to both sides of the family. Fathers drew a response of 86% "No." Working mothers did slightly better: 72% "No." "I'm glad you included fathers," wrote one woman, a doctor. "I'm often asked, 'Do you think you can be a good mother and wife and be a doctor, too?' My answer is usually, 'Are you a good father, husband, and doctor, too?' "

The issue of working mothers drew trenchant comments from all sides. "In my job as an adult counselor at our community college," said one letter from Illinois, "I encounter many working mothers and student mothers. They agree that the changes made in their families because of their working status have been good. Many report that their children's schoolwork has improved because of the example they set. Many become better organized and more efficient in housekeeping because they have less time to spend on it. Their children become more independent and resourceful because they are not always under the watchful eye. The children take their house responsibilities more seriously because they learn that Mom won't be there to pick up the slack.



The mothers become more aware of the quality of time they spend with their children. In general, the families seem to take each other less for granted." Equally compelling comments expressed an entirely different view: "Some of my fondest childhood memories are when I would run in the house and tell my mother all about my day. I have always been thankful that she didn't work outside the home. It has made a real difference in my life."

The importance of the mother's remaining at home depends, our readers told us, on the age of their kids. For preschool children, 88% said it was important for the mother to stay home; for grade school kids, the figure dropped to 56%; for junior high students, 36%; and for high school youngsters, 24%.

GROWING UP: THE IMPRESSIONABLE YEARS

Second only to parents themselves, television emerges in our survey as the greatest influence on the general development of children under age 12—and by no means are all readers happy about it. ("Television is one of the worst things that has ever happened to family life. Next to that is interfering relatives.") After parents (84%) and TV (48%), readers see other important childhood influences as friends (40%), teachers (33%), church (19%), organized activities—scouting, sports, etc. (14%), books (8%), and other relatives (6%). The overall effect of these forces disturbs them.

continued



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American Family?

Is America a better or worse place to raise children than it was ten or 15 years ago?

Better:	Same:	Worse:
15%	26%	58%

Not that parents got particularly high marks either. Nearly two-thirds of our readers (66%) said parents put too much pressure on their kids to achieve, and a whopping 87% think most parents are too permissive with their children—although only 26% of the parents answering recognized that fault in themselves. A higher number —33%—admitted to overindulging their kids' material requests. "Doesn't everybody?" one reader remarked.

Are readers having trouble communicating with their children? Only 3% of our parents said, yes, a great deal of trouble; 31% said some; 49% said very little; and 17% said none. Many suggested that our questionnaire had helped them find out. "I thought it might interest you to know," wrote a reader from California, "that my two teen-agers and I filled this out together using the majority rule law. It was surprising to us to find out how we differed on some subjects and had never even discussed them. We enjoyed doing it, and it did bring us closer to understanding one another."

THE TEEN YEARS: TRYING TIMES

"My psyche has holes in it from seeing our kids through their teens" is typical of the troubled comments this subject elicited. But, all in all, America's youngsters are judged as coping pretty well—maybe even upgrading the art of adolescence.

In your opinion, are teenagers today more qualified or less qualified to make independent value judgments than was true ten years ago?

More qualified:	37%
Less qualified:	19%
No change:	42%

Which better prepares youngsters for the future, a strict home environment or a permissive one? No contest: strict 73%, permissive only 20%. But many readers touted a combination: "Too much permissiveness leaves a child so confused and undisciplined that he is not desirable in an orderly society. Too much strictness can inhibit him so that his creativity is stifled and he is afraid to show initiative—thereby limiting his potential as a contributing member of the community."

Lack of communication is a widely felt concern. Asked if teen-agers share their personal problems with either parent, a sobering 42% of our readers said no. Only 10% said yes, with both parents; 44% said mostly with the mother; and just 1% said mostly with the father. "Kids who come to see me," a social worker told us, "say there is no guidance in their life and that they're making decisions they're fearful of making alone. Parents in turn tell me they're afraid to offer advice, fearful that it will be wrong or turn their kids off. The parents' values are in turmoil, so they're having a hard time advising their kids. It's a dilemma—one generation seeking advice, the other afraid and unwilling to give it."



LOVE AND MARRIAGE: WHAT IT'S ALL ABOUT

We asked a lot of questions concerning marriage in our survey, and the answers showed respondents to be more satisfied than not.

Do you and your spouse share enough interests and activities? Among all married readers, 70% said "Yes."

Do you share an understanding about what you want from marriage? "Yes" said even more marrieds: 85%.

Do you share personal problems? "Yes" said nine out of ten.

Do you and your spouse talk to each other enough? "Yes" said 63%—and even some of the "Noes" made it clear they weren't complaining: "We could *never* talk enough. There's too much to say for just one lifetime." (There were curves on the other side, too: "Yes, we talk to each other enough. It's just that we sometimes don't listen enough.")

Do you and your spouse have enough time together? "Yes" answered 60%.

Within the marriage relationship, do you have enough time to yourself? "Yes" beat "No" by four to one.

Are most of your expectations of happiness in marriage being fulfilled?

Yes: 85% No: 15%

When we asked for the strongest reasons why couples stay married, love triumphed over all with a score of 43%. Second came children (34%), then companionship (27%), security (24%), and the sharing of mutual goals (20%). Readers gave less importance in this regard to religion (12%), the comforts of home (11%), psychological dependency (11%), money (6%), material possessions (5%), and, last of all those listed, sex (4%).

How important is it that a husband and wife have separate interests and activities? "Very important" said 42%; "some importance" said 50%; "not important" said 8%. "After seven years of marriage," one reader told us, "I'm just now branching out on my own and doing things I want to do. It took me a long time to learn that you don't have to be together 24 hours a day." Another said, "I know of many husbands who seem to resent the fact that their wives cling to them so. It's not that they are not happy being married—just that they feel guilty if they continue with their own interests while the wife is left without anything to do. I do not believe it was intended for two people to come together in a unifying relationship of marriage just to be made exactly alike. Instead, they should complement each other."

Do you think an occasional big argument to "clear the air" helps the husband-wife relationship? "Yes" said 67%.

Would you consider a decline in the husband's dominance to be beneficial or harmful to family life? "Beneficial" said 45%; "harmful" said 52%. But many readers gently chided us for asking such a question: "A family is a unit; there should be no dominant partner."

THE NEW WOMAN: WHO IS SHE?

If we heard it once, we must have heard it from at least 1,000 women:

continued

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"I'm a full-time homemaker and I'm proud of it! I love it!" And among all of our respondents 76% agree that the traditional role of wife and mother as a full-time homemaker can lead to a fulfilling life.

Does this mean that readers reject the women's movement? Not at all.

All in all, do you feel that the movement for women's rights is a force for the better?
Yes: 60% No: 37%

The good thing, readers told us, is that women now have choices. And no stigma should attach to whatever choice they make. "Some women can fulfill their lives better by being full-time homemakers; others find working outside the home helps satisfy their own needs, so they're better able to deal with the role of wife and mother, if they choose it. Women are individuals, too."

Most objections to the movement seem to center on its tactics ("too devisive for the overall good"), particularly the tendency among some of its leaders to belittle traditional points of view: "The women's movement has some good goals, such as equal pay for equal work, but I feel the bad effect of it all has been to downgrade the role of homemaker and mother. *There is no more important job!*"

In general, we asked, has the new awareness of women's rights altered the husband-wife relationship significantly? "Yes" answered 66%. For better or for worse, among the marriages you know? By nearly two to one, "good effect" beat "bad effect."

"I'm for equal rights and equal pay," one woman said, "but I still like to be treated like a lady by a gentleman."

The "new" American woman who emerges from our survey is no fiery-eyed radical set on making men knuckle under. Instead, she turns out to be the familiar "traditional" woman blessed with previously unheard-of opportunities and choices.

MONEY: WHERE DOES IT ALL GO?

As economic forecasters, the majority of respondents are cautious and sober, if not downright glum. For example, 77% think the rate of inflation over the next five years will increase (only 1% say it will decrease); 59% consider it likely that we'll have a major economic depression in the next decade; only 2% believe social security will provide enough money to live on when they retire; 87% think the single-family home will be priced out of reach of the average American family; and as a threat to the future of family life, they rank inflation second only to moral decay.

Yet in their own financial affairs they seem to be doing all right.

After meeting essential monthly obligations, is it possible for your family to make regular deposits in a savings program?
Yes: 64% No: 35%

They think it's sound financial planning to put money in a savings account (by a margin of 87% to 12%), but they recognize (by 55% to 43%) that the importance of having a large amount of money stashed away has declined for most families in recent years.

What do they consider the best hedge against inflation? The majority (69%) said owning real estate. And they practice what they preach; 82% own their homes.

In the way they use credit, most respondents seem prudent. Only 11% regard the use of credit cards as essential (20% don't use them at all), and 66% feel that the ease of obtaining credit has not caused overspending problems for their family. Only 10% say having credit cards and charge accounts frequently causes them to make unnecessary purchases.

Departures from this conservatism were mostly among the young: "My generation wasn't scared by the Depression the way our parents were, so a big savings account isn't as important to us. We're accustomed to traveling and spending money."

TELEVISION: THE PLUG-IN DRUG

TV had far more attackers than defenders. Words like "garbage," "infantile," "sick," and "disgusting" were liberally sprinkled throughout reader comments, and only 15% said that, overall, television viewing has a good effect on their family life. (The majority —57%—said "no effect," and 25% said "bad effect.")

How would you rate the overall quality of programs on television?
Very good: 1% Good: 14%
Mediocre: 51% Poor: 33%

What is it on the tube that readers found so objectionable? Violence (67% said it "greatly concerned" them), too much sex (56%), and generally low quality (61%). "After limiting my own watching," a woman from Louisville wrote, "I found I lost most of my paranoia about being mugged, raped, burglarized, etc. I also felt less guilty about wasting my time."

Even critics of the critics seldom defended the major networks. They merely pointed out that viewers watch TV by choice ("People seem to forget that TVs do have 'off' buttons") or suggested a more discriminating choice of channels ("They never heard of PBS, poor things").

Television's use as a surrogate parent also came under heavy fire. "It's an easy out," said one mother. "When parents have no time or patience, they say, 'Go watch TV.' And they don't care what's on—myself included." Her attitude reflects that of a majority of respondents: 72% felt that most parents fail to regulate the amount of TV their kids watch, and 65% cited a similar failure to regulate quality.

Like chain smokers who deplore being hooked on tobacco, many readers berated themselves for their TV addiction or gleefully reported how they'd managed to beat it: "Both of our TVs broke down at the beginning of the summer. Not having them fixed was the best thing we ever did. We had a great summer. Grades improved this fall and No. 2 son made the football team. Still no TV."

Is that the only solution, to kick the habit cold turkey? No, said other readers; use discipline instead: "Television has a good effect in our home because it supplements our life-style, not dominates it." Another reader justified her answers like this: "I rated the overall

continued



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quality on TV as mediocre to poor, then stated that television viewing has a good effect on my family. These two answers seem to be contradictory. What I mean is that we try to watch only the very best of what TV has to offer, so from what few selections we do see, the overall effect is beneficial."

THE ELDERLY: SANS EVERYTHING

Nowhere did respondents show more sadness or guilt than when describing what they saw as the neglect of America's elderly and their underutilization as a vital human resource. "Do you think it's important for a child's development that he or she have contact with the elderly?" The answer was a resounding 96% "Yes." But *do* most children have enough contact with the elderly? This time it was a resounding 87% "No."

Do you think the elderly are generally forgotten by their families?
Yes: 72% **No: 27%**

A common observation was nicely phrased in a letter from Utica: "The elderly are not forgotten in thought, but the time actually spent with them is short."

Older people themselves did little complaining. Indeed, of those age 65 and over, only 64% answered the boxed question "Yes"—a significantly lower figure than that of any other age group. Sometimes the problems of aging appear more fearful from a distance. "It scares me to see myself lonely and forgotten," wrote a woman who gave her age as between 18 and 24. "That's why I volunteer at the psychiatric hospital and visit with the older patients. I just hope someone will reciprocate when I grow old."



One question on this subject split respondents right in half: Where is the best place for aging parents no longer capable of living alone? Half the respondents said "Retirement or nursing home"; the other 50% said "With their children."

American Family?

The comments on this question were particularly poignant, obviously inspired by intense inner conflicts and the weight of emotional debts too enormous to repay. "I've worked in a nursing home and vowed I would *never* see my parents in a home like that," one young woman told us. "Even the good ones can't supply the love and care that a family can. My parents cared for my needs as a child, so I should do the same for them if they need it. I realize that saying and doing are two different things. I only hope to be able to live up to my ideals."

Not everyone of good intent is successful, of course: "I think it's wonderful when three or more generations can share the same household. However, my husband's grandmother lived with us for ten months and it didn't work."

Even apparent success can exact an extremely high toll: "My husband's 91-year-old father has lived with us for the past five years at our invitation, and we wouldn't have it any other way. But when we are no longer able to maintain a home for ourselves, we are going to try at almost any cost to avoid living with our children."

In any case, the agony of decision is acute, the choice among the toughest a son or daughter ever faces. "The question can't be answered until a person has been through it. The reversal of roles—now I make the decision for Mom and Dad, when all my life it was the other way around—is terrible!"

EDUCATION: LOW MARKS

Bemoaning the fact that so many youngsters "can't write three consecutive sentences without committing gross grammatical errors or do a simple sum without a little hand calculator," a resounding 94% of our readers think schools should pay more heed to teaching basic skills. "There are too many gimmicks in education today" was a common complaint. "Too much attention is paid to unproven psychological and sociological theories and not enough to discipline and knowledge. Why should children 'actualize,' 'conceptualize,' and 'orient themselves in behavior modification'? Why not read, write, and do arithmetic?" Yet relatively few respondents gave their own schools failing grades.

How would you rate the quality of education being offered in the schools in your community?
Very good: 18% **Good: 42%**
Fair: 29% **Poor: 10%**

Whose fault is it that the quality of education isn't better? Some blame the schools, but many others blame the family. One respondent put it like this: "Much of the difficulty results from the schools themselves presuming to be capable of achieving—even taking the responsibility for—a child's total development. They cannot, should not, and need not do this. In order for 'education' to happen, a teacher must teach well and the child must learn well. The family is the proper origin of the latter function. In this respect, one entire half of the 'education system' has ceased to function. Families must value education, must begin it before the child enters school, and must continue it in the many hours the child is not in the school building."

How about busing? Readers reject it as an acceptable route to racial integration by a margin of 84% to 13%. "Busing is creating an artificial balance and pleases no one except the law." But some readers differentiate between forced and voluntary busing, and approve the latter.

SEX: TOO MUCH, TOO SOON?

A comparison with the results of our first family survey, which was published in 1972, shows that attitudes toward sex have relaxed since that time. For example, when we asked readers six years ago if they would approve or disapprove of two people living together for a while before making the committment of marriage, 26% said "Approve." That figure has now risen to 41%.

But this is no wild embrace of the sexual revolution, no headlong rejection of responsible behavior. On the question of living together, only 22% approve when the arrangement is a substitute for marriage rather than a

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prelude to it, and even those who approve often insist on a mature relationship: "Living together is a cheap copout when it's simply 'playing house.'"

"I don't like the idea of my children living with someone," another reader said, "but neither would I approve of their rushing blindly into a marriage. To say it is not my concern is dodging the issue. Perhaps the best answer is that it depends on the maturity of the individuals."

Premarital sex was also viewed realistically. Although a majority of readers (57%) disapprove of premarital intercourse, 80% feel that birth control methods and information should nevertheless be available to anyone—including unmarried teen-agers. "I don't condone promiscuity," reasons one reader, "but withholding information on birth control doesn't help. And there are already too many unwed parents and unwanted kids."

Is there too much emphasis on sex in all aspects of our society today?
Yes: 84% No: 15%

Some readers told us sex isn't all that important: "If couples would spend more time in conversation and less in bed before marriage they would make more rational choices in their selection of a person to spend their life with."



Others are offended by the tasteless distortions of sex: "I'm not a prude, but I'm sick and tired of being hit in the face with pornographic material in drugstores, shopping malls, bookstores, theaters, and on TV and record albums. How can children be expected to maintain high standards in a world cluttered by trash?"

DIVORCE: FIGHT OR FLEE?

Nobody feels very good about divorce, but most respondents accept it as sometimes the lesser of two evils. "Take it from me," one reader remarked, "it's better to come from a broken home than to live in one."

American Family?

Do you think it's right or wrong for a couple who simply can't get along to get a divorce?
When no children are involved:
Right: 84% Wrong: 12%
When children are involved:
Right: 75% Wrong: 22%

Most readers who added comments lined up on two sides: "better to get divorced than to live together in misery" versus "quitting never solves anything." Of course, there were many less adamant remarks, too: "Sometimes the most loving solution to an unhappy marriage that has disintegrated because the lines of communication have been cut off is to divorce and give each other a chance to find a more fulfilling relationship. But this should not be done without much soul-searching and honest evaluation of the marriage."

We asked what readers considered the main reasons for failed marriages. Immaturity finished highest, checked by 61%. Next came selfishness (51%), followed by changes in or lack of mutual interests and goals (44%), financial problems (41%), third-party entanglements (24%), personality conflicts (22%), poor sexual adjustments (16%), job pressures (14%), and the burden of children (10%).

Whatever the particular problem, the prospect of divorce is always wrenching. "Truthfully," one reader confided, "having to raise my family without my husband, having to work to meet the financial burdens, and, most of all, not to have him with us, scares the life out of me."

ABORTION: NO EASY ANSWERS

Most readers find the thought of abortion abhorrent. Yet the majority condone it under special circumstances —90% if the mother's health is in danger, 84% to abort a malformed fetus, 84% to end a pregnancy caused by rape. For an otherwise normal unplanned pregnancy, however, only 39% approve abortion for married women, 50% if the woman is unmarried. Readers were nearly unanimous in their strong disapproval of abortion as a means of birth control: "The use of abortion in 'family planning' is abominable—married or unmarried."

When we made the question personal, we got somewhat different answers.

Would you yourself consider an abortion for an unplanned pregnancy?
Yes: 34% No: 65%

Many comments we received were as personal as the question. "I fully support abortion in any case," said one reader. "I was an unwanted child and it's a hell of a life." A Michigan woman had a different perspective: "To consider abortion is one thing—to go through with it is another. I have considered it but didn't go through with it. An unwanted pregnancy can and usually does turn out to be a very wanted baby." A letter from Hawaii viewed the problem from another angle: "I have worked in both a state health department and a university hospital emergency room, where I encountered many tragic cases of child abuse and neglect from parents who did not want the children or who were too young to accept the responsibility of a child. If these unspeakable crimes can be eliminated or lessened by allowing abortions, then even though the thought is repugnant to me, abortions must have a real purpose in our society." Then, too, a cry we heard often is: "Abortion is murder!"

Assume a woman chooses to have an abortion. Should her husband have the right to prevent it? The majority of women readers (51%) said yes. On the other hand, the same percentage of men said no.

RELIGION: MORE THAN CHURCHGOING

Religion seemed to inspire more comments from readers than did any other subject touched on in our poll. Some letters were highly evangelical in tone. But most were calm reflections on the comforts of deep faith: "Within our home we seek to follow the principles that God set up for the family. Those principles provide security, love, and deep fulfillment. I would be

continued

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afraid to have a family in today's world if I did not have the power of God within our home."

Most readers believe religion is losing influence on family life (72% feel that way), but it continues to be highly important to them personally.

How important is a belief in God or a Higher Being in your life?
Very important: 66%
Moderately important: 19%
Slightly important: 7%
Not important: 7%

Religion isn't always equated with churchgoing, however. Readers attach a much lower priority to attending formal worship services. Only 38% say it's "very important" to attend; 23% say "moderately important"; 14% say "slightly important"; and 24% say "not important." The reasons people give for not attending are various. "Most churches are a bore and out of touch" was one blunt comment. "We worship in our own ways, other than church" was another. And although the majority of readers (59%) feel otherwise, a sizable number (39%) think churches should limit their concerns to spiritual needs: "I think the church lost something when it tried to become all things to all people. The bulletin lists the volleyball game, the mixed bowling tournament, the basketball practice, the pageant committee meeting, the big fund-raising dinner, and, oh, yes, the service sandwiched in there somewhere."

ENERGY: THE CONSTANT CRISIS

Two points come across loud and clear concerning energy. First, most respondents go along with the President when he says we confront a continuing problem.

Do you think the energy crisis is:
Here to stay: 85% **Temporary: 13%**

But, second, they resent being asked to conserve when other people's wastefulness so often goes unchecked. "We are urged to save gasoline, yet corporate and private planes continue to fly as before, pleasure boats continue to ply lakes and rivers, office buildings are ablaze with lights day and night. If conservation is necessary, it should apply to all."

There are some, of course, who blame the oil companies or politicians: "The energy crisis is politically inspired—just another way of manipulating people."

What steps are readers taking in their efforts to conserve? Lowering the thermostat ranked first (82%), followed by reducing home use of electricity (71%), reducing the use of the air conditioner (46%), improving home insulation (42%), and using a car pool or mass transit (16%). Only 4% reported they'd done nothing to save energy. "Our thermostat is so low," a Minnesota reader told us, "that last year my African violets died."

HOUSING: THE BIG BUY

Of the homeowners who answered our questionnaire, 99% feel their house is a good investment. Naturally, they are bothered by the high cost of upkeep; 27% say they are being forced to make significant sacrifices in other areas to keep and maintain their present home. And 80% of all respondents report that because of rising costs they have undertaken more home maintenance and improvement jobs themselves. But the level of resentment in their letters is low, and many say they enjoy this personal involvement in home projects. "Although we could afford to hire others," a Michigan reader told us, "we continue to be do-it-yourselfers as much as possible. This is partly a holdover from the days when we had only meager funds, but mostly because of the satisfaction involved and the greater likelihood of having the jobs done right!"

Readers see their home as a good emotional investment, too.

Do you feel happier at home than anywhere else?
Yes: 88% **No: 11%**

If they were going to move, respondents say their most important considerations would be finding a more energy-efficient house (42%), a house with more land (35%), or a bigger house (26%).

But their deepest concerns center on new families and future families. A large majority of our readers (79%) think it's more difficult for young families to buy their first home today than it was for their parents, and an even larger majority (87%) think the single-family home is on its way to being priced out of reach of the average American family. If this means more families will be living in apartments, the trend will make most of our readers unhappy; only 26% consider an apartment in a comparable neighborhood as good a place to raise children as a single-family home. Still, they recognize that a house isn't everything: "Where you live and raise your children is not nearly as important as how you live and raise your children. Children grow in love, not in an apartment or a house."

WORKING: JUST A GRIND?

The majority of our respondents (58%) think that most other people are unhappy in their jobs. They don't show much unhappiness themselves, however.



Do you like your job?
Yes: 83% **No: 12%**

Nor do they appear overeager to quit work at 65. Only 15% favor mandatory retirement at that age, and just 9% think forced retirement affects family life for the better. They also reject the idea of a shorter work week (by 66% to 31%) if it entails a reduction in family income.

On the other hand, many readers endorse split jobs: "For instance, two men could semi-retire and share a single position; or two women could share a job to have time for home responsibilities as well as a career."

continued


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American Family?

"Fifteen years ago," another reader told us, "my husband and I would have been delighted to each have a half-time job. He was great with kids and enjoyed being with them. I was overwhelmed by the whole business of child care and total family responsibility and would have appreciated a chance to get out to a job and think about other things. But that kind of arrangement was an idea before its time, and so I was a full-time homemaker and my husband a full-time breadwinner. As retirement approaches, we hope half-time positions will be available. Perhaps we could share a job with a new parent."

What about the time not spent on the job? Nearly two-thirds of our respondents (65%) say they spend most of their evenings and weekends doing what they want to do, as opposed to the 32% who spend them on what they *have* to do. Only 18% say their life is "frequently" a rat race; 67% say "sometimes," and 14% say "never."

HEALTH CARE: WHO CAN AFFORD IT?

Most comments concerning health care focused rapidly on money: "I have trouble paying dental and medical bills and find myself dreading illness and reluctant to send even my kids to the doctor or dentist because of the expense. This is not right."

Have rising costs of other necessities in the past five years caused you to put off or forgo regular (non-emergency) medical and dental care?
Yes: 33% No: 66%

What about comprehensive health insurance—should the federal government provide it for everyone? "Yes" in the opinion of 47%. "No" said 49%. "Health insurance? Sounds great!," one reader remarked. "But who pays? Certainly everybody knows the federal government's source of income: taxes. And the poor middle-class American is taking a beating. Let's keep control of our own health care." Reactions to the prospect of yet another federal program said more about bureaucracy than about the program itself. "Washington wastes millions of poor taxpayers' dollars" was an opinion set forth in an abundance of variations.

When asked who they rely on for medical care, 95% said a private physician or group practice, 3% said a public health clinic, and 2% said hospital emergency rooms.

In recognition of a need for better dietary habits, 60% say they've tried to cut down on fats and sugars, and 50% have attempted to eliminate junk food. But carrying out those resolves is something else. A typical lament: "I have attempted to change my family's eating habits with little or no success."

THE FUTURE: WHAT NEXT?

The naïve romanticism of American folklore has apparently yielded to a more realistic outlook that nonetheless is strongly laced with personal optimism. When we asked readers for their assessment of the American family's next ten years, only 18% checked "Things will be better"; 33% thought "Things will be worse," and the others said "Things will remain about the same"—not a particularly starry-eyed view. Yet when asked to predict their own fortunes in that decade, 53% said "My life will be better," and only 3% allowed as how "My life will be worse." ("My life will be the pits!" was one comment, but it was most unusual.)

Older people, of course, confront the fear of age and loneliness, and many readers added thoughtful comments on those subjects. "I don't dread growing old," a Wisconsin reader told us, "but I do worry about the financial hardships associated with old age in our country. The escalation of inflation, the devaluation of the dollar, and the meagerness of social security present a bleak retirement picture. The only encouraging aspect is that, by the time I reach old age, senior citizens will have a majority vote and, together, they can be a beneficial influence on the way our country is managed."

Statistically, however, other fears ranked much higher.

Are you seriously worried or fearful about any of the following?
Possible harm to or death of a loved one: 46%
Debilitating disease: 32%
Financial hardship: 26%
Being a victim of crime: 21%
Loneliness: 19%
Old age: 17%
Failing to reach personal goals: 16%
Failing to find a meaningful purpose in life: 13%
Losing your youth: 10%
None of the above: 23%

Other woes were seen as serious threats to family life in general: moral decay (53%), inflation (41%), energy shortage (41%), crime (28%), pollution (28%), recession/depression (19%), food shortage (14%), changing weather patterns (10%), war (9%).

But even as they brooded on such ominous problems, most readers resisted the temptation to despair. Why? Because, for one thing, they have faith in the young ("There are so many outstanding young people around, the future surely has to be brighter"). For another, they show similar faith in themselves ("Our family will cope no matter what happens"). Also, as a reader from Washington put it, "There will always be a family—just as long as there is love." ■

This article covers only the highlights of our family questionnaire. Later this year, beginning in our September issue, we'll be analyzing the answers in greater detail. Meanwhile, a full statistical report of our survey will be published and distributed across the nation, bringing the opinions and concerns of BH&G readers to the attention of the President and Vice President, all members of Congress, and other leading figures in government, church, school, and social organizations.

If you'd like a copy of this report for your own use, fill out and send this coupon to: Family Questionnaire, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. The price is $3 a copy.

NAME_____
ADDRESS_____
CITY_____
STATE_____ **ZIP**_____

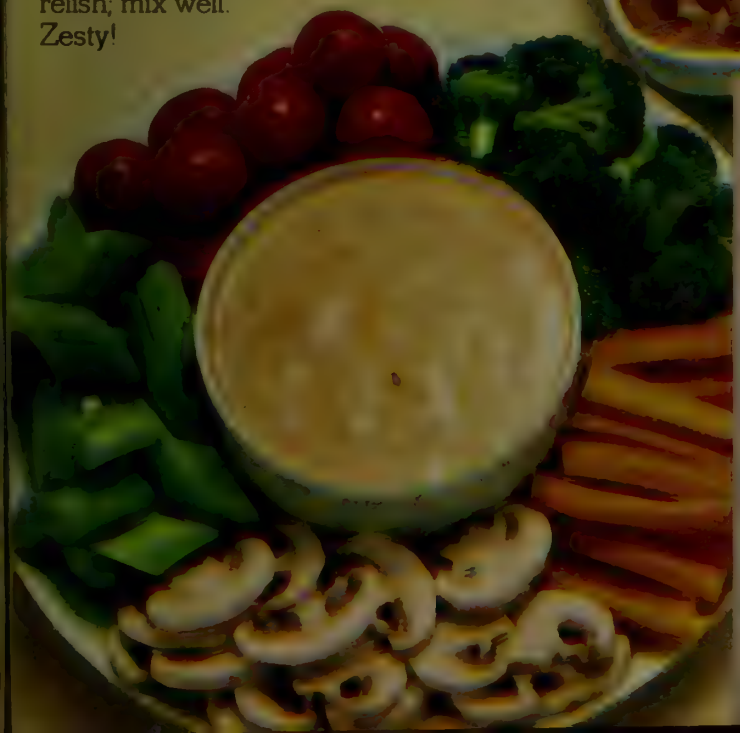
How to put more sass in your chicken,

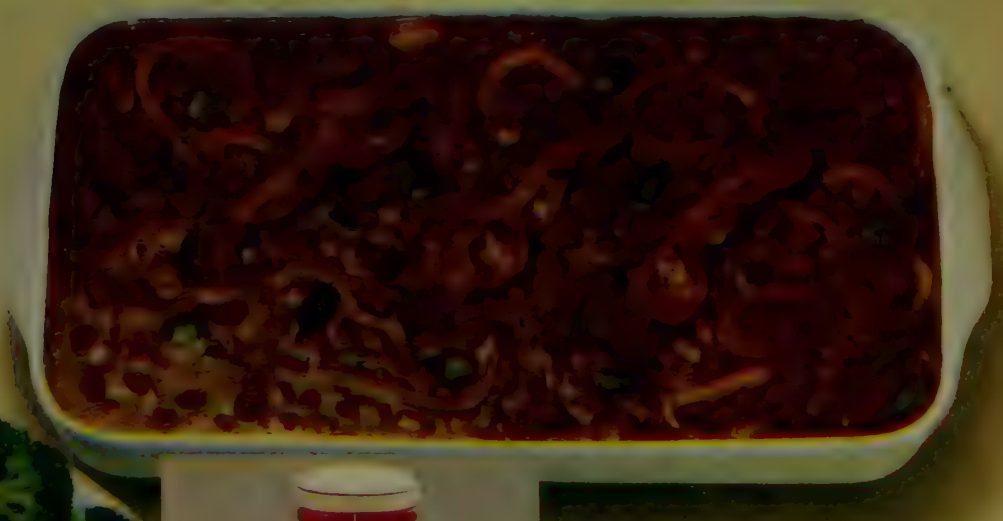


Kraft gives you 6 ways to fix zestier, tangier chicken. With regular flavor sauce, Hickory Smoke flavored, Hot, Onion Bits, Garlic flavored, and Onion Bits Hickory Smoke flavored.

and beans, and dip, and...

VEGETARIAN DIP
Combine 1 cup Kraft real mayonnaise, ¼ cup Kraft barbecue sauce, 1 hard-cooked egg, chopped, and 1 tbsp. sweet pickle relish; mix well.
Zesty!







HOME-ON-THE RANGE BEANS
Kraft hickory smoke flavored barbecue sauce adds big outdoor heartiness to oven baked beans. Just pour it on and season to taste.

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EMERGENCY MEDICAL CARE FOR YOUR KIDS WHEN YOU'RE NOT THERE

Would your hospital or family doctor treat your injured child without getting permission from you?

Hospitals and physicians —with the support of the courts—*will* immediately treat a minor child whose life is endangered.

But many hospitals and physicians will *not* treat a child in non-life-threatening emergencies until parental permission has been obtained—even if a grandparent or other relative is taking care of the child. In such cases, treatment is withheld because:

- Many state laws prohibit the treatment of minor children without the consent of the child's parents or legal guardian.
- The child might be further injured if treated without knowledge of his or her allergies, prior medical history, or medical care being given by another doctor.

These legal ramifications often mean painful delays for the child and frustration for adult baby-sitters who *believe* they have complete responsibility for the child's care.

If your baby-sitter can *always* reach you, you don't have to worry about getting emergency treatment for your kids.

But the problem can arise if you're ever out of touch with your baby-sitter—when you and your spouse travel, leaving the kids at home, or even when you go to the movies or out shopping. Here's some advice that may help your kids get speedy emergency treatment when you're not there.

Steps you should take

1. Check with your hospital (and doctor) about their policies for treating minor children in their parents' absence. Your child's physician might treat your child without your express permission because he knows you would approve. But hospital policies vary. Even hospitals in the same community might have different procedures for treating children when their parents can't be reached. You should know what those policies are.

2. If the doctor or hospital is reluctant to treat your child without your permission, show them the form we've printed below and ask if they would accept such written authorization in your absence. If they will, fill in the blanks on the form and give it to the person taking care of your child. The form states that you are the parent or guardian of the child and that you give to another adult (also named) the authority to consent to treatment. (Check with an attorney to make sure the form conforms with the laws of the state where your child is being cared for.)

If the hospital will *not* accept the form, ask what arrangements you *can* make to ensure prompt treatment in your absence.

Also check with your hospital or doctor if your child's school, sports team, or boy or girl scout troop uses a similar form to allow teachers, coaches, or scoutmasters to authorize treatment for children in their care.

3. List any allergies your child has,

continued

Drawing: Dudycha Schirck Assoc.

Authorization to consent to medical treatment for minor child

I, (we) _____ (name) (and) _____ (name) of _____ (city), _____ (county) County, _____ (state), do hereby state that I am (we are) the (natural parent(s)) (legal guardian(s)) having legal custody of _____ (child's name), a minor, age _____ (age), born _____ (state), who resides with me (us) at _____ (address).

I authorize _____ (name), an adult, who resides at _____ (address) in the city of _____, county of _____, state of _____, or _____ (name), an adult, who resides at _____ (address) in the city of _____, county of _____, state of _____, to consent to any X ray, examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the minor under the general or special supervision and on the advice of any physician or surgeon licensed to practice in the state(s) of _____, when the need for such treatment is immediate, and when efforts to contact me (us) are unsuccessful.

Dated this _____ day of _____, 19____.

_____ (signature of parent or guardian) _____ (expiration date)

Child's doctor _____ Child's allergies, if any _____

Parent's doctor _____ Medicines child is taking _____

Choice of specialists _____

Uncork the finest.



When people say, "It was a very good year," perhaps they are speaking of fine moments like this. The fine cheese is Cracker Barrel natural cheddar, a very good reason America spells cheese KRAFT.

Our pride. Your joy. KRAFT

Bringing good food and families together for 75 years.

Other margarines vs. Squeeze Parkay.



Mess Success

(Some hospitals will be reluctant to make that sort of arrangement because of potential liability inherent in blanket consent forms—all the more reason to ask your hospital administrator or physician what kind of authorization *will* be accepted in your absence.)

What more can you do?

The American Academy of Pediatrics Committee on Standards of Child Health Care has discussed the issue for several months. Dr. David Sparling, chairman of the committee, encourages parents to do everything possible to make sure they can be reached at all times, and to push for a permanent solution to the problem through changes in state legislation.

That's exactly the feeling of Jay Hedgepeth, general counsel for the American Hospital Association. He cites at least five states (Mississippi, Missouri, Georgia, Louisiana, and Arkansas) where similar legislation has been passed that grants physicians permission to treat many non-life-threatening emergencies simply with the permission of the person caring for the child.

Such legislation has passed with relative speed (six to 12 months) in some of the states. If you'd like to promote such legislation in your state, check with your state hospital association (ask them how to get such a law passed in your state) or the hospital associations in any of the above states. They can provide you with information about, and copies of, the law to use as guidelines in drawing up legislation for your state. Then write to your state legislators. ■

continued

Emergency medical care

any medications he or she may be taking, the name of your child's physician (and your physician if he's not the same), and your choice of specialists in the event they're needed.

4. Give the form to any adult who takes care of your child —baby-sitters, relatives, school teachers, or neighbors who may care for your child when you're working or traveling. (You may have to make photo copies of the blank form or re-type it first.) Fill out a separate form for each of your children. If your hospital or doctor would be more comfortable with a notarized form, there probably is a notary public at your bank or place of employment who will verify that you truly signed the form.

Hospital registry

Such a form works best if you've left your children in the care of an adult. It may be inconvenient to make a separate form for each child's many teachers, and it probably won't work if you leave your kids with a teen-age baby-sitter (although state laws do vary).

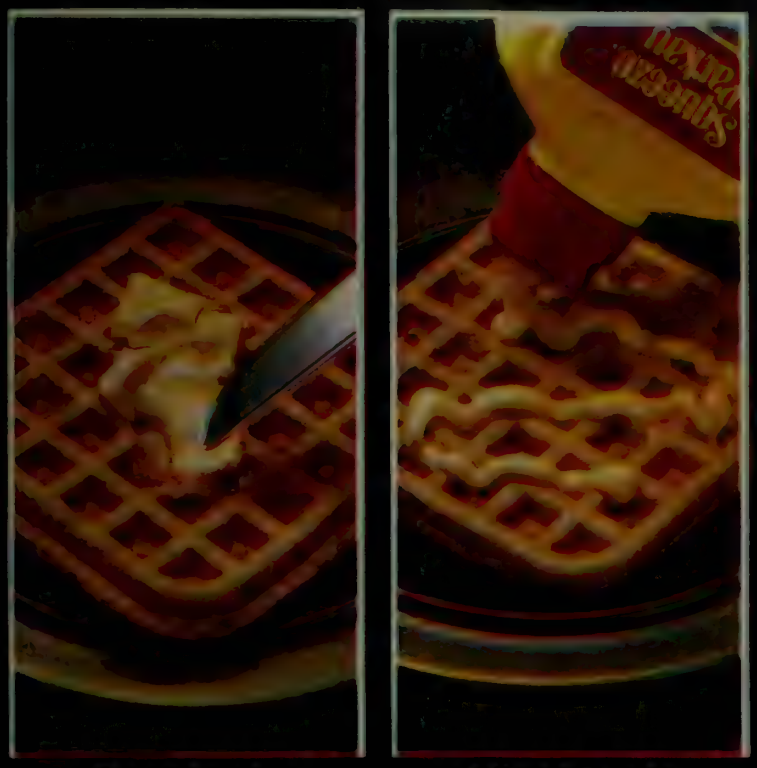
So what are you to do? Mercy Hospital, Cedar Rapids, Iowa, (and others) solved the problem by establishing a registry at the hospital's emergency room. Parents are encouraged to sign a consent form (similar to the one we've published) that authorizes the emergency room physician to treat the child when parents are absent.

Other margarines vs. Squeeze Parkay.



Slide Glide

Other margarines vs. Squeeze™ Parkay.



Frustrate First Rate



Photographs: Dieter

Water the plants often because sun and drying winds will cause the soil to dry out quickly. Speed up watering by using a fine mist from a garden hose. A gentle rain is beneficial for plants, too, but if a storm is predicted, bring them indoors. For vigorous growth, feed plants monthly. ■

GARDENING

HOUSEPLANT HOW-TO

Your plants need a summer vacation as much as you do. Putting them outdoors to enjoy the benefits of dappled light, gentle rain, and freely circulating air will encourage blooming and new growth, and strengthen them for the long winter indoors.

Move your plants outdoors when the weather is dependably warm. Mid-May is safe in most states—provided evening temperatures don't drop below 60 degrees F. Place the plants in a shady, protected area, like the deck, *above*. Around shrubs or a hedge, along a fence, or under a shady trellis are other good locations. Cactus and succulents can tolerate stronger sun than foliage plants; ferns and delicate plants need fairly deep shade.

Make the transition to the outdoors gradually; set plants outdoors for a few hours a day until they're accustomed to their new environment. Then group them fairly close together so they can establish their own microclimate. That way they'll share humidity and protect each other from strong sun and wind.



Squeeze™ Parkay margarine. It's the easy way to spread that delicious Parkay flavor over everything you make. From popcorn to corn on the cob. It's creamy, delicious, and smooth. And oh, so convenient.

Ah...the ease of Squeeze™ Parkay.

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CASE GOODS: WHAT TO LOOK FOR BEFORE YOU BUY

"Case goods" is a term the furniture industry uses for a large category of unupholstered items—cabinets, chests, desks, étagères, wall systems, and such. Some manufacturers even include headboards, tables, and dining chairs because they are made in much the same way and in the same factory.

There are many factors that determine overall quality in case goods. If your funds are limited, you may not be able to afford all of the top-quality features. Just the same, you should check quality clues carefully to make sure you get the best possible value for your money.

Before you start shopping

Measure your rooms and available wall space and check architectural features that may limit furniture arrangement. Will a breakfront or long chest fit in your room?

Check traffic patterns so tables won't be stumbling blocks. Measure doorways. Can you get the furniture in? Do doors open in the right direction for the arrangements you have in mind?

Study model rooms and pictures in magazines to see if a particular style appeals to you.

Shop in stores that have reputations for integrity, and check brand names.

Materials

Ask questions, examine furniture in several stores, and then ask more questions. A salesperson in a quality store usually knows his product, but if he or she can't answer your questions, ask to talk to the manager or check a catalog.

Inspect all labels and hangtags. These may not give you complete information, but the information they do give must be accurate. The Federal Trade Commission has established strict rules about labeling products, so the hangtag won't say "all wood" or "mahogany" unless that's what the piece is actually made of. However, "mahogany finish" may mean any type of wood. If the furniture is made of plastic, the hangtag must say so, though the wording may be "simulated wood components."

Most case goods are made of wood, but there's a lot of difference in woods. They may be soft woods or hardwoods, solid or veneered, wood particles and chips, exotic burls and grains or plain pine. In addition, wood grains may be photographically or mechanically produced and applied to nonwood surfaces or to panels of less expensive wood. All the products are suitable for different types of furniture.

Hardwoods, from deciduous or leaf-bearing trees such as walnut, oak, chestnut, etc., are more dense and have more strength for their weight than softwoods, the needle-bearing trees such as pine and fir. Hardwoods also have richer grains and are used for fine furniture, usually as veneers. Very little furniture today is of solid wood.

Don't let your grandmother tell you veneered wood is inferior. It was when she was young, but now veneer has overcome its former disadvantages. Fifty years ago, veneers tended to peel off in humid weather, and fine antiques often deteriorated. That's because they were made then by gluing a thin layer of beautifully grained wood over a single panel of cheaper wood. When the wood expanded and contracted, warping and swelling resulted.

Now, new strong glues prevent peeling and new construction methods prevent warping. Plywood panels are made by pressure-bonding several sheets of wood together, with grains in alternating directions. Warpage in one direction is canceled by warpage at right angles in the next sheet, so the whole panel remains stable. Today, most of the large flat surfaces of furniture, such as tops, sides, and cabinet doors, are veneered, as are curved cabinet fronts. Legs and framework are of solid wood. Solid and veneered woods are even combined in fine period reproductions.

Many other materials, such as rattan, wicker, leather, and plastic, are used alone or with wood. Various metals and glass are found in contemporary furniture groups. No matter what the material, you can check construction and finishes in much the same way.

Construction

Examine the furniture inside and out, top and bottom. Ask to have it moved away from the wall so you can check the back. If the furniture isn't too heavy, have it tipped over. Panels in back should be inset and screwed into the frame. A back that is tacked or stapled indicates lower quality. In high-quality furniture, backs and un-

continued

Drawing: Curt Walstead

KRAFT SALAD DAYS ARE HERE

Celebrate the smooth, mellow flavor of golden ripe DOLE® Bananas, tossed together with other fresh fruit and the marvelous flavor of MIRACLE WHIP Salad Dressing from Kraft. It's a fruit-filled fantasy your family will really enjoy.

CELEBRATE DOLE BANANAS WITH DREAMY AMBROSIA FRUIT SALAD.

½ cup MIRACLE WHIP Salad Dressing
¼ cup powdered sugar
1 tablespoon orange juice
¼ teaspoon grated orange rind
½ cup heavy cream, whipped
3 DOLE Bananas, sliced ½ inch thick
2 cups orange slices
1 cup papaya or cantaloupe balls
1 cup strawberry halves
Lettuce
½ cup shredded coconut

Combine Miracle Whip, sugar, orange juice and rind; fold in whipped cream. Chill. Combine bananas, oranges, papaya and strawberries; toss lightly. Spoon fruit onto lettuce-covered platter. Sprinkle with coconut. Serve with dressing. Garnish with additional grated orange rind, if desired.

8 servings





KRAFT

continued

Case goods

dersides are sanded and color-stained, and sometimes even finished.

Pull out drawers and open and close doors to see if they move smoothly. Pull drawers out by the corners as well as by the handles. If the drawers are going to bind, they will do it then. Drawers should have center and side guides and stops, and there should be dust panels between drawers.

Corners should be joined securely. In quality furniture, joints are likely to be mortise-and-tenon, dovetailed, tongue-and-grooved, or double-doweled. Butt joints are not as good. There should be corner blocks on heavier pieces, and joints should be nailed or screwed and glued.

Lift the furniture, if possible, or press your weight against the side. If the furniture twists with your weight, the construction is not solid. Check to see if a large furniture piece has casters so it can be moved easily. Long shelves in cabinets should have center supports, and piano hinges should be used on long heavy doors.

Joints on metal furniture should be welded neatly and all edges should be smooth. Rattan and wicker should be smooth, with secure joints and no ragged edges.

Check dining tables in the same way for tight joints and sound construction. Imagine you're arranging chairs around the table for a party. How many guests can you seat without having someone straddle a table leg? Sit on the dining chair and squirm about. Does it creak or wobble? Will it be comfortable for dining or desk work?

Check the grain of the wood. The piece should be uniform, with top, sides, front, and legs in the same tones. The grain should seem to flow from drawer to drawer or from one door to the next on a cabinet. Hardware should be neatly and firmly attached.

Interior storage

In many collections of case goods, the interiors are specifically engineered for definite items. Adjustable shelves that can be moved up and down, or removed completely, provide more flexible storage for changing needs.

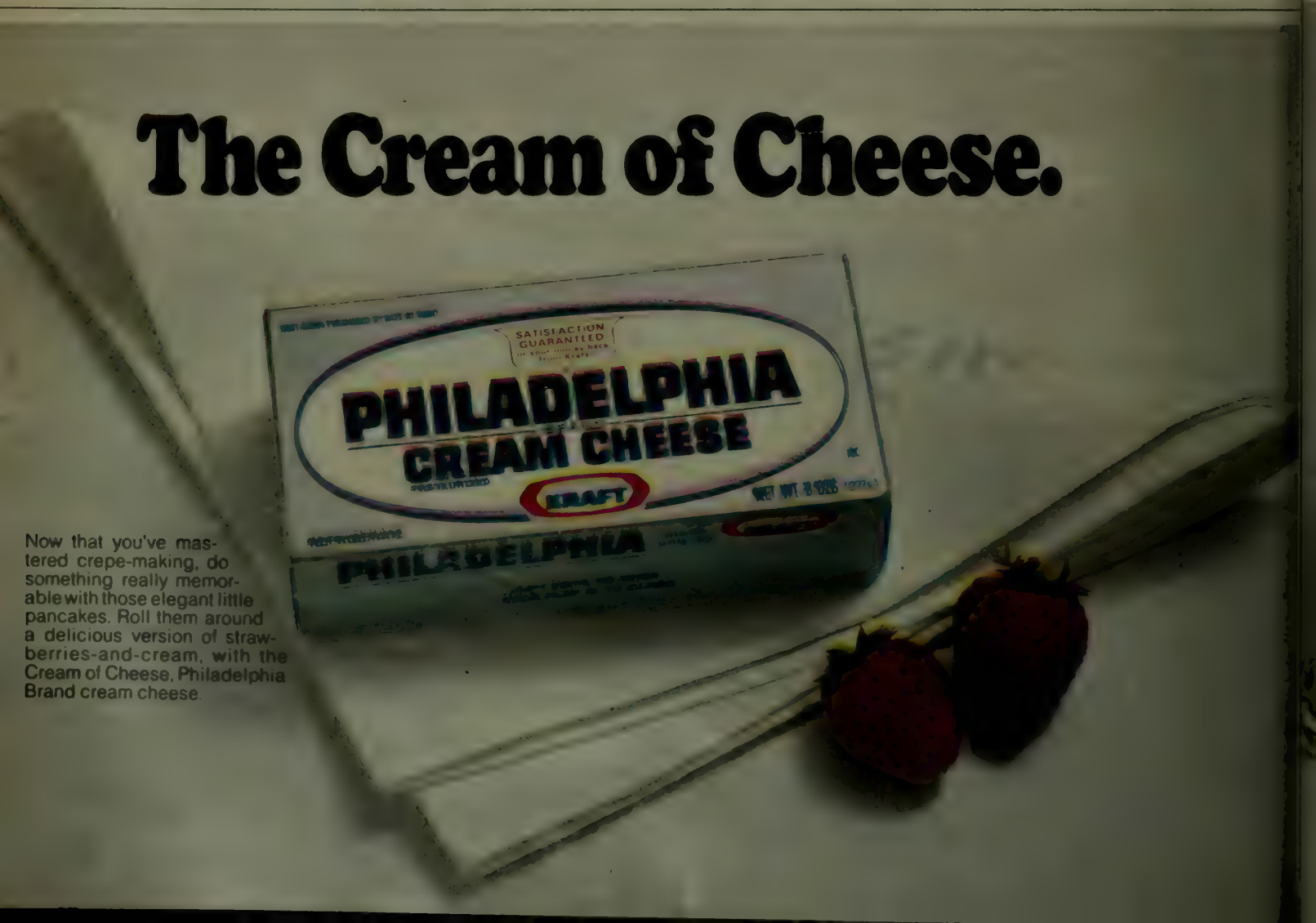
Don't get so carried away with the beauty of a storage piece that you forget what your needs are. Write down your storage requirements and check the list before you make up your mind to buy an item.

In a desk, for instance, do you want lots of drawers, one or two file drawers, or pigeonhole compartments? Or do you want a simple writing table where you can spread work out over a large surface?

In a sideboard for a dining room, do you need space for tall pitchers and platters, or perhaps a wine storage rack? Or do you want glass doors for displaying dishes?

What are you planning to store in a bedroom chest? For blankets and bedding or bulky out-of-season clothing, you may need a few deep drawers. For lingerie, jewelry, and accessories, you

The Cream of Cheese.



Now that you've mastered crepe-making, do something really memorable with those elegant little pancakes. Roll them around a delicious version of strawberries-and-cream, with the Cream of Cheese, Philadelphia Brand cream cheese.

may prefer several shallow drawers.

Finishes

The finish is another important factor to consider. The finest furniture is hand-finished. The surface of tabletops and cabinet fronts, and also carved and molded areas, should look clear and feel satin smooth.

Bend down and squint along the top against the light. Are there tiny bumps or ridges? These are a sign the furniture was not well rubbed. Run your hand along the inside of cabinet doors. They should feel as smooth as the outside.

Distressing gives furniture an aged appearance. Inferior distressed finishes look as if the age marks, scars, and insect holes were done by man instead of nature.

The finish may vary from lacquer to varnish, oil, or plastic. Each has its advantages. A painted or lacquered finish is easy to clean but may be hard to touch up if it's scratched. Oil is a good natural protector, but you have to apply more oil every six months or so.

The so-called "superfinishes," such as catalyzed lacquers, synthetic varnishes, polyurethane coatings, epoxies, and vinyls, are the most protective and durable.

Ready-to-assemble

Modular case goods that come in sections packed in a carton are lower priced than factory-assembled furniture—sometimes by as much as 40 percent—but should be judged by the same standards. The savings are not in the wood, workmanship, or finishing, but in the shipping and storage costs. You do some of the construction work and probably cart the furniture home in the box.

If there's a model on display in the store—and there should be—ask to have it taken apart and reassembled so you can see if it is easy to put together. When it's assembled does it look like regular furniture, with hooks, clamps, or brackets concealed?

When the modular units are lined up, do they fit snugly together and seem to be one large piece of furniture? When they are stacked as a storage wall, are the upper units held firmly in place, so they won't tip over when you pull out a drawer or open a door?

A new style of ready-to-assemble furniture, introduced in the last two years, looks as if it were made by a home handyman out of discarded packing crates and flakeboard.

You can't judge this so-called crate furniture by the same standards you use for regular furniture. Crate furniture is supposed to have cracks between the joints and screws and nails showing. And it's supposed to look and feel unfinished, though some lines are coated with varnish.

Be sure the wood isn't so rough and splintery that it will snag skin and clothing. The furniture should feel durable and steady. After all, it's meant for rugged use in a recreation room or in the living room of young owners. ■

The Cream of Crepes.



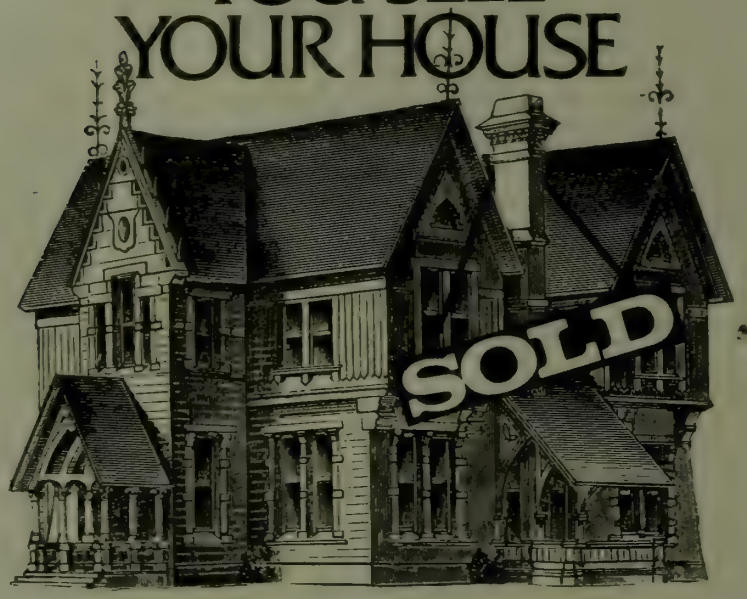
CREAMY
STRAWBERRY CREPES

8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
1¼ cups sifted confectioners' sugar
1 tablespoon lemon juice
1 teaspoon grated lemon rind
½ teaspoon vanilla
1 cup heavy cream, whipped
3½ cups sliced strawberries
8 8-inch crepes

Combine softened cream cheese, sugar, lemon juice, lemon rind and vanilla; mix until well blended. Fold in whipped cream. Fill crepe with about 1/3 cup fruit and about 1/3 cup cream cheese mixture; roll up. Top with remaining cream cheese mixture and remaining fruit. 8 servings

America Spells Cheese KRAFT

TAX FACTS FOR WHEN YOU SELL YOUR HOUSE



With home prices often rising eight or ten percent or more a year, chances are you'll make a hefty profit when you sell your home. But how can you hang on to most of those dollars rather than turn them over to Uncle Sam in taxes? Knowing the rules and some strategies will help.

Presuming you've owned your home for more than one year, you already have a tax break in terms of the capital gains rules: The profit on the sale of your home is split in half before being taxed. In other words, if you cleared $20,000 on the house, you would be taxed at your ordinary income tax rate on only $10,000 of that profit. (If you're in a very high income bracket, another capital gains tax formula might be more beneficial to you.)

Even with the capital gains break, it pays to minimize your taxable gain any legitimate way you can. You also may be able to postpone the taxes indefinitely. Here are the basic rules.

Deferring the tax

When you sell your residence (not a vacation home), the law allows you to put off paying a tax on the profits so long as you buy another, more expensive residence within 18 months or build one within two years. What's more, you can continue to defer that gain each time you sell and trade up to a more expensive residence.

There is a rather complicated formula for figuring what portion of your gain is deferrable (see chart adjacent on this page):

HOW TO FIGURE YOUR TAX-DEFERRED GAIN WHEN YOU SELL YOUR HOME

STEP ONE

Original cost of home, including fees	$25,000
plus improvements	9,000
plus assessment	1,000
Actual costs of home	$35,000

STEP TWO

Sale price of home	$50,000
minus selling expenses	− 4,000
minus fix-up expenses	− 1,000
Adjusted sales price	$45,000

STEP THREE

Adjusted sales price	$45,000
minus actual costs of home	−35,000
Actual gain	$10,000*

*Amount you can defer from taxes, provided you buy and move into a higher priced home within time limits allowed

Step one. Figure the actual costs of your old home: Add together the initial cost of the house and the cost of any improvements you made later on. You also may figure in the cost of any tax assessments for neighborhood improvements, such as sewers, which added to the value of your home but which you were not allowed to take as a deduction when you paid the assessment.

Suppose your home cost $25,000, including various fees, when you bought. You subsequently put in $9,000 worth of improvements. You also paid $1,000 in an assessment for sewers in the neighborhood. Your actual costs for the house are figured as $35,000.

Step two. Figure the net amount realized on the home sale—the "adjusted sale price." Let's say you sold for $50,000 this year. You spent $4,000 in selling expenses for sales commission, legal fees, and so forth. You also paid $1,000 for fix-up expenses to groom the house for the market. (Fix-up costs, such as for painting the interior or cleaning carpets and draperies, count only if they occurred within 90 days before signing the sales contract and were paid for within 30 days after the sale—so time those carefully.)

To determine the net amount on the sale, simply subtract your selling expenses ($4,000) and fix-up costs ($1,000) from the price you get for the home ($50,000). Your answer: $45,000.

Step three. Subtract your total investment in the old home—$35,000—from the net amount realized from the

sale—$45,000. That gives you your actual gain—$10,000. And that's the amount that can be deferred from your taxable income if you trade up to another house within the time limits.

To qualify under this special ruling, you must have actually bought and moved into the new residence within 18 months before or after you sold the old one. Just moving a few pieces of furniture to the new house does not count, according to IRS rules.

If you are building a new residence, you must have moved in no later than two years after the sale—but you get those additional six months only if you started construction within 18 months of selling your present home. The IRS defines "starting construction" as acquiring a building site, securing a construction loan, and receiving approval of the house plans and a building permit before the 18-month deadline. You don't have to have actually broken ground by then to qualify, however.

Special rules apply to members of the armed forces who are on extended active duty. Also, the IRS rules that location of the replacement home is not restricted. It could even be in a foreign country.

What if you sell again?

You can keep on deferring your taxable gains so long as you continue to reinvest in a new principal residence of greater value. However, you must subtract the deferred gain from the purchase price of your replacement home to determine an "adjusted basis" for that home. That amount will be your benchmark for figuring your taxable gain the next time you sell.

In the example above, you had a deferred gain of $10,000. Let's say your new home cost $60,000. Then your adjusted basis on that new home would be $50,000 ($60,000 cost minus $10,000 deferred gain). If you later sell that home, $50,000 is the amount you start with when you figure your gain that time, even though the house actually cost you $60,000.

Tax deferral after age 65

If you or your spouse as joint owner of the home is age 65 or over when you sell, you get a special dispensation even if you don't reinvest in a more expensive home:

For a house sold at $35,000 or less, you can exclude the entire gain from your taxable income. (The figure used to be only $20,000.) For a home sold for more than $35,000, only part of the gain is exempt from taxes. Determine that portion by figuring the ratio of $35,000 to the selling price, then multiplying by the amount of the gain. Say you sold the home for $60,000 and your gain is $20,000. Of that gain, $11,666 may be excluded ($35,000 divided by $60,000, times $20,000).

You are allowed this 65-or-over tax break only once. Also, you must have lived in the house for at least five of the past eight years, though they don't have to have been consecutive. The ordinary trade-up rules still apply at any age, so long as you qualify.

What about a home office?

If you rented out part of your home or used part for business, you must handle the sale as if it involved two pieces of property. One part is your residence and one your business. Let's say the house cost $25,000 and you sell for $50,000. You used one-fifth of the home for business. Then you must allocate one-fifth of the selling price and one-fifth of the original cost to the business.

Figure the profit in your office portion this way: List the office's share of the initial cost ($5,000, in the above example), plus the cost of any improvements made specifically to the office. Subtract any depreciation you claimed on your tax returns. Then subtract the adjusted cost of the office from the net selling price ($10,000 is one-fifth of the $50,000 price). You must pay taxes on that profit the year you sell the house.

For the residence portion of your home, figure everything in terms of four-fifths of your selling price. Also, to qualify for the tax postponement on the sale you need only figure the four-fifths allocated to the residence.

Note: Because of recent changes in the tax laws, claiming a deduction for a business in the home has become much more difficult to justify.

What records do you need?

Hang on to all evidence of the purchase costs of your home, home improvements, property-improving assessments not claimed as deductions earlier, selling costs, fix-up costs. Though the IRS sometimes understands that homeowners fail to keep complete records, it's better to have them than not. At the least, sit down right now and list improvements that you made in the past, even if you don't have complete records. And, start maintaining a home-costs file now.

What if you don't meet the rules?

If you fail to buy another, more expensive house within the time limits, you must submit an amended tax return for the year of the gain. You'll pay taxes accordingly (plus seven-percent interest).

If you are under 65 and you buy a home that costs less than your old one, your taxable gain is figured either as the profit on the old house or as the difference in the value between the two homes—whichever figure is less.

Let's say your net was $60,000 on your sale after you deducted fix-up costs, commissions, and other expenses. Say, further, that your profit was $20,000, and you buy another house for $50,000. The difference between the two prices is $10,000. That amount is less than your $20,000 profit, so $10,000 is what you report for tax purposes.

Can you spread out the gain?

That's possible in a couple of ways. First, you might arrange an installment sale over several years and pay taxes on the proportionate amount of gain as the proceeds come to you each year. This is a legitimate approach only if you collect no more than 30 percent of the selling price in the year of the sale.

Second, you might income average. When your income takes a sizable jump in one year—as it might with a home-sale capital gain—the IRS allows you to be taxed as though you had received that large sum over a five-year period. Probably you should check with a tax expert, but here's the basic formula for income averaging: Look up your taxable income for the preceding four years, add the amounts together, and multiply the sum by 120 percent. If your taxable income for this year (with taxable gain included) is greater than 120 percent of the sum of the past four years *plus* $3,000, you're eligible for income averaging. ■

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

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Read label for directions.

PIGMENTATION PROBLEMS: FACTS YOU SHOULD KNOW

Most people don't see a doctor about flaws in skin coloration—birthmarks, moles, and liver spots. One reason is that pigmentation problems seldom cause pain. Another is that it's generally believed that nothing can be done. The latter reason is no longer valid. Some formerly untreatable skin discolorations now are treatable, and there are improved skin dyes and special cosmetics to help conceal those conditions that can't be corrected. Doctors also recognize that some undesirable color changes in the skin can be prevented, chiefly by avoiding excessive sun exposure. Here are the facts you should know.

What determines skin color?

Your skin, like the artist's palette, contains numerous pigments, the most important of which is *melanin*. In fair skin there is less melanin and the particles are lighter and smaller than in dark skin.

Melanin protects deeper skin layers from the sun's damaging ultraviolet rays. Exposure to the sun causes melanin already present to darken and increased amounts of melanin to be produced (unless the skin is exceptionally fair). This obvious change in skin coloring is called a tan.

Another, and less dramatic, factor in skin coloration is *hemoglobin*, an oxygen-carrying chemical in red blood cells. Hemoglobin normally is bluish but it turns bright red when it is combined with oxygen. The amount of hemoglobin present in the bloodstream, the adequacy of circulation, and the way the blood processes oxygen all determine whether your skin has a healthy look, is ruddy, or is pale (*cyanosis*).

The skin also contains yellow pigments known as *carotenes*. These pigments accumulate in fat cells, which explains why overweight people frequently have sallow complexions. Further, eating excessive quantities of foods that are rich in carotenes (oranges or carrots, for instance) can cause the skin to become yellow. The problem is most frequently seen in infants whose mothers are "carrot pushers."

Skin color can be affected by pigments in other foods, too, and in medications and chemicals, as well. Liver diseases and certain blood disorders also can alter skin color.

What happens when there's too much melanin?

● **Freckles**—so common they're considered "normal"—occur when melanin-producing cells function unevenly. Since sun exposure increases melanin production, it's not surprising that freckles are usually not seen in very young children. Those Southern belles who wore broad-brimmed hats and long sleeves, and carried parasols, knew the best freckle preventive. Today you can get the same protection by applying a chemical sun block, which is, in effect, a barrier between sunlight and the skin. The lack of intense sunlight during the winter is the reason freckles fade then.

● **Age spots** are referred to by physicians as *lentigines*. They're often called "liver spots." But contrary to their name, liver spots are not in any way caused by liver problems. Like freckles, the spots can be attributed to sun exposure over a prolonged period of time. They're often larger than freckles and most

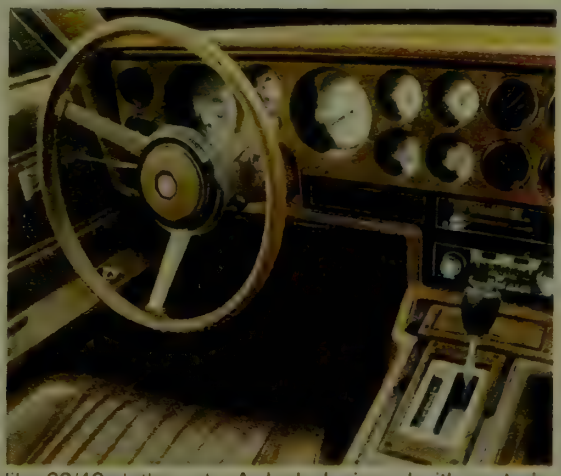
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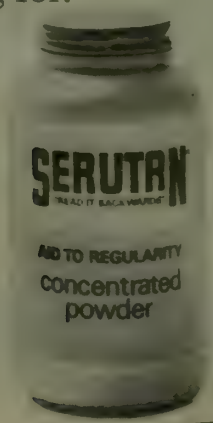
If you are, you should do something that will be of real help. Sure, you've probably been trying lots of things. Maybe even harsh chemical laxatives that can irritate your system. But they haven't given you the relief you've been looking for.

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So if you're constipated, take Serutan—you'll get the relief you've been looking for.



Read label for directions.

Good Housekeeping PROMISES

continued

Pigmentation problems

often occur on the face, backs of hands and arms, and—in women—the lower legs. Generally they appear in middle age or later.

- **Postinflammatory hyperpigmentation** is the term physicians use to describe the local skin darkening that sometimes occurs following an injury to the skin such as a burn, wound, or acne inflammation. Fortunately such skin darkening often fades, although the process may take many months.
- **Melasma** is chiefly a hormonal disorder that causes brownish blotches on the face and the cheeks. This condition used to be called the "mask of pregnancy," but the same discoloration afflicts a small percentage of women taking birth control pills. After a pregnancy, melasma usually fades in a few months. Even after birth control pills have been discontinued, melasma is likely to persist, but usually it will finally disappear. Exposure to the sun can intensify the problem; hence, avoiding the sun and routinely using a sun block are advisable.
- **Moles** are found on almost everybody and usually are harmless. Any change in a mole might indicate a cancer and should, of course, be called to the attention of your doctor. Fortunately, almost all skin cancers can be cured if they are detected early enough.
- **Seborrheic keratoses** are tan to black elevated lesions that have a bumpy surface and a waxy feel. They usually occur during middle age. Seborrheic keratoses are harmless but can be removed if they are a cosmetic problem.
- **Irregular brown marks** sometimes appear if certain perfumes, cosmetics, or after-shave lotions are applied before sun exposure. Discolorations of this nature usually fade with time. The ingredients that cause this unwanted effect are known as photosensitizers. Ingredients known to have caused photosensitive reactions have been eliminated from most products, but individual reactions vary. If you have ever experienced an adverse reaction, check with your physician about the products to avoid.



Can you get rid of brown spots?

Just about everyone has some brown spots, and most of them are considered normal and can be disregarded. Sometimes, however, such brown spots—especially if they're elevated—do deserve treatment.

When moles or seborrheic keratoses get in the way when you shave, or if they detract from your appearance, you can usually have them removed with a relatively simple surgical procedure.

Any pigmented growth that is irregular in color or shape, or that grows rapidly, or causes itching or pain should be evaluated by your physician.

Usually, though, all a brown spot requires is a bit of camouflage. For thorough coverage, you can buy a flesh-colored, waterproof makeup. It's the same type used to conceal birthmarks and is available in the cosmetic section of most major department stores.

Creams that are claimed to remove freckles and age spots usually contain the chemical bleaching agent *hydroquinone*. The American Medical Association (AMA) says, "It is questionable whether age spots or freckles are significantly lightened by these preparations, even temporarily." Further, the AMA cautions that hydroquinone compounds have been known to cause allergic reactions in some people. Before using one of these preparations, you should apply a small amount of the product on your arm

continued

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continued

Pigmentation problems

in an area the size of a quarter; then cover the preparation with a gauze bandage and inspect for irritation or inflammation 24 and 48 hours later. Naturally, if any type of irritation occurs, don't use the product.

However, hydroquinone can be helpful in treating melasma and postinflammatory hyperpigmentation, particularly when combined with other medications and used under a physician's direction.

Chemical peeling, performed by a physician, may make age spots less noticeable. Treatment may, however, result in scarring and the spots often recur.

What happens when there's too little melanin?

● **Albinism** is the most obvious example of lack of pigmentation. When this inherited disorder affects the whole body, little or no melanin is formed. Skin, hair, and eyes are white or yellow. Understandably, persons afflicted with this problem are particularly vulnerable to the effects of sun damage.

● **Vitiligo** causes some areas of the skin to stop producing melanin, with the result that those areas are lighter than the rest of the body or are completely white. The cosmetic problems quite obviously are more noticeable in persons with dark skin. Vitiligo ordinarily causes no physical problems.

The cause of vitiligo is thought to be a reaction by the body against its own pigment cells. Inherited factors may also be involved since about half of all vitiligo patients know of other family members with the disorder. The amount of pigment loss varies greatly. In the most severe cases, pigment is lost everywhere except the eyes which do not change in color.

● **Postinflammatory hypopigmentation** is the name for the whitening of the skin that sometimes occurs after plastic surgical procedures such as chemical face peels and dermabrasion. Unfortunately, it's impossible to predict in advance which patients will develop this unwanted side effect. Lightening of the skin also sometimes occurs after burns and other injuries.

Can lightened skin be darkened?

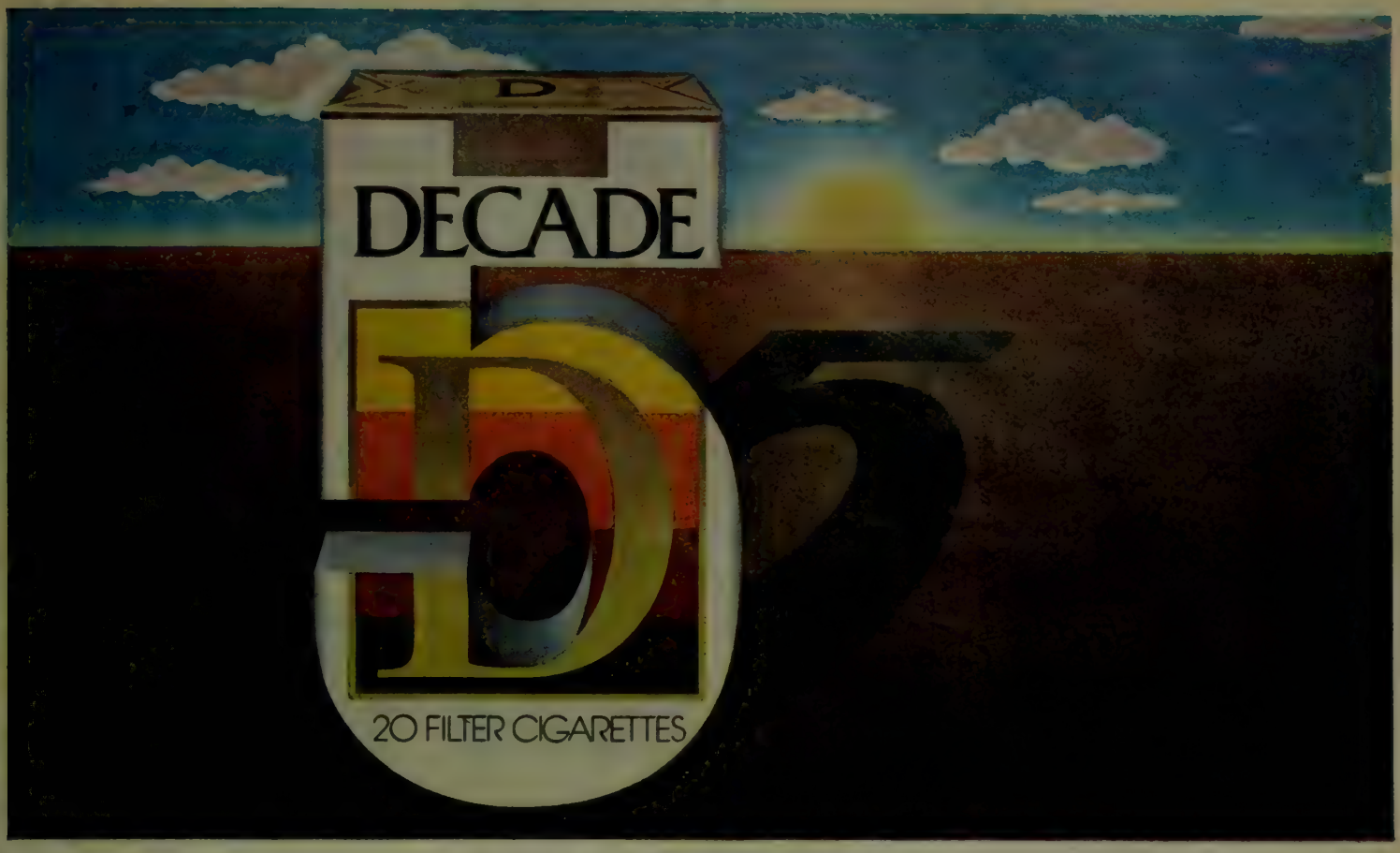
There's no treatment for albinism other than protection from excessive sun exposure.

Many patients with vitiligo can be helped by drugs known as *psoralens*. These medications are taken by mouth and one to two hours later the patient is exposed to a special ultraviolet light (ordinary sun lamps designed for use in the home are **not** effective). The treatment regimen, which requires a doctor's supervision, is repeated twice weekly. It usually takes about three months before there's any visible response and at least six months before repigmentation is significant.

Vitiligo patients also can benefit from cosmetic camouflage—concealing makeups and skin dyes or stains

continued





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continued

Pigmentation problems

that can be purchased without a prescription at a pharmacy or department store.

What causes birthmarks?

The term "birthmarks" includes skin irregularities that appear in the first few months of life as well as those present at birth. Light or dark spots caused by too little or too much melanin aren't common. When they do occur, they're usually no larger than a quarter and don't require treatment.

Far more frequent are blood vessel abnormalities. The *salmon-colored patch* typically appears on the back of a baby's neck, upper eyelid, or forehead and gets red when the baby cries. This type of birthmark fades shortly after birth. The *port-wine stain,* named for its bluish red color, is present at birth and has an irregular outline, is flat, and will not fade or disappear. Unfortunately, attempts to destroy or treat port-wine stains are usually not very successful, often producing a lumpy surface more unattractive than the original mark. If the appearance is unacceptable, the best way to deal with such a mark is to conceal it with makeup. *Strawberry hemangiomas* usually begin in the first few months of life. An area of the skin becomes bright red with an elevated surface. Strawberry hemangiomas usually disappear by themselves, frequently by the time a child is school age.

Cavernous hemangiomas are also present at birth. These birthmarks have a plum color and a doughy consistency. They often disappear by themselves, but their disappearance is not so predictable as with strawberry hemangiomas. If a single blood vessel supplies the cavernous hemangioma with most of its blood, surgery on the vessel is often successful in making the hemangioma less noticeable.

For most birthmarks, doctors generally adopt a "watch and wait" approach, rather than subject a very young child to drastic treatment. ■ *(Produced in cooperation with Lynne Lamberg.)*



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What to do about WRINKLES

Growing old would be much easier to accept cheerfully if only our looks didn't reflect the calendar's progress. Wrinkles are perhaps the most unwelcome signs of aging, and unfortunately there's no way to prevent them. However, cosmetics can effectively camouflage wrinkles, and there are medical and surgical treatments that can even eliminate them, at least temporarily.

What causes wrinkles?

Your facial expressions, combined with time, gravity, and heredity, cause sagging skin. There are more than four dozen muscles in the face. If you frequently smile, frown, squint, grimace, scowl, or pucker, these muscles etch "expression lines" on the face. Also contributing to your wrinkles is the natural aging process. The skin gradually loses its underlying fat and its ability to retain moisture.

However, it's not just the passage of time or inherited factors that determine skin wrinkling. Sunlight—more than any other single factor—seems to cause premature aging of the skin. Wind and other environmental factors also cause wrinkles. One study compared the facial skin of older persons with skin from parts of their bodies that were usually covered. The exposed skin showed degenerative changes, while the unexposed skin looked surprisingly healthy and young. The damaging effects of sun and wind are dramatically evident in the faces of elderly farmers and sailors.

Dark-skinned persons have natural protection from the damaging effects of sunlight in the form of high amounts of brownish pigment called *melanin*. That's why elderly dark-skinned people often look much younger than lighter-skinned persons of the same age.

While a major weight loss seems to accentuate facial wrinkles, sagging post-diet skin will improve in time. The younger you are when you shed extra pounds, the better because skin tends to become less elastic with age.

Good and bad home remedies

Wrinkles are much more obvious when the skin is dry. Dry skin indicates a lack of water, not oil. The best way to keep skin looking smooth is to use emollients (moisturizers and lubricating creams) regularly. Emollients are combinations of water and oil that "cement down" surface scales. Useful as emollients are, there is no evidence that they attract moisture to the skin. Their use is limited to giving skin a smoother feel and providing a barrier to slow

continued

Drawing: Hellman Design Associates

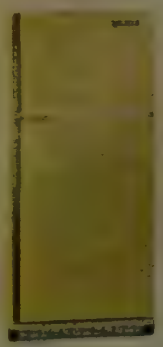
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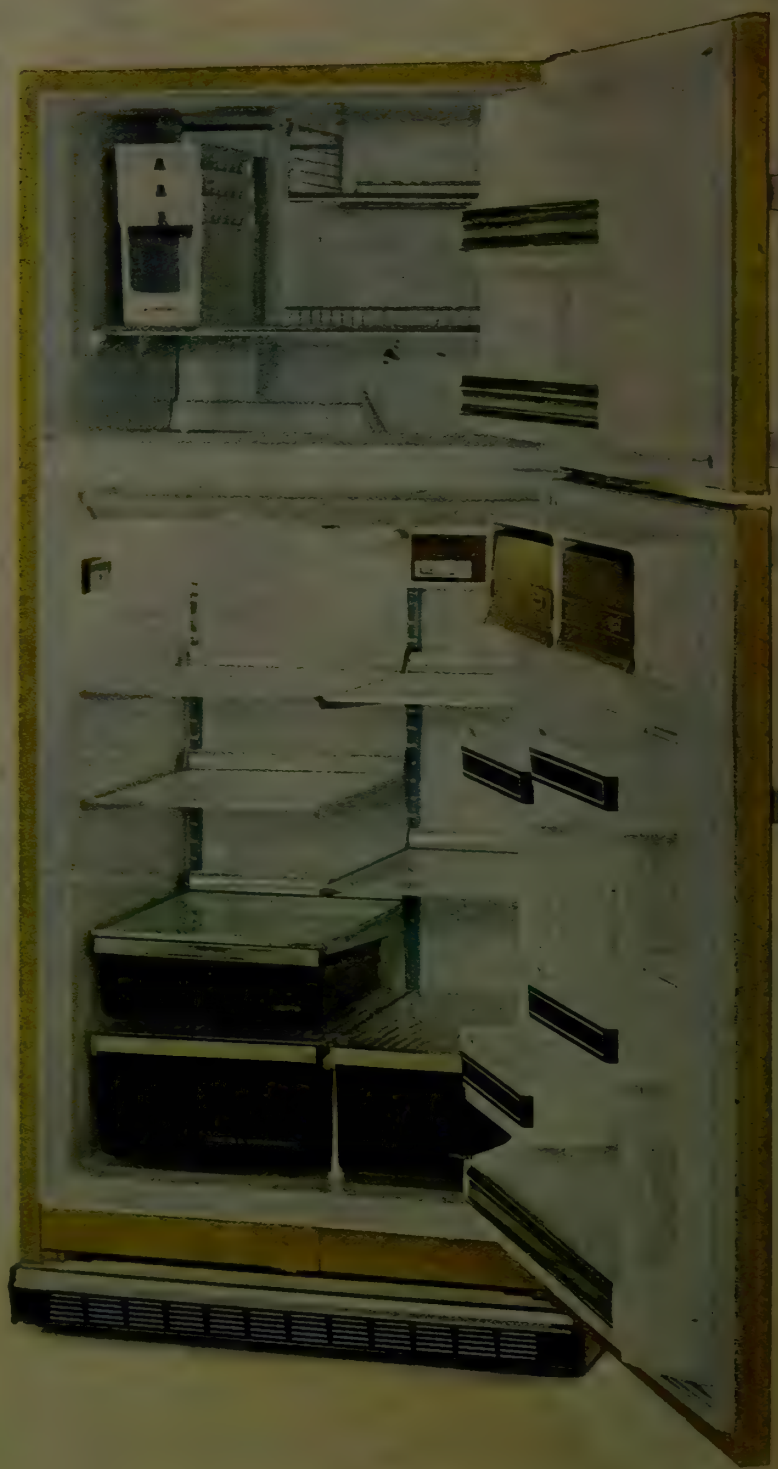
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continued

What to do about wrinkles

down the evaporation of water from the skin. The use of emollients, however, can make acne worse.

Wrinkles tend to be more noticeable around the eyes and on the throat because there is little underlying fat in these areas. But special eye and throat creams are simply variations of the basic emollient formula. Similarly, the addition of an exotic ingredient—from turtles, minks, vitamins, cucumbers, lemons, and the like—usually up the price of the product without demonstrably increasing its effectiveness. Most dermatologists think emollients that contain estrogen are no better than ones without the hormone.

The purpose of facial saunas is to temporarily restore moisture to the face. One thing you should *never* do in an attempt to restore moisture to the facial skin is to use steam that is generated by boiling water on the stove. Every year numbers of people are injured in this foolhardy attempt to duplicate a facial sauna. You can get the beneficial effects of a sauna by applying a warm towel directly to your face and following up immediately with an emollient.

Facial exercises don't prevent sagging or flabbiness, according to an American Medical Association (AMA) study of skin health and cosmetics. Improving the tone of underlying muscles has no apparent effect on the outer skin layers where wrinkles occur. Vigorous facial massage may temporarily increase blood flow to the skin and even produce some swelling by increasing the amount of fluid in the tissue, but any benefits are temporary. Incidentally, there's no evidence that special methods of applying makeup either cause or prevent wrinkling; any gentle motion is appropriate.

Facial masques, usually made of clays, gums, or synthetic rubber polymers, produce a tightening sensation as they dry and have a cleansing effect since surface skin debris comes off along with the masque. But some people, especially those who have dry skin, may find the masque irritating.

The wrinkle-fighting arsenal also includes headbands designed to pull up and tighten the skin on the lower part of the face. Their efficacy largely depends on the skill of the wearer.



Medical help for wrinkles

It's unrealistic to expect quick, painless procedures to result in remarkable improvement. If you're really bothered by your wrinkles, ask your family doctor to refer you to a dermatologist or plastic surgeon. Medical and surgical techniques are available to improve the appearance of the skin, but they require great skill and experience to avoid unsightly scarring.

Individual differences in skin healing may cause variations in color and evenness regardless of the surgeon's ability. Here are the facts about the techniques most commonly used to minimize wrinkles.

● **Dermabrasion or skin planing** removes the upper layers of the skin (usually around the mouth) with a rapidly rotating electric brush. The

continued

Advertisement

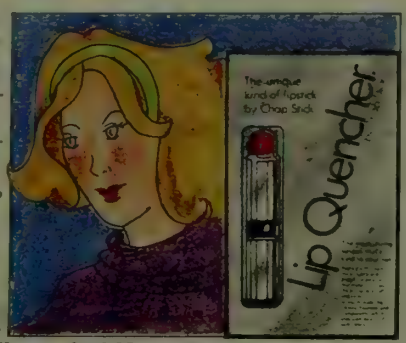
Dollar's Worth from Mary Willis





Don't put Skin Quencher® away when you put your winter sweaters away! Your skin needs summer care too. That's why **Skin Quencher Hand and Body Lotion** is packed with special emollients to help your skin feel smooth and comfortable all year long. Plus it's quickly absorbed and fragrance-free. This summer, be a soft touch with Skin Quencher by **Chap Stick®** and proclaim the news with your own "Soft Touch" bath/beach towel. Look for details on **Skin Quencher** displays.

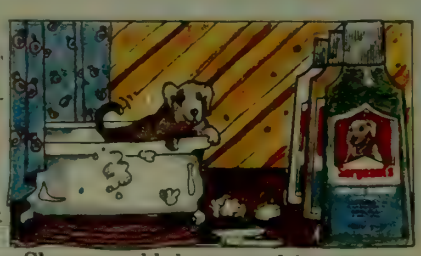
This season there are even more reasons to use Lip Quencher® than its 24 mouthwatering shades and soothing moisturizers and emollients: "Fashion Fantastic Sweepstakes!" Sponsored by **Lip Quencher** and by **No nonsense® Pantyhose**, the Sweepstakes offers over $100,000 in prizes. Details are on displays of No nonsense Pantyhose and Lip Quencher Moisturizing Lipstick. And there's an extra bonus: valuable coupons packed in specially marked No nonsense packages save you money on Lip Quencher. Try **Lip Quencher** by **Chap Stick®**—and at the same time, be sure to enter the "Fashion Fantastic Sweepstakes!"





The Sergeant's® name on rawhide products guarantees they are 100% natural beefhide—and not all manufacturers can make this claim. As **Sergeant's Rawhides** help satisfy a dog's natural chewing needs, they help clean teeth and massage gums at the same time. When you buy Sergeant's, your dog gets that genuine all-beef flavor he loves—and you get 100% assurance of a quality, natural product. So whether your dog prefers rawhide chew toys, sticks or bones, he gets only 100% natural beefhide from **Sergeant's**, the people who have been taking good care of pets for over 100 years.

Good grooming brings out the best appearance in any dog, and **Sergeant's® Shampoos** are the finest grooming values you can find. Choose from three quality formulas to make your pet more attractive and more comfortable—just in time for the warmer weather. **Skip-Flea® Shampoo** kills fleas and deodorizes your pet; **Creme Shampoo** adds lustre; and **Anti-Tangle Shampoo** prevents matting and tangling in long-haired dogs. No wonder pet owners have looked to **Sergeant's** products for over 100 years!



Even the best cared-for dogs and cats can have worms. Pet-lovers know this problem can incapacitate and even kill an animal if left untreated. So they turn to **Sergeant's®** proven quality products, specially formulated to treat the most common types of worms. Roundworms disappear with **Worm-Away® Capsules**; hookworms are killed with **Sure-Shot®** and **Puppy Capsules**; and tapeworms vanish with **Tapeworm Medicine**. All these remedies come from **Sergeant's, the pet care people.**



continued

What to do about wrinkles

procedure is often performed under local anesthesia and may not require hospitalization. Following the procedure, crusts or scabs develop at the site of the dermabrasion. When they fall off in about two weeks, the skin is smoother and somewhat lighter. The color difference between new and old skin can be concealed with makeup and usually evens out after a few months.

While dermabrasion is most helpful in reducing fine facial wrinkles, more extensive plastic surgery (usually performed in a hospital) is necessary to reduce deep wrinkles.

- **Chemosurgery or skin peeling** destroys the outer skin layers with caustic chemical agents. The procedure is considered particularly effective in removing wrinkles around the mouth, eyes, forehead, and cheeks. A total "face peel" as performed by a qualified dermatologist requires hospitalization and is often painful.

Be wary of procedures described as "face peels" that are offered by many beauty shops. The American Medical Association has condemned the use of superficial chemosurgery by nonmedical personnel because some chemicals may cause burns and permanent scarring if they are not used properly.

- **Face-lifts** can correct baggy eyelids and other sagging facial skin, and loose neck folds by stretching and repositioning the skin. Partial face-lifts, such as one around the eyes, are often done on an outpatient basis. More extensive surgery may require a stay of a few days in the hospital and is therefore more expensive. If successful, a total face-lift can make a man or woman look five to ten years younger.

How to prevent further wrinkling

The wrinkling effects of the sun are related to cumulative sun exposure. (See "Playing it safe in the sun," *Better Homes and Gardens*, July, 1977).

You should resolve right now to avoid excessive exposure to the sun and to use sun-blocking preparations every time you go outdoors for an extended period of time—to play tennis or water-ski, for instance. Cosmetics manufacturers have made it easier for you to block out the sun's damaging rays by designing everyday cosmetics with built-in sunscreens.

Proper cleansing technique is also important if you're going to avoid wrinkles. Use lukewarm water and a mild soap and gently massage the face. Pat dry and follow each cleansing with an emollient. ■

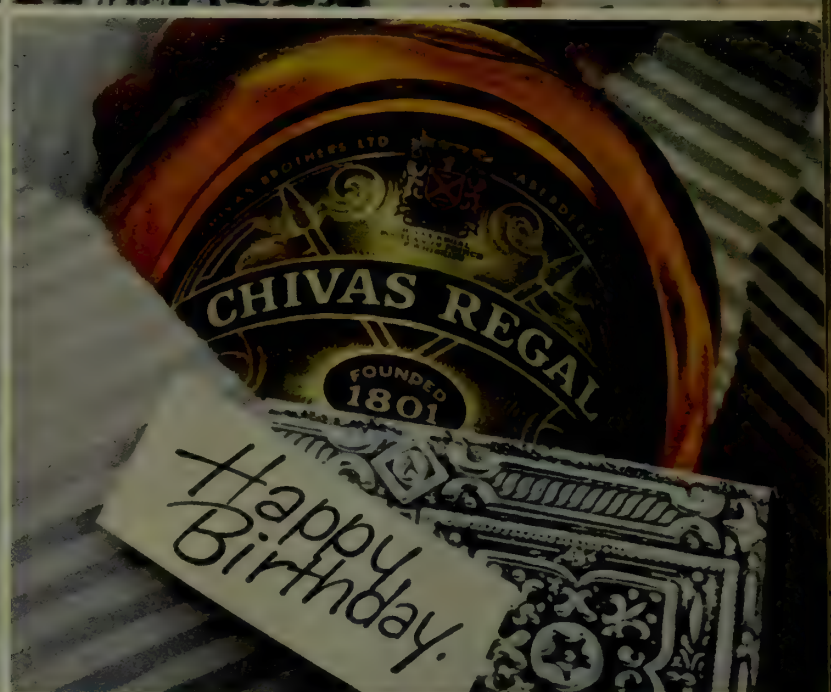
(Produced in cooperation with Lynne Lamberg.)

For more information about the effects of the sun on your skin, write to the American Medical Association for their booklet called "The Sun and Your Skin" (OP319). Be sure to enclose 40 cents. The address is: Order Department, American Medical Association, 535 North Dearborn Street, Chicago, Illinois 60611.

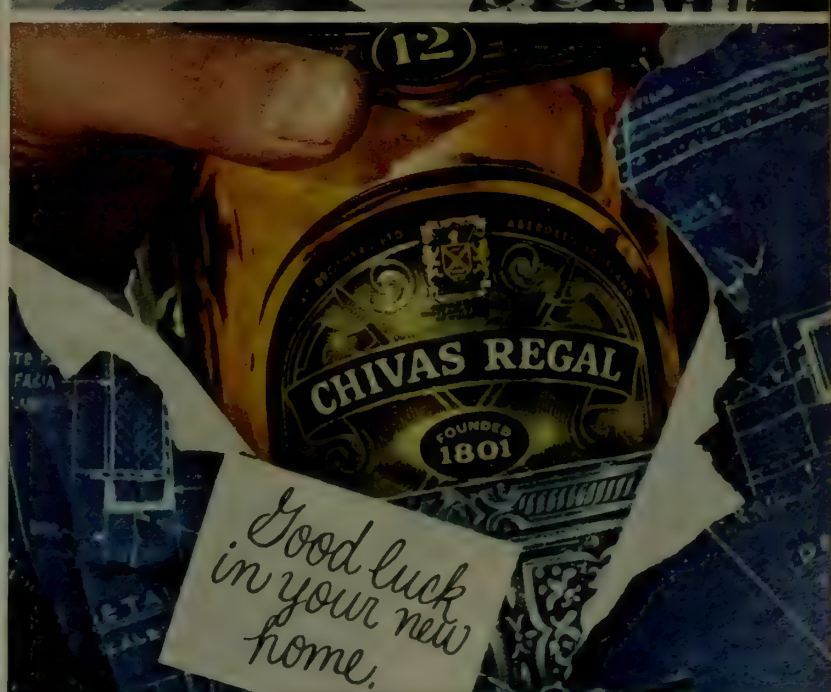












Why wait for Christmas?

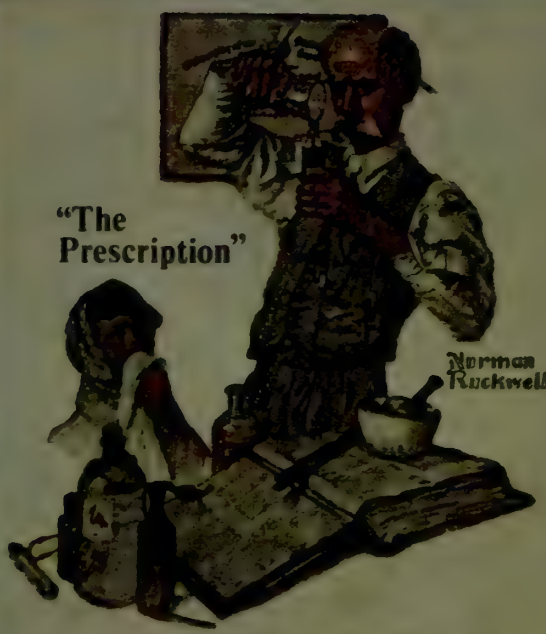
12 YEARS OLD WORLDWIDE • BLENDED SCOTCH WHISKY • 86 PROOF • GENERAL WINE & SPIRITS CO., NEW YORK, N.Y.

Now . . . the cover collection for every American who loves Norman Rockwell and treasures historic stamps!

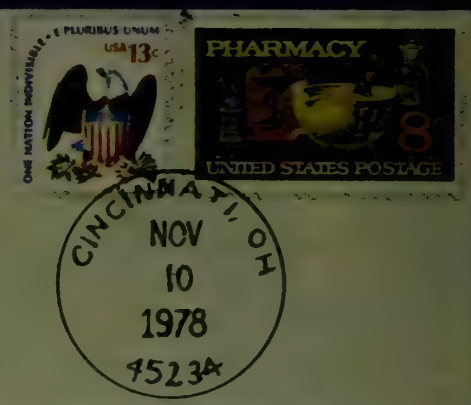


Norman Rockwell Classics *combined with* Historic American Stamps

In each case the stamp so perfectly complements the Rockwell painting that the result is a cover collection of unsurpassed beauty, meaning, and importance.



"The Prescription"



Pharmacy Stamp First Issued Cincinnati, Ohio, Nov. 10, 1972



"Busybody"



Mail Delivery Stamp First Issued Washington D.C., Oct. 26, 1963

©Saturday Evening Post 1978

Covers shown smaller than actual 7½" x 4" size

Imagine owning many of the century's most colorful, fascinating, and significant official U.S. postage stamps.

•

Imagine, too, owning a collection of 100 classic Norman Rockwell paintings.

•

Now imagine the two combined in a cover collection of unsurpassed beauty, meaning, and importance.

For more than half a century, Norman Rockwell has captured the spirit of America — especially in his paintings for *The Saturday Evening Post.* Who can forget those sensitive portraits of our great national leaders? Or those lovingly detailed portraits of everyday Americans enjoying and sharing in the blessings of American life?



Rockwell's John F. Kennedy, "The World Remembers" . . . with 1964 U.S. John F. Kennedy Memorial stamp.

Not surprisingly, official U.S. postage stamps have commemorated many of the same subjects and themes as these classic Rockwell paintings. Now, at last, these great Rockwell paintings and related historic stamps are coming together! The result is a cover collection that honors America as it pays tribute to our nation's best-loved artist.



Rockwell's World War I sailors, "Memories" . . . with U.S. Navy stamp of 1945.

Just look how the paintings and stamps combine in perfect harmony!

For instance, Norman Rockwell's cherished portrait of President Kennedy with the 1964 stamp issued in Kennedy's honor . . . "Memories," a World War I Rockwell classic, with the 1945 stamp honoring the U.S. Navy . . . "Between Trains," with the 1950 stamp honoring the Railroad Engineers of America. Notice how "The Donation" enhances the meaning of the 1952 stamp honoring the International Red Cross.

"Signs of Spring" is the ideal match for the 1953 stamp honoring the Future Farmers of America . . . and "Saturday's Heroes" for the 1969 stamp commemorating the 100th anniversary of football.

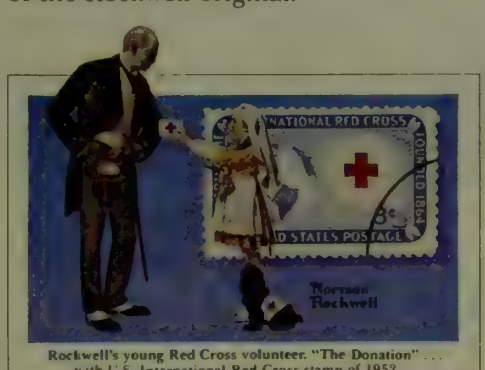
As you've noticed, many of the stamps are quite old; they are rarely seen today outside private collections.



Rockwell's sleeping trainman, "Between Trains" . . . with U.S. Railroad Engineers stamp of 1950.

Each classic Rockwell painting will be beautifully engraved and lithographed.

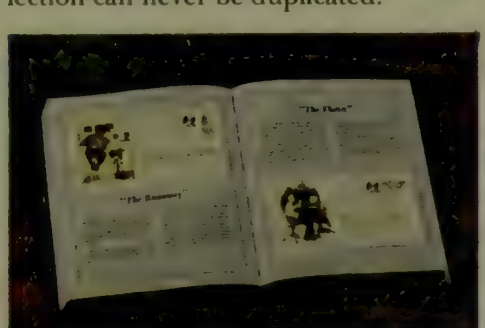
The same care that Norman Rockwell originally lavished on these paintings will be taken to render them with perfect fidelity on these 100 fine philatelic covers. Each cover will be richly engraved and lithographed in full color on specially crafted paper — to faithfully capture every nuance and subtle detail of the Rockwell original.



Rockwell's young Red Cross volunteer, "The Donation" . . . with U.S. International Red Cross stamp of 1952.

Important Anniversary Postmarks.

Each cover in the collection will be officially postmarked on the precise anniversary date of the stamp's First Day of Issue, at the original Post Office of First Issue. These important postmarks will certify that this limited-edition collection can never be duplicated.



This luxurious Collector's Album will be given to each subscriber, at no extra cost.



Rockwell's farmer, "Signs of Spring" . . . with U.S. Future Farmers stamp, 1953.

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The covers will be issued at the convenient rate of three per month. The favorable original issue price of just $3.50 per cover is guaranteed for the entire collection. There is no need to send any payment now; you will be billed with each month's shipment.



Rockwell's football players, "Saturday's Heroes" . . . with 1969 U.S. stamp commemorating Football's 100th anniversary.

Reservation Deadline: June 30, 1978

Reservations can be guaranteed only until June 30, 1978. The total number of collections to be issued will be strictly limited to the exact number of reservations received by that date.

Reservation Application

Postal Commemorative Society
47 Richards Avenue
Norwalk, Conn. 06857

Reservations must be postmarked by June 30, 1978

Yes, I want to acquire these beautiful Norman Rockwell paintings and historic American stamps. Please enter my subscription for the complete collection of 100 philatelic covers. Three covers will be shipped to me each month beginning in July, 1978. I need send no money now. I will be billed with each shipment at the rate of $3.50 per cover. A custom-designed hard cover Collector's Album will be sent to me at no additional cost. I may cancel this subscription at anytime.

I would like my covers: ☐ Unaddressed
☐ Personalized exactly as below

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State _____ Zip _____

☐ Check here if you prefer to pay in advance for the first month's shipment — $10.50*. Make checks payable to Postal Commemorative Society (or simply PCS) and mail to address above.
*Connecticut residents pay $11.24 to include sales tax.

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TRY IT...ALL THE TEQUILA'S IN IT. THE HEUBLEIN MARGARITA.

Heublein Margarita 42 Proof. ©1977 Heublein, Inc., Hartford, Conn. 06101.

Do-it-yourself herbs

Tired of paying a mint for a tiny tin of herbs? Try growing and preserving your own. Growing herbs doesn't take up much room, and they're easily preserved by either drying or freezing. Once you've tasted homegrown herbs, you won't want to be without them again.

Growing herbs

Most herbs can be started indoors in pots on your windowsill. As soon as the danger of frost has passed, transplant the herbs outdoors or into patio pots. Herbs need rich soil, water, and a sunny spot to flourish.

Before colder weather hits, pot them up and move them inside.

Harvesting herbs

Pick herbs when the plant begins to flower. The young, tender green leaves at the tip of the plant are the most flavorful. Cut each sprig four to five inches from the tip of the plant. Rinse herbs well and shake off excess water.

Drying herbs

If you prefer to dry herbs by the bunch (parsley, tarragon), dry them in a perforated paper bag so they won't get dusty. But if you want to be more traditional, you can tie them with string and hang them upside down from a ceiling beam in a dry, well-ventilated place. In two weeks, when the leaves feel dry and you can crumble them easily, store the herbs in airtight jars.

You can speed up the drying process by using a conventional or microwave oven. Set a conventional oven at 100 degrees, place the herbs on a baking sheet, and bake them till they're brittle. In a microwave oven, put four or five bunches of herbs between two paper towels and set the timer for two or three minutes. Then if the herbs are not dry, reset the timer for 30 seconds more or until the herbs are crumbly.

Freezing herbs

You can freeze herbs two ways: in sprigs or in a crushed form.

Sprigs should be tied together and washed. They'll need blanching in steam for one minute: Place them in a wire basket or strainer, hold it over a kettle of boiling water, then plunge it into ice water. Shake off excess moisture. Freeze the herbs in plastic bags for up to one year.

To freeze chopped or crushed herbs, measure them into sections in an ice cube tray. Pour in enough water to cover, then freeze it. Label and store the cubes in plastic bags. These herbs will be limp when thawed, so drop the whole cube into a pot of soup or ragout for best results.

Storing dried herbs

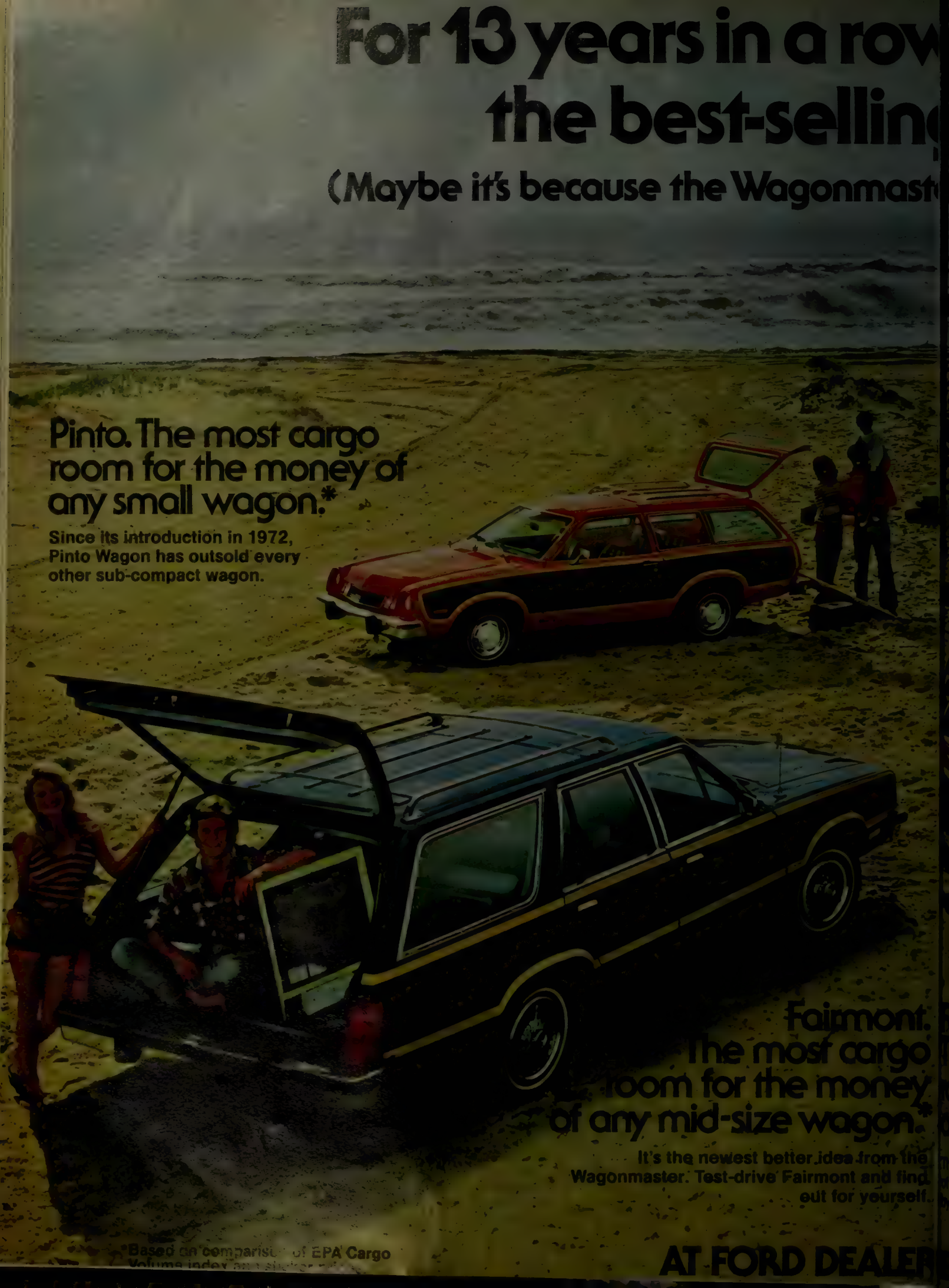
You can store dried herbs whole or crushed. The easiest way to crush the leaves, particularly if you have a large quantity, is with a mortar and pestle or by rubbing them over a coarse screen.

Store herbs in airtight containers away from sunlight. ■



For 13 years in a row the best-selling

(Maybe it's because the Wagonmaste



Pinto. The most cargo room for the money of any small wagon.*

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It's the newest better idea from the Wagonmaster. Test-drive Fairmont and find out for yourself.

*Based on comparis[illegible] of EPA Cargo Volume index and sticker [illegible]

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We're looking for people to write children's books

'Writing for children is the perfect way to take up writing,' says the author of 53 children's books. 'Your ideas come right out of your own experience. And while it's still a challenge, it's probably the straightest possible line between you and publication – if you're qualified to seek the success this rewarding field offers.'

By Alvin Tresselt, Dean of Faculty

If you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin — to break into print — to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching — and 53 books — I can tell you this: you'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do on the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really dig' is an experience you'll never have anywhere else.



Alvin Tresselt was Vice President and Executive Editor of Parent's Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and has served on the board of the Author's Guild. His 53 books for young readers have sold over two million copies.

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!

'Am I really qualified?'

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. This is the only kind of person we're looking for. The reasons are simple: our reputation is built on success, and if prospective students don't have the earmarks of success to begin with, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own children's books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other school or college or university of its kind: It trains qualified people to write for the young reader. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?)*

This is the way I work with my students, and my fellow instructors — all of whom are experienced writers or editors — work more or less the same way.

When you're ready — at your own time and your own pace — you send your assignment to me and I read it and reread it to get everything out of it you've put into it. Then I edit your assignment with a red pencil just the way a publishing house editor would — if he had the time. I return it along with a detailed letter explaining my editorial comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course.

Kathleen Huber, N.Y., N.Y., writes: "Regarding my sale to *Highlights for Children* for $125, it started out as an assignment for the Institute, and *Highlights* was only the second magazine I had sent it to. Certainly your Course made this sale possible. It may be the best investment I ever made."

'I won first prize of $400 for a Course assignment!'

"Before taking your Course, (which I checked out with the National Better Business Bureau), the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Oregon.

"My first sale, to *National Catholic Weekly*, was a Course assignment. Then I submitted another Course assignment in a creative writer's competition and won first prize of $400!"

Free Writing Aptitude Test offered

To find qualified men and women with an aptitude for writing, the Faculty and Consultants of the Institute have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you by our staff.

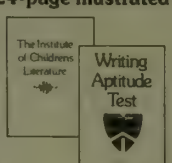
Just mail the coupon at left to receive your free Test and 24-page illustrated brochure which describes the Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll. But that's entirely up to you.

There is no obligation.

The Institute of Children's Literature
Redding Ridge, Connecticut 06876

Dear Mr. Tresselt: **B-20**

I am interested in your program to help new writers get started. Please have your free Writing Aptitude Test and 24-page illustrated brochure sent to me. I understand that I am under no obligation whatsoever and no salesman will call.



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Approved: State of Connecticut Board of Education

DECORATING

Extending the life of your draperies

Draperies may not get the kind of wear and tear that your upholstered furniture does, but they don't last forever. The average lifespan for lined draperies is five years; for unlined draperies, four years; and for sheer fabrics, three years. Although you can't avoid having to replace your draperies eventually, you can postpone their demise. To help you do just that, here's a rundown on drapery enemies to watch out for.

Direct sun

Strong, direct sunlight will weaken most fibers. To a lesser extent, indirect sun can be damaging, too. Lined draperies will naturally resist damage from the sun better than unlined draperies will. Just be sure the quality of your lining fabric matches that of your drapery material. It's poor economy to line quality fabric with an inexpensive fabric that will deteriorate more rapidly than the draperies themselves.

Sun can also have an adverse effect on the colors in your draperies. Unfortunately, no fabric is completely resistant to fading from the sun, but you can reduce the possibility of washed-out colors by selecting a vat- or solution-dyed fabric.

Humidity

Excess humidity and sudden changes in humidity level can shrink or stretch loosely woven fabrics. Both your lined and unlined draperies will maintain their shapes and their looks better if you keep the humidity level in your home fairly constant.

Oxidation

Fumes from furnaces, ovens, auto exhausts, etc., contain chemicals that cling to draperies. When these chemicals combine with humidity and oxygen in the air, they form a mild acid that speeds up discoloration and deterioration of fabrics. Although it may be impossible to eliminate these fumes completely, you can cut down their

continued

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Friskies Dinners is moist and juicy with no big lumps of fat or gristle.

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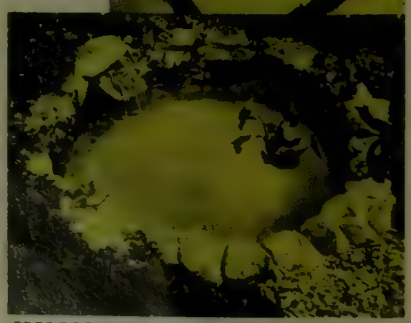
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continued

Draperies

damaging effect on your draperies by making sure that your home is well ventilated.

Water

Rainwater or condensation on windows can cause unsightly watermarks on drapery fabric. Sometimes these stains are unnoticeable until the draperies have been cleaned, and then the marks are practically impossible to remove without telltale traces.

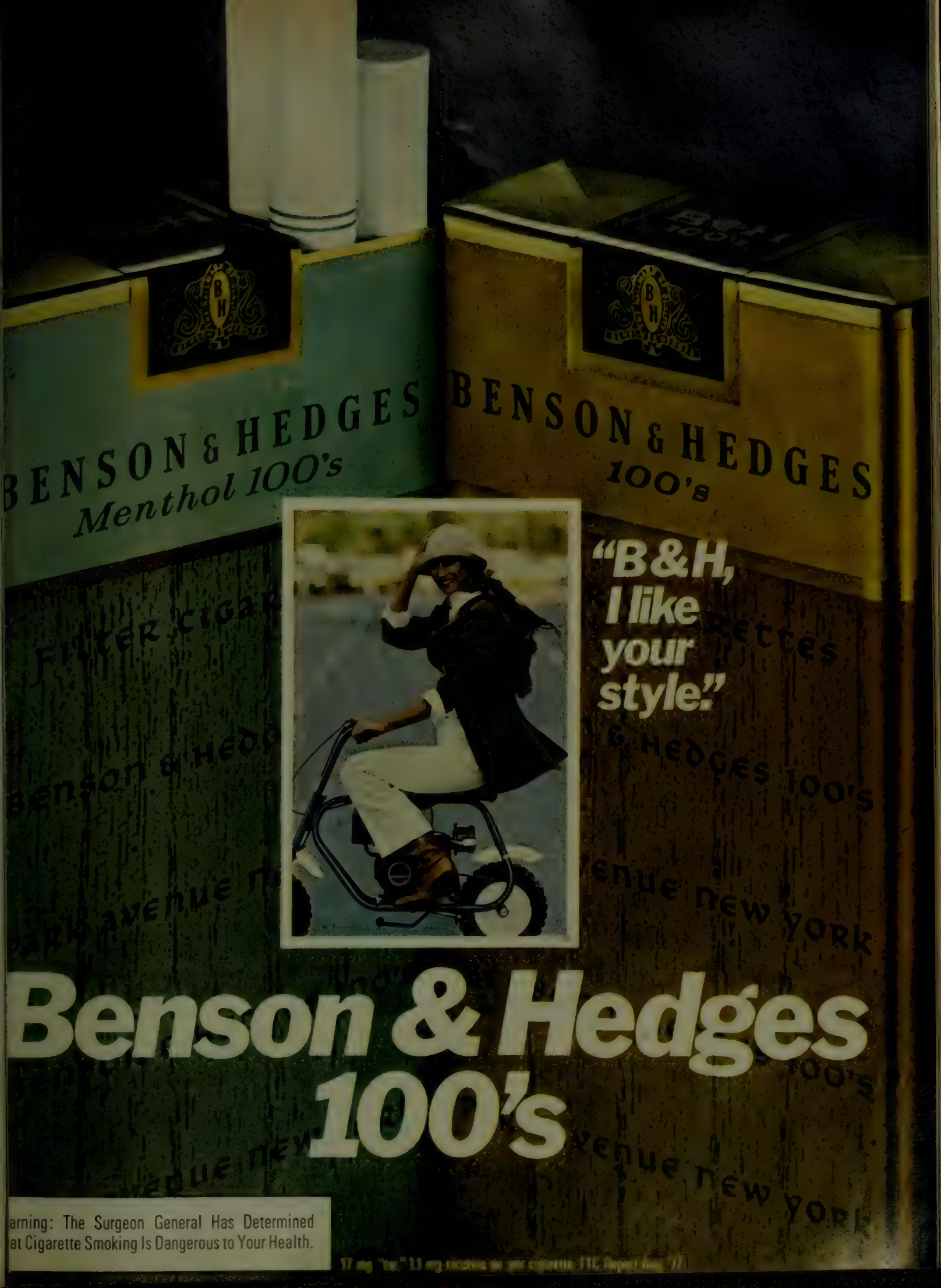
The first and most obvious way to protect your draperies from water damage is to close your windows against the elements. Another is to hang your draperies properly so they won't touch the glass. Thirdly, watch out for drafts and blasts from climate controllers that blow your draperies against the window.

Shrinkage

Unless the fabric has been completely preshrunk, you can expect up to four-percent shrinkage when your draperies are cleaned. An adjustable hem that can be let down when and if needed is a handy way to solve the problem of fluctuating hemlines.

Helpful hints

- You'll come out ahead in the drapery game if you buy wisely at the start. Always purchase quality merchandise from a reputable store, and be willing to pay a little extra for good workmanship. Ask for Sanforized or preshrunk fabrics, and make sure that the dyed fabrics you choose are as resistant as possible to sun fading.
- Check labels to see if any finishes have been applied to the fabric. There are finishes that moth- or waterproof fabrics, or make them more stain and soil resistant. If the finish is non-permanent, see if it can be reapplied.
- Rotate your draperies if you can. Switch the panels from one side of the window to the other, and from sunny windows to shady ones to equalize sun damage.
- Regular cleaning will stretch the lifespan of the drapery fabric by removing embedded soil that can eventually cause fiber deterioration. Be sure to specify the fiber content so the cleaner will know which procedures to use in cleaning your draperies. ■



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GOOD NEWS

Cordless soldering gun



Precise soldering is easier with this handy tool because it lets you move freely and quickly around the work. You needn't worry about feeding the solder or illuminating the work, either; the gun has a solder feed and work light operated by the same trigger that controls tip heat. The gun operates on batteries that recharge overnight with the included plug-in charger.

No. 7900 Cordless Soldering Gun, about $49.95. Includes bevel and chisel tips. Wahl Clipper Corp., 2902 Locust St., Sterling, Ill. 61081.

Double-duty cooler



This insulated container doubles as a jug for liquids and as a cooler for solid foods and beverages in cans or bottles. Liquid contents won't spill when you're carrying or transporting the cooler because the handles lock the lid in place. All three models (two-gallon, three-gallon, and five-gallon) include recessed fast-flow faucets and removable food trays.

Jugler Multi-purpose Cooler, about $10 (2 gal.), $13 (3 gal.), $19 (5 gal.). Thermos Division, King-Seeley Thermos Co., Norwich, Conn. 06360.

Carpet deodorizer



Photographs: William Hopkins

That's right, your rugs or carpeting may need a deodorizer, too! Carpet fibers can easily trap odors from pets, smoking, cooking, and dampness. Now there's an easy way to deodorize the floors. Simply sprinkle this dry, nontoxic powder over the offending spot or over the entire carpet. Then vacuum up the powder and your room smells fresh again.

Carpet Fresh Rug and Room Deodorizer, about $1.39 (9 oz.), $1.99 (14 oz.). Airwick Products, 380 North Street, Teterboro, N.J. 07608.

Geometric track lighting



These track lighting fixtures have a clean, contemporary look because the wires and connectors to the bulbs are concealed. Both lower sections on the fixtures swivel 360 degrees, allowing you to create interesting geometric shapes with the fixtures while pointing the light in any direction. The fixtures are offered in black, white, chrome, and brass finishes, and in 30- or 50-watt and 75-watt sizes, to suit your decorating scheme and lighting needs.

GeoMetrick Track Lighting Fixtures, Model T26 (for 30- or 50-watt lamps), about $40.80 (black, white, or chrome), $43.95 (brass); Model T36 (for 75-watt lamps), about $50.25 (black, white, or chrome), $53.40 (brass). TrakLiting, Inc. 14625 East Clark; City of Industry, Calif. 91744.

Products shown in Good News are available nationally. For more information or the name of the nearest retail outlet, contact the manufacturer at the address listed; please do not send money to the company. All prices are subject to change.

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Silicone Products Dept., General Electric Company, Waterford, New York 12188

GENERAL ELECTRIC

How to size up car rental insurance

Before you sign any car rental agreement, read through its insurance provisions carefully. How well are you covered under the rental company's policy? What would happen in the event of theft? What driving regulations must you follow?

Whose insurance pays what?

The insurance offered by most national rental companies is "primary." That means it pays first on any claim, up to the dollar limit of their policy. After that amount is reached, your insurance on your own car generally will take over and pay the difference up to the limit of your policy.

But some companies' rental car insurance is "secondary": That means it applies only after your own insurance limits are exhausted. (When your insurance company pays damages, you're likely to face a rate hike, so check out the primary-secondary aspects thoughtfully.)

Coverage checklist

- Liability limits. The large national companies usually provide up to $100,000 coverage against injury to or death of one person in one accident, to $300,000 for all persons killed or injured in one accident, to $25,000 for damage to cars and other property. With smaller companies, limits may be as low as $5,000 and $10,000 for injury or death.
- Fire, theft, and other non-collision damage. Rental company coverage is generally adequate, with the loss borne by the company.
- Collision damage. There is usually a deductible—currently $250 with most companies. That means you must pay for any damage up to the deductible amount, and the rental company pays for the rest. Most companies offer a "collision damage waiver"; that is, they pay for all damage. The waiver costs about $2 or more a day.

continued

Lick your chops.



Heinz 57 Sauce has a simple new recipe for a special pork dinner.

A bit more bold. A lot more zest. Heinz 57 Sauce gives your pork chops something to glow about. This exciting recipe for Tangy Baked Stuffed Pork Chops is guaranteed to bring mouthwatering raves. It's a very simple, very special recipe idea from Heinz 57 Sauce—the steak sauce you can cook with.

For more free 57 Sauce recipes, write Heinz 57 Sauce, P.O. Box 28, DP-84, Pittsburgh, Pa. 15230.

Tangy Baked Stuffed Pork Chops

1½ to 2 cups favorite prepared stuffing
6 double pork chops, slit for stuffing
1 tablespoon shortening
Salt and pepper
½ cup Heinz 57 Sauce
⅓ cup water

Place stuffing in pockets of chops; secure with toothpicks or string. Brown in shortening; sprinkle with salt and pepper. Place chops in shallow baking pan. Combine Heinz 57 Sauce and water; pour over chops. Cover pan with foil. Bake in 350°F. oven, 1 hour 15 minutes or until chops are tender. Remove toothpicks from chops before serving. Skim excess fat from sauce; thicken sauce with flour/water mixture, if desired. Makes 6 servings (about 1½ cups sauce).



Heinz

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GROUP RATES EVERY TIME YOU TRAVEL.

The bigger your family, the more you need to take the Bus. The 1978 Volkswagen Bus. It's the one vehicle that lets you carry the most for the least.

In fact, the '78 VW Bus is 70% roomier inside than a full-sized domestic station wagon. With practically as much room as a van. So it can carry a family of seven in comfort. With enough room left over for your luggage, groceries, pets, or just about anything else your group wants to get away with.

Yet, with all the carrying space, the '78 VW Bus costs only a little more to buy than the average station wagon and less than most big station wagons. And to run, it's ahead by miles. Because the '78 Bus' peppy, fuel-injected, two-liter engine is quieter and delivers an estimated 25 mpg on the highway, 17 in the city, according to 1978 EPA tests. (Of course, actual mileage may vary depending on how and where you drive, optional equipment such as automatic transmission, and the condition of your Bus.)

When it comes to versatility, nothing compares to the Bus. Its rear hatch and big sliding door make it a snap to load. The rear seat folds down for even more cargo space. And the Bus' eight picture windows give everyone in your group a great view of the world. With all that space inside, the VW Bus is still small enough outside to be parkable in spots that regular station wagons have to pass up.

So if you want to take your group out in style, comfort and economy, remember, it's more fun to take the Bus. The 1978 Volkswagen Bus. It gives you group rates every time you travel.

©Volkswagen of America, Inc.



IT'S MORE FUN TO TAKE THE BUS.

continued

Car rental insurance

● Medical payments. They're usually not covered, but you can buy insurance from the rental company for about $1 a day. Typically the insurance pays up to $50,000 for loss of life, up to $500 for medical expenses, up to $50 for an ambulance. Some policies cover passengers, as well. Also, your own auto policy probably has medical coverage that would apply.

● Theft of personal items from the car. You're not covered, but your homeowner's or tenant's policy will probably pay—provided there is evidence of forcible entry.

Are there restrictions?

They're spelled out in the agreement, and violations may void your insurance.

Here are some typical restrictions:

1. The car may be operated only by you, the renter, and by licensed drivers aged 21 or over when authorized by you. Drivers must be members of your immediate family, permanent employees of your business, or other persons specifically mentioned in the rental agreement.

2. The car may not be used to carry passengers or property for hire, for towing, for driving lessons to an unlicensed driver, for racing, or for any illegal purpose.

3. Some smaller car rental agencies enforce restrictions that forbid you to remove the car from the state, exceed the car's seating capacity, drive on unpaved roads, or violate traffic laws.

4. Your insurance may be voided if you keep the car beyond the time indicated in the agreement. Some companies allow a 24- or 48-hour grace period—but advise the agency in advance of any delay. ■



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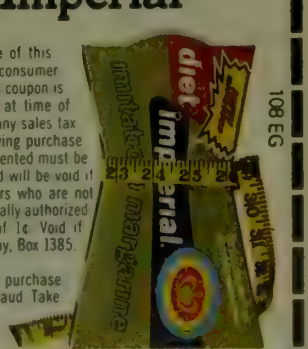
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KITCHENS

Counter-top caches you can build

These compact units let you achieve a clean-counter look and still have often-used utensils at hand. Both units require no more than four inches of space at the rear of a base cabinet.



Photographs: Fred Lyon

This knife rack nestles along the back edge of the counter top, *above*. Saw the knife blade slots one inch on center in a 1x4. Cut the counter top opening slightly shorter than the rack so the ends of the unit overlap the counter.

Protect hands from sharp knives by enclosing the under-counter space at the back of the cabinet with a plywood panel. Or, shorten the top one or two drawers in the cabinet.

The back-of-the-counter utensil pockets, *below*, are restaurant-sup-



Architect: Harley E. Jensen, AIA. Source: Barbara Cathcart

ply stainless steel containers, but you can build bins from plywood. Allow for a flange around the upper edge of the unit so it can be removed for cleaning. Shorten the base cabinet drawers if necessary. ■

"Last winter's cold crunch convinced me to wash in all temperatures with All-Temperature Cheer."

Dear Sirs,

During last year's cold crunch, I wanted to be very careful about using hot water, because with the energy shortage, hot water was more precious than ever. So when I did my laundry, I decided to also use warm and cold water (something I had never done). That's when I tried All-Temperature Cheer.

Boy was I surprised. Cheer really worked — even in cold water! Cheer not only got my clothes clean, but I saved energy too. Thanks again. Cheer is a real winner!

Sincerely,
Kathy Gosnell





All-Temperature Cheer.
Three temperatures, one detergent.

Quick concrete repairs

Do you use rugs to hide cracks in the basement floor? Or do you camouflage gouges in the front steps with potted plants? Why not repair all of those eyesores some Saturday? It just takes a little elbow grease and one of several compounds on the market.

Tackle the cracks and expansion joints outdoors first. It's important to mend them as soon as possible if they'll be subjected to freezing and thawing conditions, because the longer you wait, the bigger they'll get. For joints subject to movement, you'll need your caulking gun and as many disposable cartridges of butyl or silicone rubber caulking compound as you think you'll need. And if you plan to paint over the junction, purchase a paintable caulk.

Clean out the gap with a wire brush and remove dirt and loose concrete. Force the compound in with the gun and scrape off excess so the patch is even with the surface.

Actual cracks—and chips—can be filled with a patching cement. The cement is strengthened with latex (sometimes vinyl) compounds and forms an extremely solid bond that's effective indoors and out.

You'll find two types of patching cement—a powdered mix (containing dry latex particles, among other things) that you mix with water, and a two-part mix that consists of cement powder and a container of liquid latex.

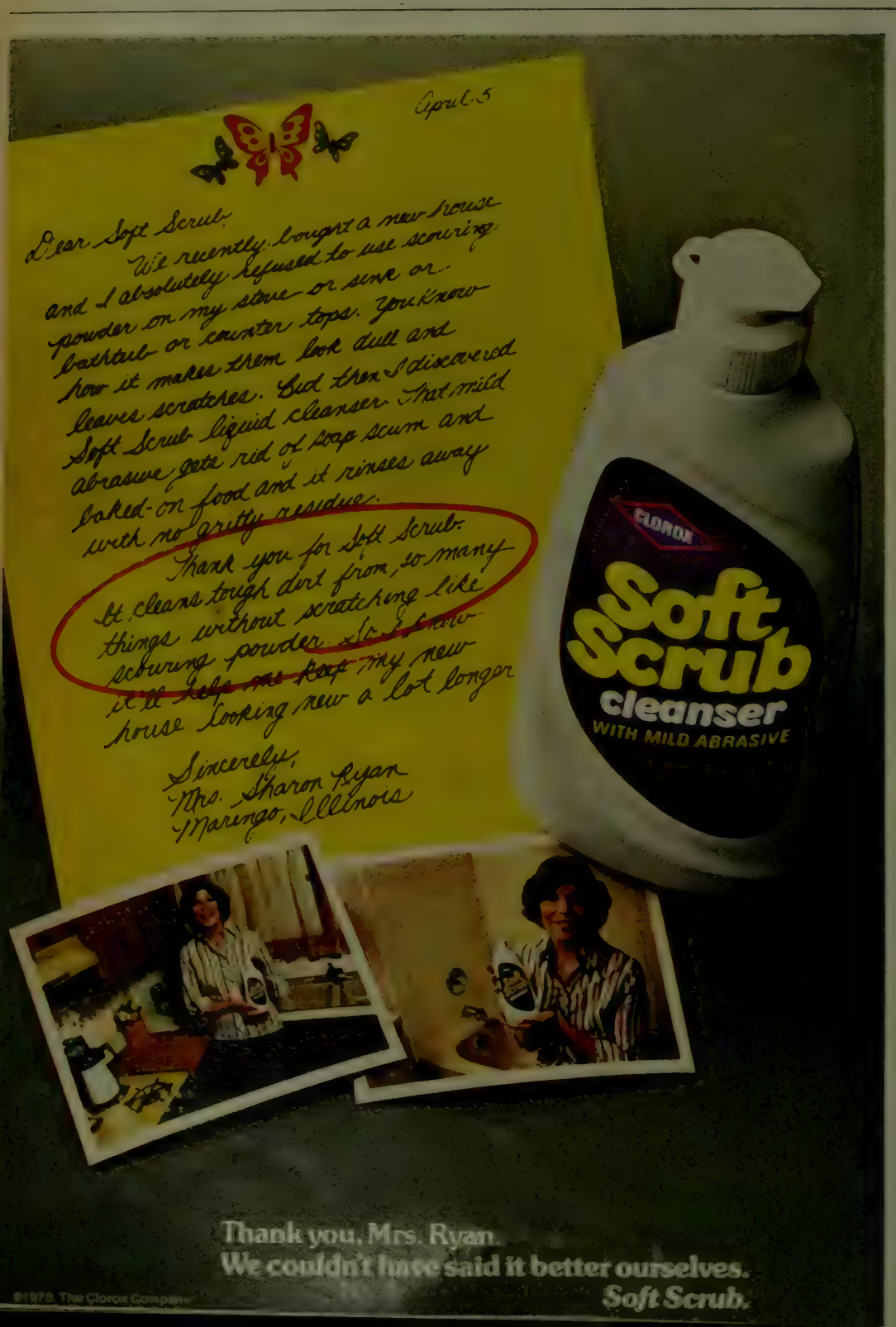
While you're buying your patching cement, pick up a can of latex bonding agent. This liquid will prevent the existing concrete from drawing adhesive compounds from the cement.

No matter what type of patching cement you use, make up just enough for the job you're doing. The cement will begin to set quickly after it's mixed. Remove all loose concrete, dust, and dirt from the chip or crack. Paint bonding agent onto the damaged area, allow the agent to get tacky, then apply the patching compound, following the directions on the container.

These patching cements can also be used to smooth up rough or uneven concrete floors. Simply apply the bonding agent, then spread out the compound to fill in the dips; trowel to a level finish. Most patching compounds can be spread very thinly and feathered out to a smooth finish.

Occasionally a masonry repair still requires the use of standard cement mix (if a corner has broken off a concrete step, for example). You may also elect this route if you have many repairs to make and little money to make them with.

Latex bonding agent will make the cement mix as strong as the patching cement discussed above. Just add the bonding agent to your mortar mix, following directions on the bonding agent package. Then clean out the cracks or chips as described earlier and apply a coating of the bonding agent to the area you're repairing. The bonding agent also usually eliminates the need to cut out a wider area at the base of the crack than at the surface to "hold" the patch in place. Follow up by applying the special mortar mix you concocted earlier. ■



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ent Golden Lights: Kings Regular—8 mg."tar," 0.6 mg. nicotine; **Kings Menthol**—
mg."tar," 0.7 mg. nicotine av. per cigarette FTC Report, August 1977. **100's Regular**
id Menthol—10 mg."tar," 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

KNOCK OUT THE WALLS...

CREATE A LIVE-IN KITCHEN

BY CHERYL SCOTT

If your kitchen has only enough elbowroom for the cook, here's one solution to the problem. Knock out a wall or two and combine activity areas. This family did exactly that, and just look at the livable and functional spaces that opened up.





Photographs: Bill Helms, Architect: Lawrence Gordon, AIA, Source: Bonnie Maharam



Combining a skimpy kitchen, a dreary little den, and a tiny bedroom yielded the flow of kitchen-dining-family room spaces you see here. By removing a couple of walls **(orange areas on plans),** this family created areas that enhance the kitchen's reputation as the heart of family activity. The continuity of the green and white decor, the wide-open look, and a good traffic pattern tie together these spaces and keep everyone in touch with the action.

The cook need never be lonely in the new kitchen. Kids doing homework or tabletop crafts are easily supervised across the island that separates the food preparation area from the adjoining eating space. Just a glance away is the family room with its floor-to-ceiling built-in shelving, **opposite, above.** This is a favorite place for family relaxation and for entertaining guests.

There's plenty of room in the sunken kitchen work area to accommodate a family of cook's helpers. (That's right, we did say "sunken." The kitchen's main work area is a step below the eating space.) The island at the junction of working and eating areas leads a double life. It forms a backsplash for the kitchen-side range top and work surfaces as well as providing a visual buffer to kitchen clutter. The kids like to use the island's tile surface as a desk, too.

Buying information, page 183.



BEFORE

AFTER



DOWN WITH DULL BATHROOMS!

BY LAUREL LUND

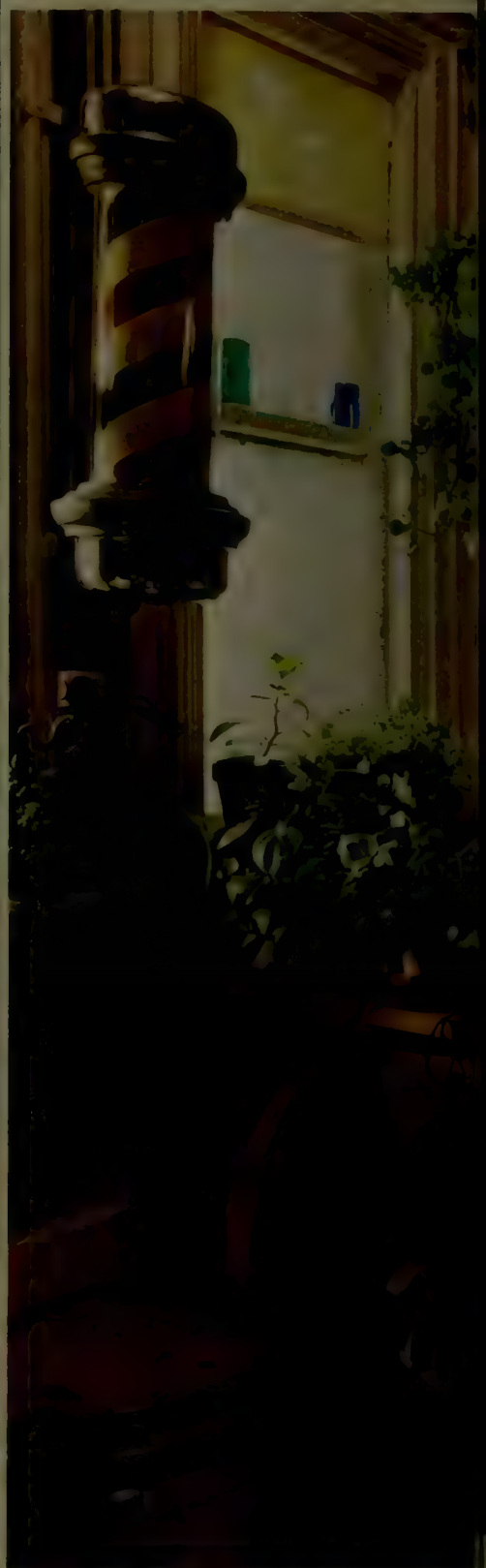
If your run-down bathroom has you ready to throw in the towel, take a look at these lively examples of do-it-yourself renewal. Four of the rooms were revitalized with quick cosmetic changes; four more were transformed by simple remodeling solutions. Feel free to borrow ideas from any or all.

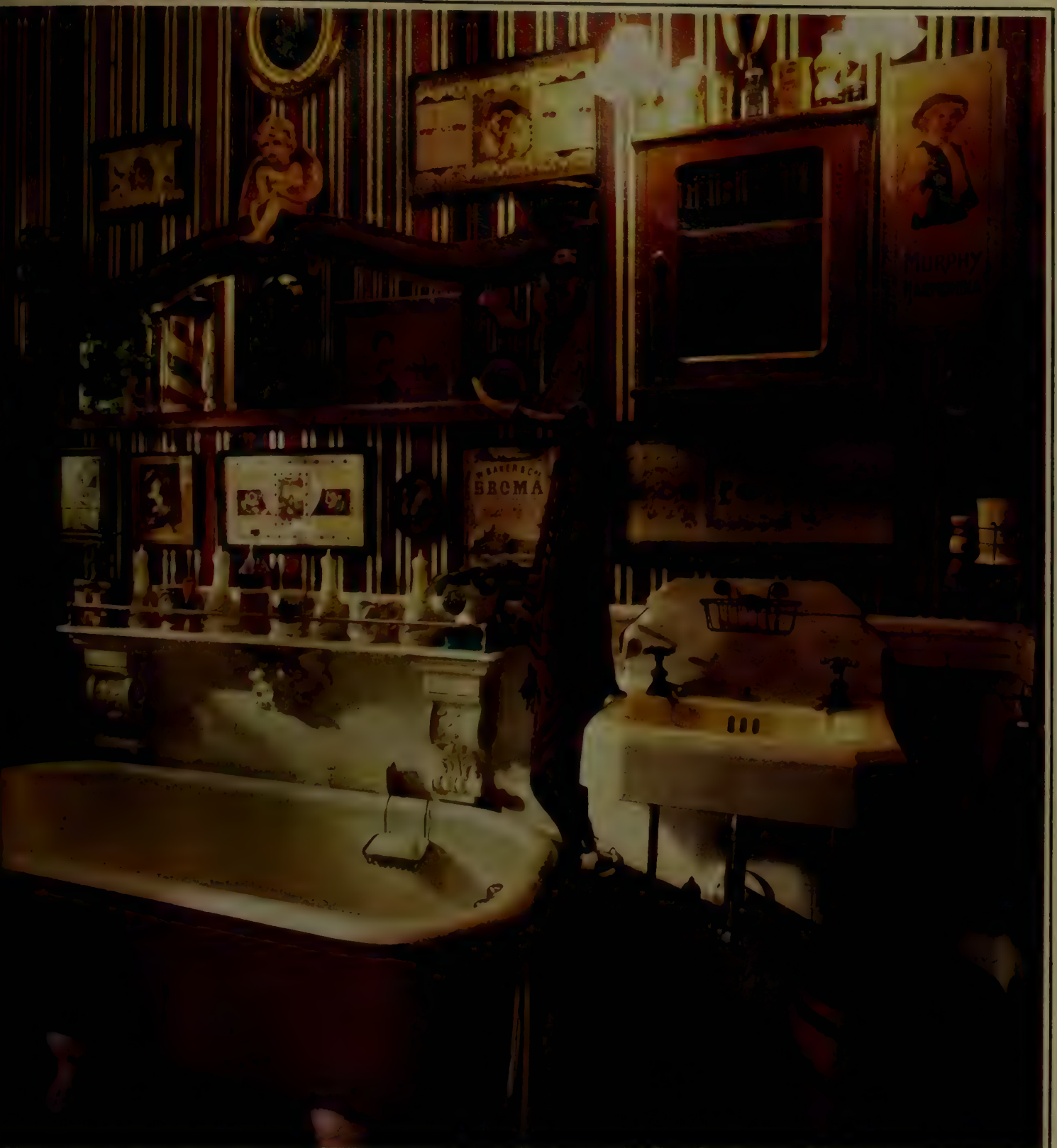
RENEW WITH QUICK COSMETIC CHANGES

It needn't cost a fortune to face-lift a down-and-out bathroom. Here, some dollar-stretching decorating ideas do the job. To minimize the room's awkward dimensions, the walls and ceiling are covered with inexpensive dark green paint. A whimsical jungle print on the recessed area behind the toilet is actually lightweight gift wrap applied with wallpaper paste. A Japanese paper lantern conceals the old bare-bulb ceiling fixture.

Design: Minky Morfit. Source: Estelle Bond Guralnick







Photographs: Jim Hedrich; Hedrich-Blessing. Design: Eileen and Rick Phillips. Source: Estelle Bond Guralnick

Instead of apologizing for old-fashioned bath fixtures, think positive and play up their vintage character.

In the "barbershop" bathroom above, patriotic red, white, and blue striped paper conceals an aging wall surface while setting the stage for a nostalgic scheme. The dado and window woodwork are painted white to highlight the beautifully crafted moldings. And a couple of coats of bright red paint turns an old ball-and-claw-foot tub into a smashing focal point.

A treasured collection of memorabilia contributes to the room's old-fashioned flavor. Above the lanky-legged sink is an old oak medicine chest. Nearby, a porcelain barber's shelf, supported by carved wooden brackets, displays a collection of old bottles and in-use bath supplies. A horizontal mantel mirror framed in oak adds another note of nostalgia, as do the wall-mounted deer antlers that now serve as towel holders.

A massive architectural bracket separates the tub and the toilet areas and doubles as a plant stand. And for still more atmosphere, there's a cache of hand-crafted collages, advertising signs, and an old barber pole.

Buying information, page 183.



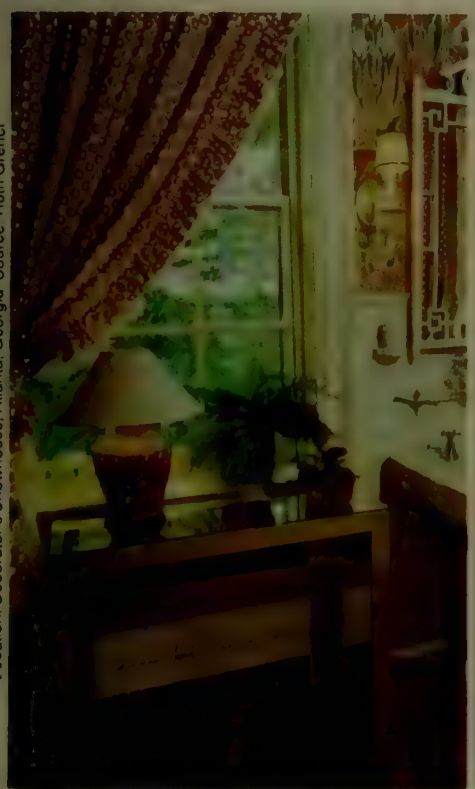
Photographs: E. Alan McGee. Design: Lou Stormont, Carole Pierce of Pace Interiors

BATHROOMS

COSMETIC CHANGES

Even if there's nothing seriously wrong with an aging bathroom, it may lack zing. If so, call on some quick cosmetic tricks to play up the room's assets and camouflage its flaws.

The past-its-prime bathroom on the opposite page and below began with some important pluses: solid construction, adequate floor space, and an excellent source of natural light.



Location: Decorator's Showhouse, Atlanta, Georgia Source: Ruth Grenci

But there was a problem. The wide expanse of porcelain tile in the big room made it seem a bit cold and clinical. To cozy up the area, a luscious peach tone was selected for the wall-to-wall carpet and ceiling cover. This rich color visually minimizes the room's height by making the ceiling and floor "advance." The same pastel peach tone also backgrounds the refreshing floral-print wallpaper installed above the tile.

Draperies in a complementary print frame the tub, tying it into the design scheme and adding more pattern punch. Shirred from a fabric-covered rod mounted at ceiling height, the draperies fill in the usual gap between shower rod and ceiling.

A similar drapery treatment appears at the window above. But in place of a typical pair of tiebacks, a single sweep of fabric is pulled to one side. This visually widens the lavatory wall and lets more sunlight into the room.

Ironically, the updating of this bathroom was inspired by a colonial-style coverlet. Instead of dressing a bed, the lovely blue and white hand-stitched quilt serves as a unique drapery when tab mounted above the window and tied to one side.

Taking a cue from the quilt design, the homeowners camouflaged the old walls with patchwork-pattern wallpaper in the same blue and white hues. Underfoot, solid-color carpet provides visual relief from the panoply of pattern, as does the white-bordered shower curtain draping the turn-of-the-century tub and the white-painted woodwork at dado height.

Buying information, page 183.

Photograph: Fred Lyon. Design: Muriel Hebert. Source: Helen Heitkamp



DOWN WITH DULL BATHROOMS!

BY DAVID HAUPERT

MAKE SOME MAJOR CHANGES

If you decide to remodel rather than decorate, check these four projects for ideas. The examples we've collected range from a simple shape-up involving only a few structural changes to a full-scale reshuffling with built-ins galore.



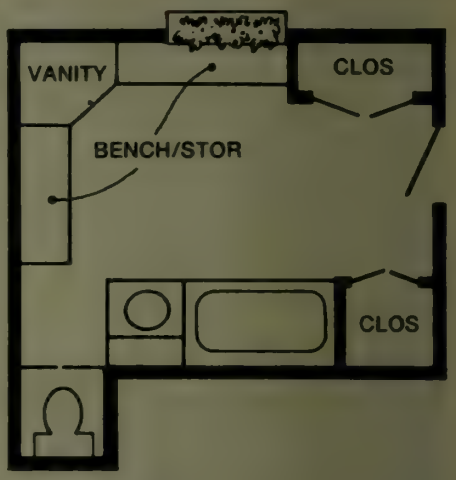
Photograph: Frank Lotz Miller. Architect: Gene Glanker, Jr., AIA. Source: Bonnie Crone



What this project demonstrates is that you don't have to buy all new fixtures to make a bathroom look new. The trick is to recycle everything you can, then sink your savings into other improvements.

If the walls are too battered to save, cover them with tile or other hefty materials. In this 8x10 room, Southern pine planks do the job.

The recessed window at the far end of the room breaks the monotony of an otherwise rectangular shape. You can get the same effect by bumping out the window or boxing off closets for adjoining bedrooms.



The more space you have, the more features you can build. And if you have the luxury of starting with a 12x14-foot rectangle (this one used to be a bedroom), you can let your imagination go wild. This bath not only doubles as a plant room (the resident houseplants love the abundant natural light and moisture); it also serves as a small dressing room, just a few steps from the adjoining master bedroom. (His 'n hers wardrobes flank the doorway.) Those low built-ins under both windows are storage benches, and the one under the greenhouse window also covers a radiator. Hidden around the corner from the lavatory—out of camera range—is a toilet, tucked into a nook that used to be the bedroom closet. (Bar doors give the space privacy.) The walls and floor are clad in pine 2x4s, left natural but protected with polyurethane varnish. When that small carry-around ladder isn't displaying plants, it's used to reach the hanging pots at watering time.





Photographs: Hedrich-Blessing. Source: Jessie Walker Associates

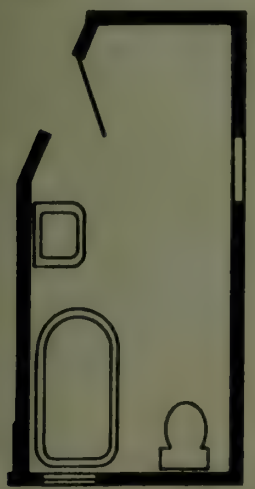


Photographs: Fred Lyon. Design: The Houseworks. Source: Barbara East Cathcart.

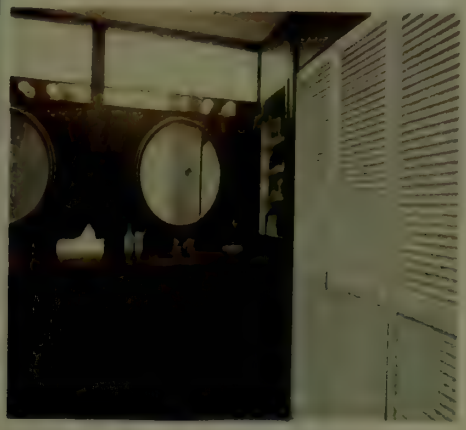
MAJOR CHANGES

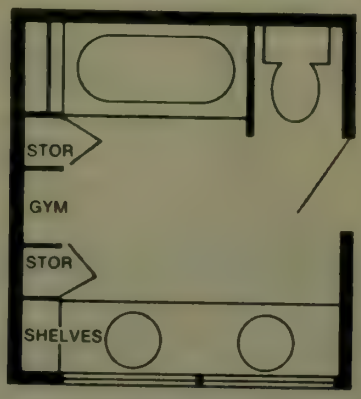


Here, again, salvaged fixtures fit right in with new features. This Victorian-look bathroom is tucked into one side of an unfinished attic. The narrow (6x14) space—once a storage room—gets much of its charm from its shotgun shape and sharply sloped ceiling. Wall heights jump from four to eight feet. (You can add the same slanted lines to your bathroom—whether or not it's in the attic.)
A pair of skylights brightens the room during the day, and a nifty custom-made light over the old lavatory fills in when needed. The box surrounding the fixture is made from redwood 1x8s. The cabinet, neatly recessed into the stud wall, is fronted by a mirror that's mounted on ½-inch plywood and framed with redwood 2x2s. Four-foot-high wainscoting of redwood 1x4s wraps around all four walls. Note how the toilet is raised on a platform so the plumbing can slope properly.
Buying information, page 183.



A growing number of fitness aficionados are getting into weight training. If you'd like to follow suit but can't find space for the equipment, consider this remodeling. The weight-lifting machine fits into a tiny rectangle only a foot deep and two feet wide. You can borrow 12 inches from one bathroom wall and





put the space to work as shown in the plan, or recess the unit into an adjoining room. Then just hide everything behind bifolds.

Here textured planks, 16 inches wide, span the walls and cabinets; hardboard panels protect the shower area. Clerestory windows, light strips, and ceiling fluorescents provide day and night illumination.

Photographs: William N. Hopkins. Designer: David Ashe



Memorable styles stage an elegant comeback

Sears brings fresh new appeal to turn of the century styling with Hopewell Corners, a collection of furnishings designed to bring a warm country feeling to your home. Choose from a host of fascinating furniture pieces, plus many lovely complementary accessories. All with the unique look you might have had to sift through antique shops to find.

Begin with this sofa and demi sofa, covered in rich brown acrylic velvet treated with SCOTCHGARD® Brand Fabric Protector. Flowing draperies, elegant rugs, gaslight globe lamps (available with frosted finish or raised floral pattern on globe) and charming accent pieces complete the scene with grace and style.

Sofa and demi sofa have all hardwood frames with double doweled joints, and full coil, spring edge seat construction.

Sofa, reg. $499.95
— SALE $449 —
Demi sofa, reg. $449.95
— SALE $399 —
Sofa sleeper, queen size, reg. $649.95 (not shown)
— SALE $599 —

Hopewell pillow, reg. $8.99
— SALE $6.99 —

Brigadoon linen-look draperies are a blend of polyester and cotton in five colors, lined with 100% polyester. Brigadoon semi-



sheer polyester batiste panels are available in six colors and three sizes.

Drapery (50 in. x 84 in.), reg. $24.99
— SALE $19.99 —
Panel (60 in. x 83 in.), reg. $9.99
— SALE $7.99 —

Dynasty Country rug is densely woven on Kara-loc® looms of 100% acrylic pile (48 oz./sq. yd.). Five colors.

Rug (4 ft. x 6 ft., shown) reg. $99.99
— SALE $89.99 —
Rug (9 ft. x 12 ft.) reg. $349.99
— SALE $299.99 —
Rocker, reg. $139.95
— SALE $119 —

Accent pieces are constructed from oak and oak veneers. Brass hardware.

Gossip bench, reg. $249.95
— SALE $229 —
Hall tree, reg. $169.95
— SALE $159 —
Fern stand, reg. $89.95
— SALE $79.88 —
Round cocktail table, reg. $259.95
— SALE $229 —
Drop lid desk, reg. $239.95
— SALE $209 —
Gaslight globe lamp, reg. $39.99
— SALE $34.99 —

The Hopewell Corners Collection is available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

Sale prices in effect from
May 28 through June 24, 1978.

Sears

© Sears, Roebuck and Co 1978

The Hopewell Corners Collection



Now as then, nothing beats the warmth of wood

Hopewell Corners furniture is constructed of solid oak, oak veneers and selected hardwoods, hand-rubbed to a glowing finish. Leaded glass doors and woven cane chair seats, plus brass-plated hardware and wood-on-wood drawer glides are just a few examples of its fine quality.

New Era Dawn carpeting, available in 14 subtle color combinations, is made of cut and loop 100% nylon pile, heat-set to retain its fresh appearance.

And from Sears Custom Shop, the lovely outline-quilted, Hopewell Document throw style bedspread and coordinating drapery fabric of 100% cotton. Three color choices. Bedspread filled with polyester fiberfill.

Hobnail glass lamps, in two sizes, are also on sale.

Hopewell Dining Room

Round table with leaf, reg. $450.00
— SALE $399 —

Side chair, reg. $99.95
— SALE $90 —

China cabinet, reg. $599.95
— SALE $549 —

Corner cabinet, reg. $499.95
— SALE $449 —

Server, reg. $299.95
— SALE $269 —

New Era Dawn, reg. $8.99 sq. yd.
— SALE $7.99 —



Hopewell Bedroom

Vanity, reg. $349.00
— SALE $279 —

Vanity mirror, reg. $150.95
— SALE $120 —

Vanity bench, reg. $99.95
— SALE $89 —

Jenny Lind bed, full/queen, reg. $299.95
— SALE $259 —

Double dresser, reg. $349.00
— SALE $299 —

Mirror, reg. $150.95
— SALE $100 —

Chiffonier, reg. $359.95
— SALE $329 —

Washstand, reg. $169.95
— SALE $149 —

Hobnail table lamp, reg. $39.99
— SALE $34.99 —

Hobnail accent lamp, reg. $29.99
— SALE $24.99 —

Full Custom bedspread, reg. $150.00
— SALE $125 —

Custom drapery fabric, reg. $7.00 yd.
— SALE $5.60 —

Lustra sheer drapery fabric, reg. $3.00 yd.
— SALE $2.40 —

The Hopewell Corners Collection is available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

Sale prices in effect from May 28 through June 24, 1978.

Sears

© Sears, Roebuck and Co. 1978

The Hopewell Corners Collection



Handsome accessories add a special finishing touch

The Hopewell Corners Collection features many pretty, practical accessories to enhance the beauty of your home.

The bath shop features fluffy bath towels in solids and checks at a fantastic low price, plus complementary bath rugs and shower draperies.

Beautiful, durable dinnerware and yards of lovely lace will add grace to any dining room. Lace curtains and tablecloths are all machine washable, and the stain resistant tablecloths are even Perma-Prest.®

New Generation vinyl flooring is chemically embossed for sharp pattern and color definition. Scuff and stain resistant. Sturdy vinyl foam cushion inner layer. In sixteen beautiful patterns and colors.

Towels are looped on both sides for maximum absorbency. Bath rugs are machine washable with skid resistant backings. Batiste shower draperies with flocked dots include vinyl liner.

Bath towel, reg. $3.99
— SALE $2.99 —

Bath rug (24 in. x 36 in.), reg. $9.99
— SALE $7.99 —

Shower draperies, reg. $19.99
— SALE $16.99 —

Stoneware 45-piece sets are dishwasher safe and chip resistant. Both have oven to table to freezer durability.



Maple Swirl dinnerware, reg. $79.99
— SALE $69.99 —
Country Bird dinnerware, reg. $99.99
— SALE $84.99 —

Lace tablecloths are featured at their regular price of $13.99 each, your choice of 7 sizes. Coordinating lace panels, available in 3 sizes, are on sale.

Hopewell Lace panel curtain, reg. $9.99
(57 in. x 81 in.)
— SALE $8.99 —
Hopewell Lace tablecloth
— Each $13.99 —
(your choice of sizes)

The Hopewell Corners Collection is available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

Sale prices in effect from
May 28 through June 24, 1978.

Sears

© Sears, Roebuck and Co 1978

The Hopewell Corners Collection



Vinyl flooring, reg. $10.99 sq. yd.
— SALE $8.99 —



A bedroom brimming with eyelet and ruffles and a gathering of roses.

Dress your bedroom with the richness of lush florals or the delicate look of eyelet. Sears brings you big, fluffy comforters, bedspreads, bed ruffles, crisp, smooth percale sheets and charming priscilla curtains. Everything you need to create a room that's ripe for dreams and fantasies.

So indulge yourself and bring home a whole roomful of fresh new bed linens, most at wonderful sale prices. Sheets in both patterns are Perma-Prest® and everything is machine washable. Comforters and bedspreads are filled with fluffy polyester fiberfill.

Rosette sheets and comforters are 50% cotton, 50% polyester percale. Beautifully quilted matching bedspreads have attached ruffled hem.

Bedspread, full size, reg. $29.99
—— SALE $26.99 ——

Bedspread, twin size, reg. $26.99
—— SALE $23.99 ——

Sheet, full size, reg. $6.99
—— SALE $5.99 ——

Sheet, twin size, reg. $5.49
—— SALE $4.49 ——



Comforter, full size, reg. $35.99
— SALE $30.99 —
Comforter, twin size, reg. $29.99
— SALE $25.99 —

Pamela Perma-Prest® eyelet sheets are made of 50% combed cotton, 50% polyester percale. Bedspread and priscilla have a luxurious overall eyelet pattern of 50% polyester, 50% rayon.

Bedspread, full size, reg. $49.99
— SALE $45.00 —
Bedspread, twin size, reg. $44.99
— SALE $40.00 —

Sheet, full flat, reg. $11.99
— SALE $9.99 —
Sheet, twin flat, reg. $9.99
— SALE $7.99 —
Comforter, full size, reg. $40.99
— SALE $35.99 —
Comforter, twin size, reg. $34.99
— SALE $29.99 —
Bed ruffle, full size, at reg. price,
— $19.99 —
Bed ruffle, twin size, at reg. price,
— $18.99 —

Pamela and Rosette linens are part of the Hopewell Corners Collection, available in most larger Sears retail stores. Prices may vary in Alaska and Hawaii.

Sale prices in effect from
May 28 through June 24, 1978.

Sears

© Sears, Roebuck and Co 1978

The Hopewell Corners Collection



A REGULAR FEATURE DESIGNED TO MAKE AROUND-THE-HOUSE JOBS EASIER FOR YOU — TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

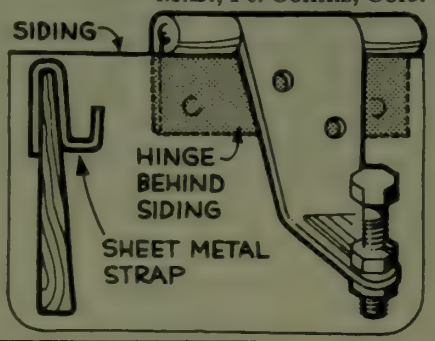
PROBLEM

You're installing lap siding on your house by yourself, and you're having trouble supporting both ends of each siding piece long enough to start the nails.

SOLUTION

Nail up the first course after bracing it temporarily at the far end. Bend an old strap hinge, as shown, so that the location of the bend gives you the overlap you need for each piece of siding. Insert a bolt and two nuts in the end hole of the hinge. Then just slip the flat leaf of the hinge behind the top edge of the starter course, and you'll have a helper to hold up the other end of the next course. If there's not enough space between the siding and the house to accommodate the hinge leaf, bend a substitute support piece from an inch-wide strip of sheet metal, as shown.

M.B., Ft. Collins, Colo.



PROBLEM

Your household broom is too flimsy to sweep heavier-than-usual debris.

SOLUTION

Reinforce all but the bottom two inches of the broom with an old nylon hose. After cutting off the foot, double the leg by folding it inside itself once, then slip it over the broom. For heavy duty, use strips cut from an old inner tube.

D.C., Pittsburgh, Pa.

PROBLEM

Your old bathtub was always cold in the winter, and you want to avoid this problem when you install a new one.

SOLUTION

Glue fiber glass batts to the outside of the tub. The batts will not only keep the tub, water, and you warmer longer, but also will deaden sounds.

R.D., Tofield, Alberta, Canada.

PROBLEM

When you're painting from a stepladder, the cleanup rag you use to wipe up splatters soon becomes paint-soaked.

SOLUTION

If your ladder is wide enough, screw or nail a paper towel holder to the underside of the ladder top. Insert a new roll of towels, and you'll have a continuous supply of wiper-uppers.

Mrs. W.M., Ransomville, N.Y.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and all submissions become the property of Meredith Corporation. We do not accept previously published ideas.

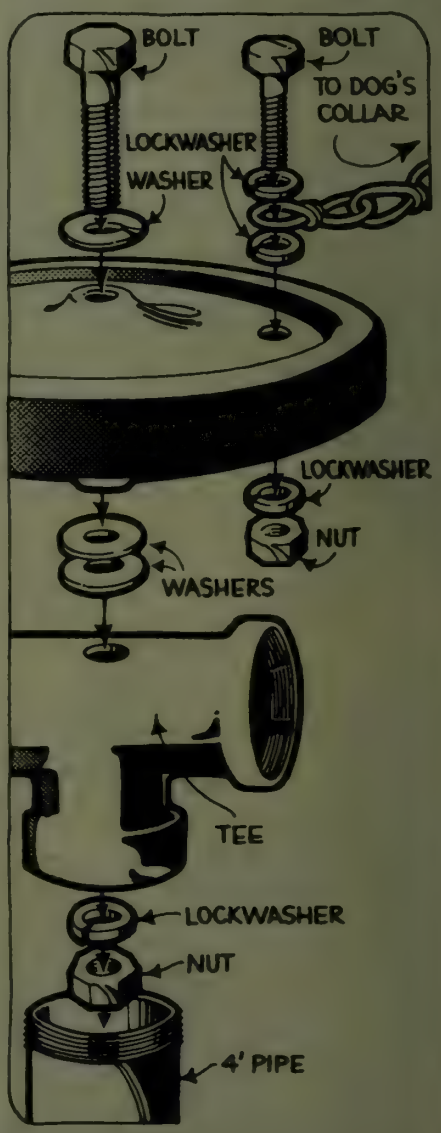
PROBLEM

Your dog inevitably gets tangled up when you tie him outside to his stake.

SOLUTION

Fabricate a freewheeling anchoring device like the one shown below. Drive all but six inches of the pipe into the ground, protecting the end of the pipe with a 2x4. Drill a hole in the top of a tee, another near the tread portion of a lawn mower wheel. Then assemble the rest of the parts as indicated.

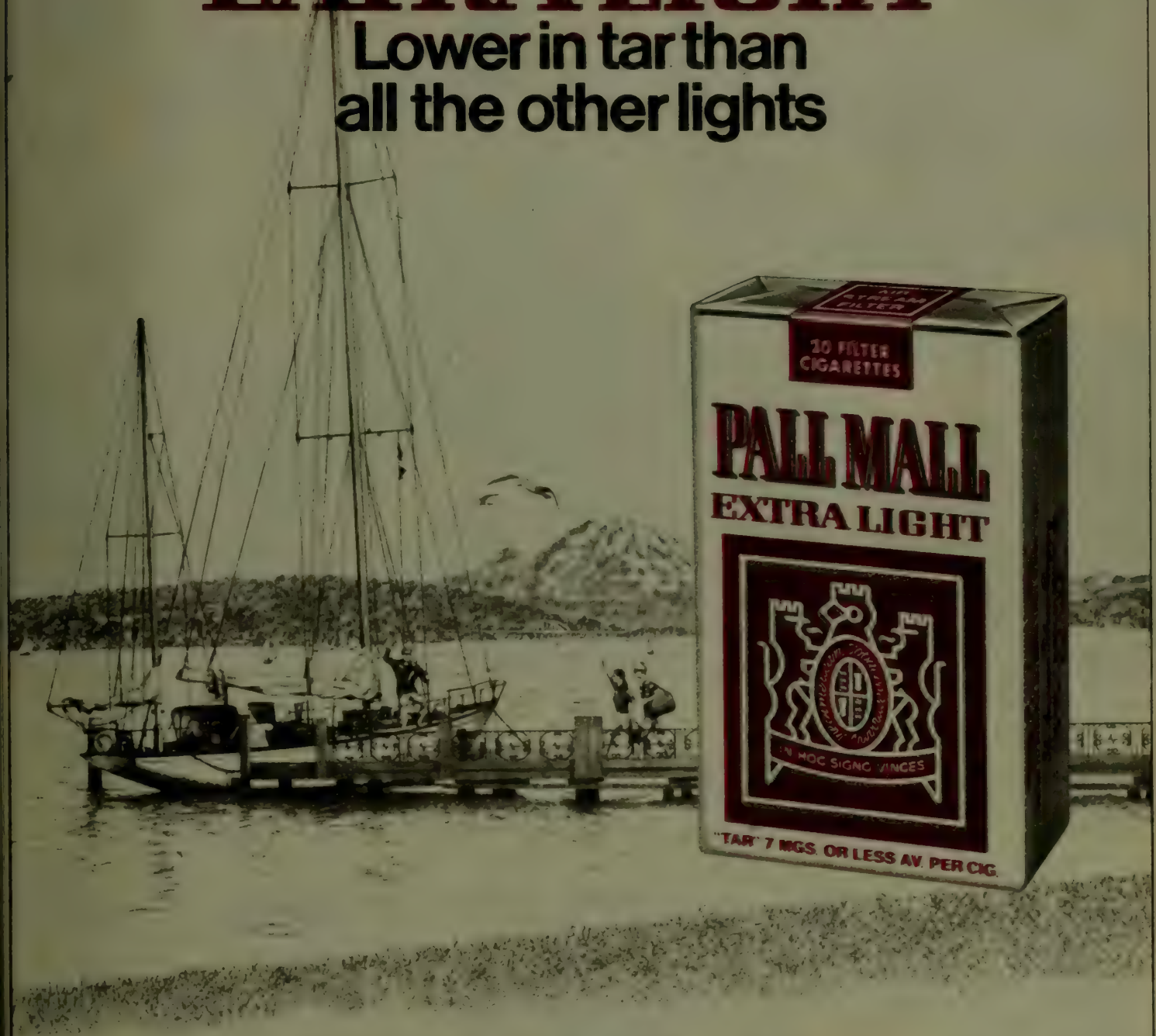
M.K., Allegany, N.Y.



Decisions... decisions... Make your decision

PALL MALL EXTRA LIGHT

Lower in tar than all the other lights



The only low-tar filter with Pall Mall taste and flavor

Only 7 mg. tar

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

7 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.



Call anytime Saturday or during our other 60% discount periods, and you can say "I love you" to someone 670 miles away for just 20¢ plus tax. And if you want to elaborate, each minute after the first costs just 14¢ plus tax. Learn more about how to save on interstate dial-direct calls from the chart below. Night or day, whenever you get the urge, Long Distance is the next best thing to being there.

Save 60% on Long Distance all day Saturday.

LONG DISTANCE INTERSTATE RATES
(except Alaska and Hawaii)*

	DIAL-DIRECT						OPERATOR-ASSISTED	
	WEEKDAY Mon-Fri 8am-5pm FULL RATE		EVENING Sun-Fri 5pm-11pm 35% DISCOUNT		NIGHT (11pm-8am) & WEEKEND All day Sat to 5pm Sun 60% DISCOUNT		Station-to-Station	Person-to-Person
							Full Rate All Days, All Hours	Full Rate All Days, All Hours
MILEAGE	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First Minute	Each Add'l Minute†	First 3 Minutes‡	First 3 Minutes‡
1-10	$.19	$.09	$.12	$.06	$.07	$.04	$ .45	$1.45
11-16	.23	.12	.14	.08	.09	.05	.60	1.60
17-22	.27	.14	.17	.09	.10	.06	.80	1.80
23-30	.31	.16	.20	.10	.12	.06	1.00	2.00
31-40	.35	.21	.22	.14	.14	.08	1.10	2.10
41-55	.39	.25	.25	.17	.15	.10	1.35	2.35
56-70	.41	.27	.26	.18	.16	.11	1.60	2.60
71-124	.43	.29	.27	.19	.17	.12	1.75	2.75
125-196	.44	.30	.28	.20	.17	.12	1.85	2.85
197-292	.46	.32	.29	.21	.18	.13	1.95	2.95
293-430	.48	.34	.31	.23	.19	.14	2.00	3.05
431-925	.50	.34	.32	.23	.20	.14	2.05	3.15
926-1910	.52	.36	.33	.24	.20	.15	2.15	3.30

*Direct rates apply on all interstate calls completed from a residence or business phone without operator assistance. They also apply on calls placed with an operator from a residence or business phone where direct dialing facilities are not available. Add applicable taxes to rates shown. Charges to Alaska and Hawaii: contact your local Telephone Business Office for rates.

†Add'l minute rates are rounded; your total charge for any call may be less than the sum of minute charges shown. You're charged at the rate that's in effect at the place you're calling from when your call is answered. Calls that begin in one rate period and end in another are billed at the rate in effect when the call began.

‡Additional minute charges are the same as those on dial-direct calls.

EFFECTIVE SEPT 13 1977—RATES SHOWN DO NOT INCLUDE TAX

Bell System

A CLEAN CONTEMPORARY WITH LOTS GOING FOR IT

With its 2,460 square feet, this house rates big on space, yet its living is packed into a shell that easily fits an average-size lot. Nothing is lost by compression. Zoned living ensures space for every activity, while inside and out, the architecture has style and flair.

Below: The exterior gets its exciting personality from sweeping roof lines and shed shapes that converge in an L-shaped bank of clerestory windows opening onto the upstairs bedrooms. Dark-stained Texture 1-11 siding assures durable good looks and low maintenance. **continued**



FIRST FLOOR



SECOND FLOOR



continued

A clean contemporary

Bottom left and right: Inside, the house is alive with unusual shapes and soaring ceilings—particularly in the family room (*left*) and living room (*right*). (The upper reaches of the family room are brightened during daylight hours by the clerestory windows above.) One of the special touches is a small private balcony off the master suite, overlooking the living room.

Possibly the most valuable asset of the house is its excellent zoning *(see plan on page 111)*. The main level divides subtly into two areas—the living room, for grown-ups only, and the family room/dining/kitchen zone, for the whole family. A multipurpose room off the dining area triples as a den, music center, and guest retreat.

Right: The kitchen—though open to the family zone—is a very intimate area, thanks mostly to its dropped ceiling and recessed lighting. All three kitchen walls house floor-to-ceiling storage behind folding doors. Tucked into one back corner is a small, self-contained baking center, complete with its own work surface, small appliances, miscellaneous equipment, and cook books. Out front, an informal eating counter efficiently handles quick meals and snacks.



Photographs: Hedrich-Blessing. Architect: Richard Allyn, AIA







Photo enlarged to show texture.

.and you're still eating plain cereal?

C'mon now! You know fruit and cereal beats plain cereal any day.

That's why Post puts so many plump, tender raisins in Post® Raisin Bran... So you can enjoy fruit and cereal in every spoonful.

So which would you rather have? Plain cereal or Post Raisin Bran.



GF
GENERAL FOODS

Post® Raisin Bran.
"The fruit and cereal lover's cereal."™

Offbeat magazine storage

How can you keep current magazines handy and tidy at the same time? Instead of stacking your periodicals, consider one of these decorative and imaginative storage solutions.



Photograph: Mark Source Design: Judy Ross, Trade Winds, Inc. Source: Estelle Bond Guralnick

◀ Once this old bottle caddy carried quarts of milk house to house. Here in a cozy family room, the caddy comes out of retirement to serve as an eye-catching magazine rack. Besides providing stand-up storage for periodicals, the carrier is easy to tote from room to room. Flea markets and junk shops are good places to find this kind of useful memorabilia.



Photograph: D. Randolph Foulds. Design: Tracy Lownes, Bloomingdale's. Source: Estelle Bond Guralnick

▲ Instead of holding pastries and pies, this baker's rack contains an assortment of magazines, books, and collectibles. On the upper tier, rolled magazines slip between the shelf slats. Others hang piggyback fashion below, in much the same way that newspapers are stored in libraries. Magazines could be wall-hung in this way from any doweled or slatted shelf.



Photograph: D. Randolph Foulds. Design: Tracy Lownes, Bloomingdale's. Source: Estelle Bond Guralnick

▲ This antique dolly shares her old-fashioned bed with current reading material. Rolled magazines are held in place by the spindles, while others lean casually in the corner. ■

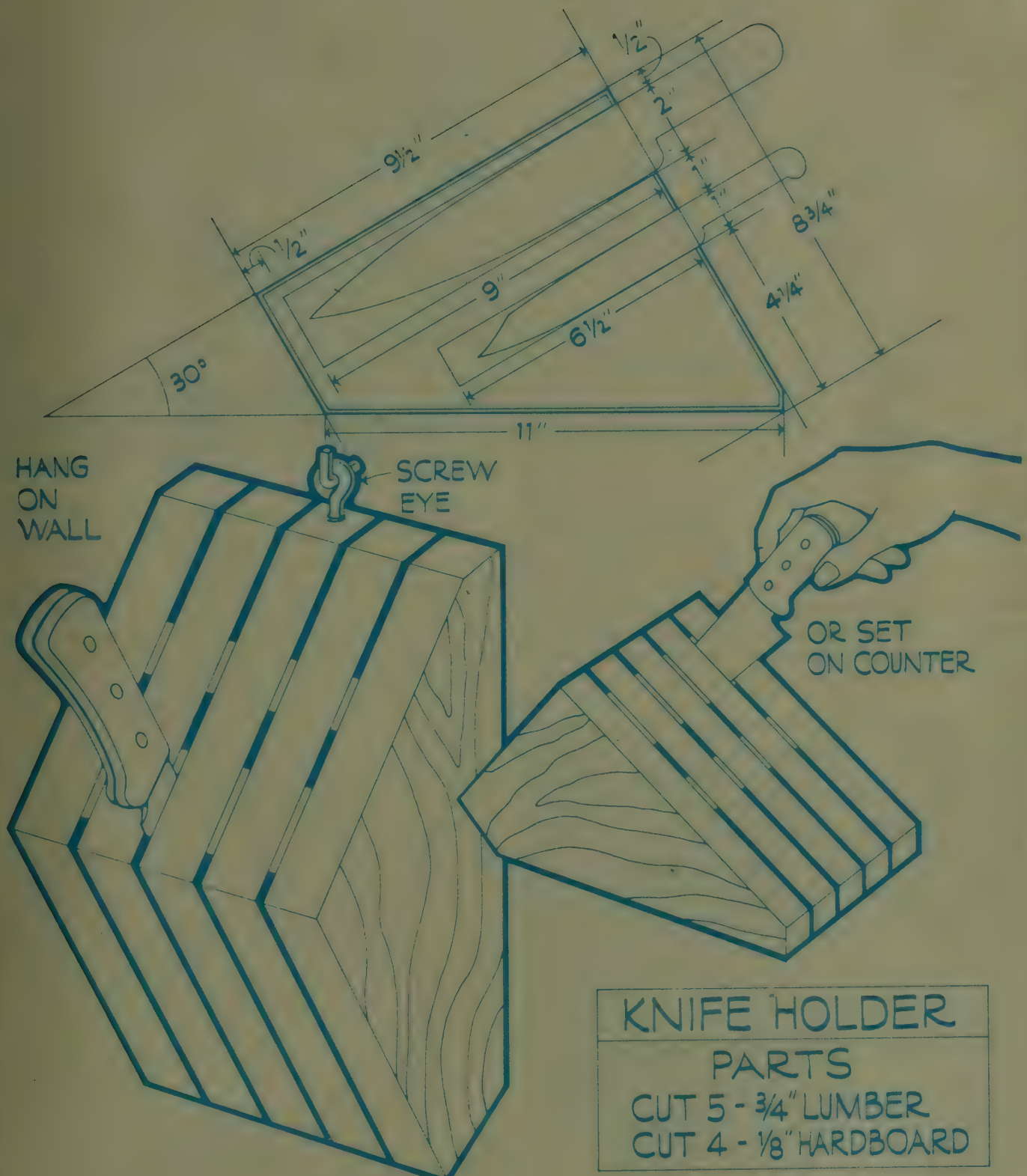
There is a difference. Only Coffee Rich® non-dairy creamer guarantees good taste.

All creamers may look the same in coffee. But only Coffee Rich® is guaranteed to taste good. Try it instead of your usual creamer. We'll refund the purchase price if you don't agree that Coffee Rich tastes better! (Details of the Coffee Rich money-back guarantee are printed on the carton.)

Look for Coffee Rich in your grocer's freezer. Try it just once. You'll taste the difference!



STEP-BY-STEP PROJECT SCRAPBOOK



KNIFE HOLDER

PARTS

CUT 5 - 3/4" LUMBER
CUT 4 - 1/8" HARDBOARD

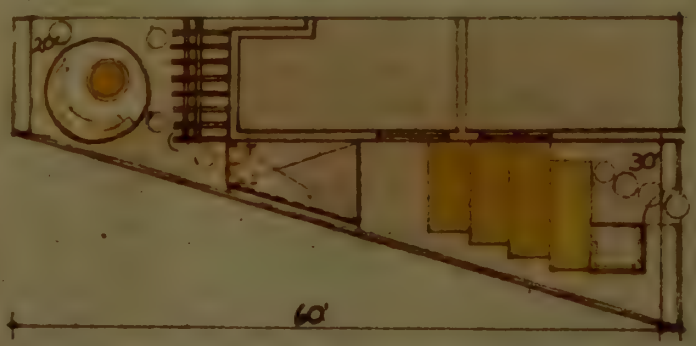
Drawings: Blaser/Court Art Studio

How To Get The Most From Every Inch Of Your Yard

By Steven Coulter

As real estate values soar, it makes more and more sense to utilize every square foot of your lot. Even narrow side yards offer limitless possibilities for adding amenities—those improvements that reflect your personality and make your home more enjoyable for you and your guests. On these pages, we show you how two homeowners revamped small areas creatively. And to help you fill similar tight spaces, we also provide alternate projects you can borrow or adapt to suit your family's needs.





The plan shows how the Garth Graves family turned an awkward, wedge-shaped side yard on the east side of their house into valuable living space complete with patio, barbecue, potting shed, and play bars.

Patio

Four concrete slabs with redwood 2x4 spacers form a handy patio. The lengths of the four slabs are staggered to follow the angled property line. The remaining space between the patio and the fence flourishes with greenery that follows the stair-step pattern.

The sun brightens this eastern exposure at the start of the day before moving on. This area is also sheltered from shivery evening breezes.



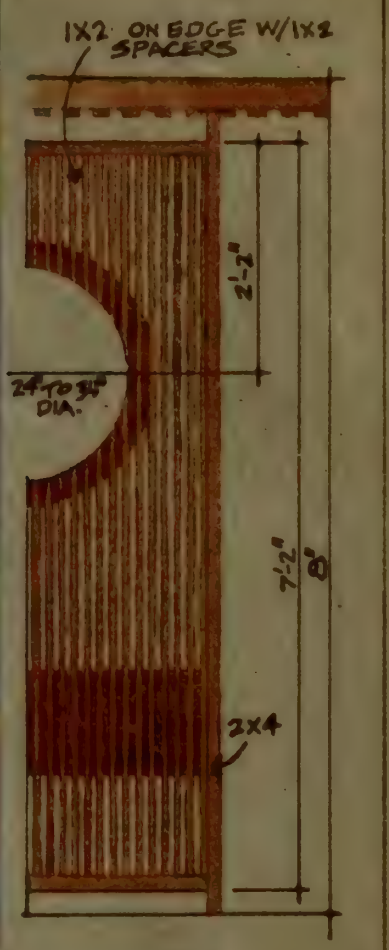
Play Area

Play bars for the athletically inclined stand ready at the north end of the yard. This airy use of redwood and galvanized pipe complements adjacent plantings. Redwood bark on the ground softens tumbles.



Designers: Garth Graves; Jack Woodson
Sources: Elizabeth Gilram; Barbara Cathcart
Drawings: Lynch, Payne, Champion, Bernabe, Inc.; Bob Lapsley
Photographs: de Gennaro; Braun





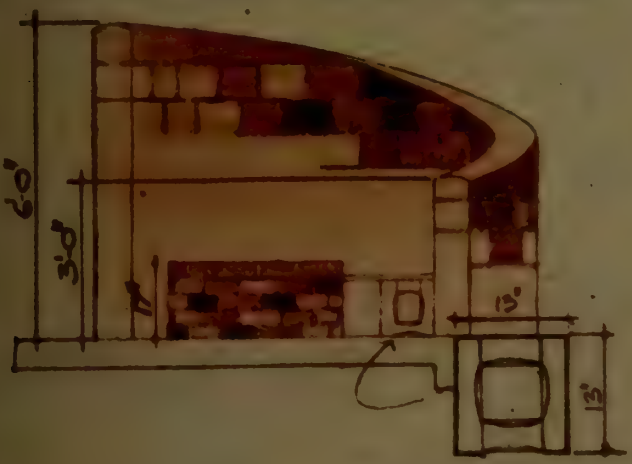
Potting Shed

What could be more convenient than this open-air potting shed next to the patio? Having potting facilities handy saves you steps and lets you watch or converse with other family members in nearby areas.

The potting shed offers plenty of shelf space for empty pots; containers of potting soil, compost, and fertilizer; and all the necessary garden tools. The structure also doubles as a walkway to the backyard.

The overhead structure consists of 1x2 slats spaced two inches apart on a 2x4 framework. Posts are 4x4s bolted to concrete pads. The decorative end wall/screen with a circular cutout is also built of 1x2s on edge with 1x2 spacers.

The filtered sunlight inside the potting shed is ideal for conditioning newly rooted cuttings or transplants and for easing houseplants outside for the summer. After a week in this sheltered spot, they can be placed elsewhere.



Barbecue Center

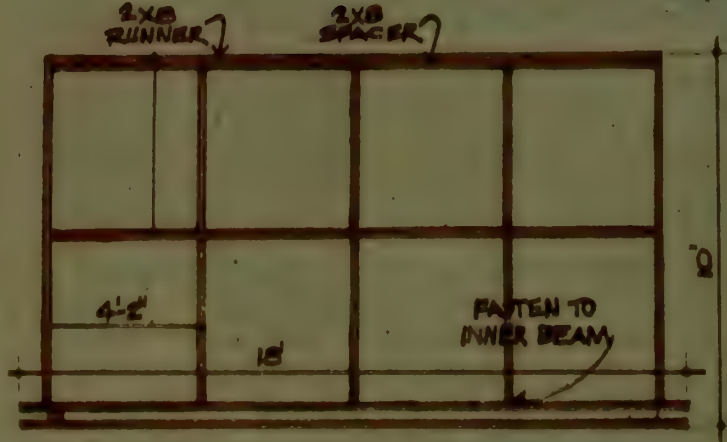
Beyond the potting shed is a curvy conversation/barbecue center. Plaster covers the freestanding, reinforced concrete block wall, providing a cozy backdrop for the wood bench of 2x12s on 1x4 braces. Leave a 30-inch inside dimension on the fire pit for a grill.





How To Get The Most From Every Inch Of Your Yard

Here are alternate projects for another limited-space area this one rectangular in shape and slightly sloped. Sizes may be adjusted to fit your requirements.



Patio Cover

An open overhead structure in an egg-crate design visually encloses the patio without obstructing either the view or breezes. Support the 2x4 framework on 4x4 posts. If you want shade screening, simply nail on 1x2 slats spaced two inches apart or unroll and fasten some reed fencing atop the framework.

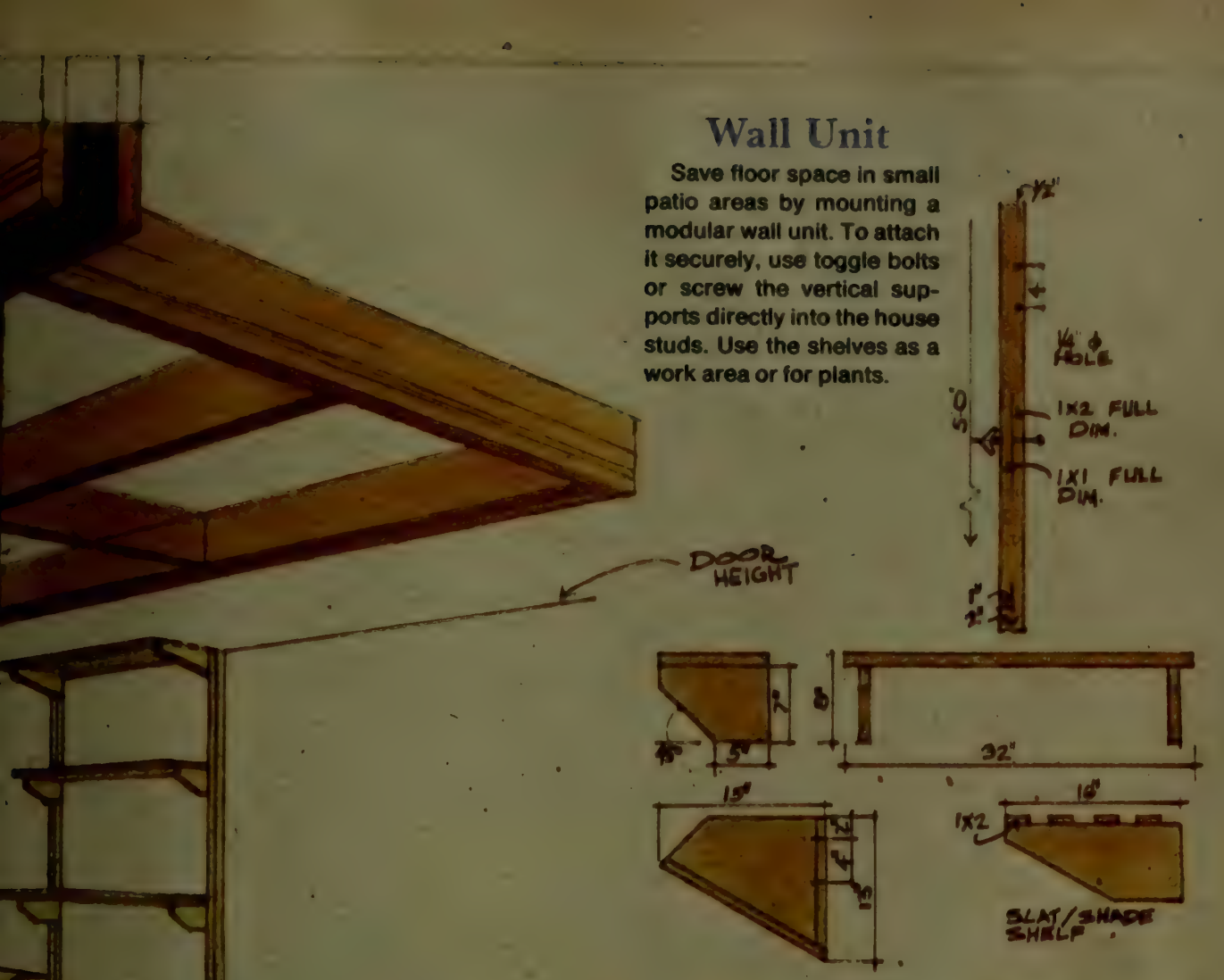
Patio

Cast your patio slab in large squares with rounded corners. After the concrete cures, fill in the spaces around the squares with a mortar mix of cement, dry sand, and pea gravel. Pack this mix down firmly.



Wall Unit

Save floor space in small patio areas by mounting a modular wall unit. To attach it securely, use toggle bolts or screw the vertical supports directly into the house studs. Use the shelves as a work area or for plants.





Barbecue Pit

Prefabricated manhole pipe is available in various lengths and diameters, making it perfect for planters and a barbecue or fire pit. Drill holes at several heights to hold shelf brackets used to support a standard-size grill. Precast concrete pipe is very heavy, so you should preplan delivery and placement.



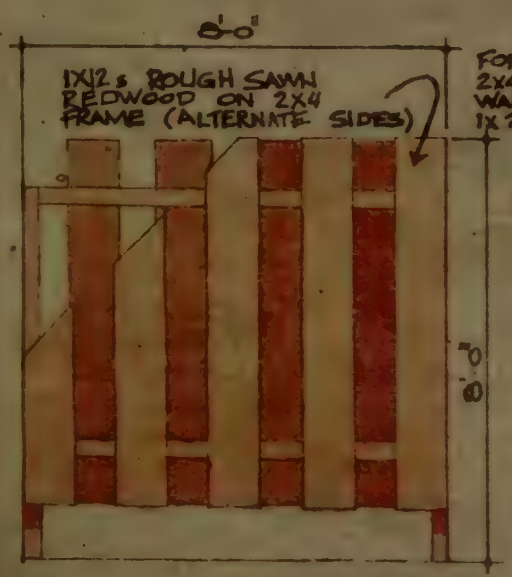
How To Get The Most From Every Inch Of Your Yard

Window Greenhouse

You can improve your outlook from bedroom, bath, or any room with a privacy garden. Add a window greenhouse unit to bring the outdoors in even farther. Greenhouses come in sizes to fit most standard windows. Heat from the room is adequate for all but the coldest climates.

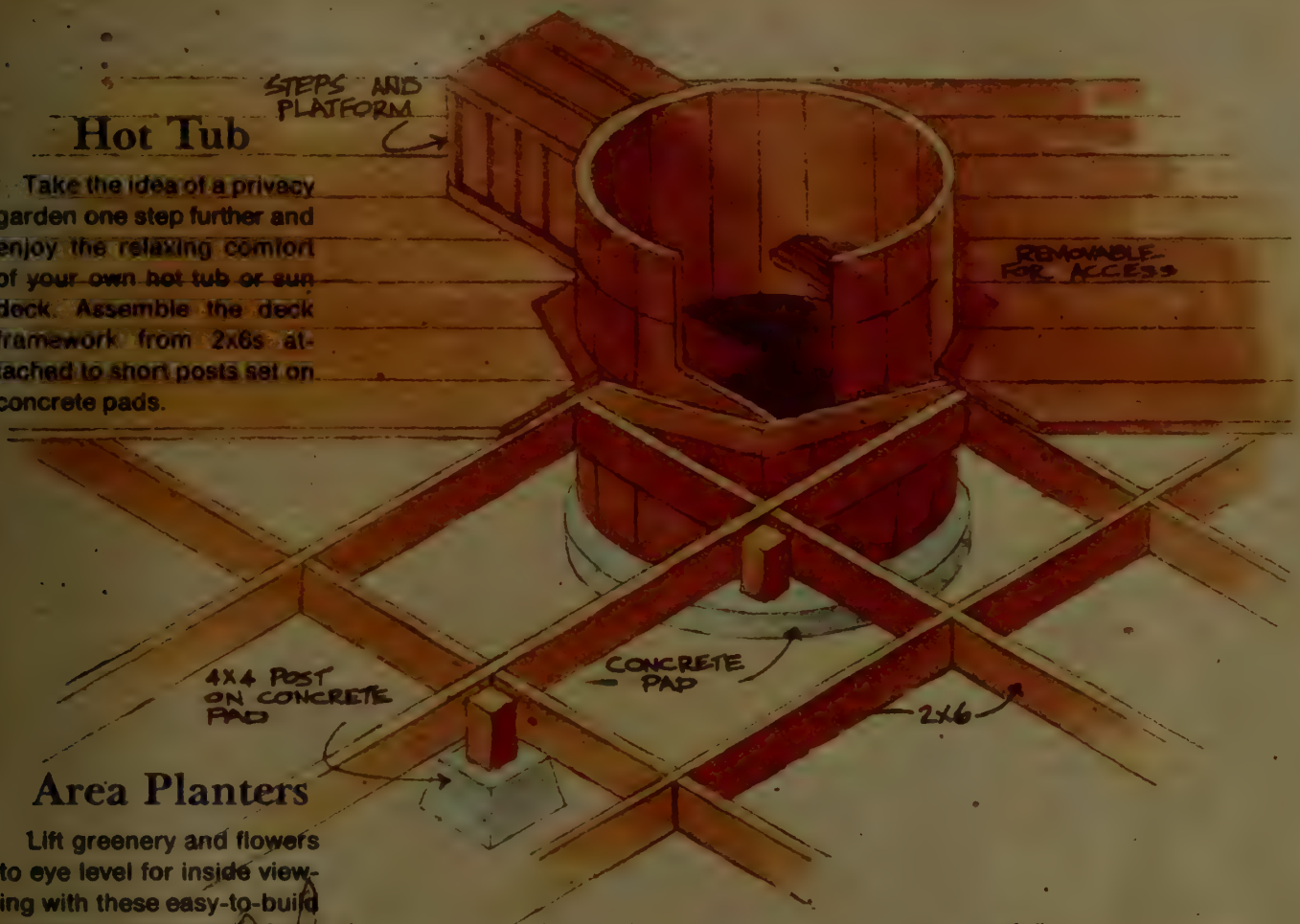
Privacy Screen

To gain total privacy yet allow for air circulation in your mini-garden, overlap 1x8s on 2x4 frames. Leave the top open or filter too-bright sun with an overhead screen of staggered 1x2s.



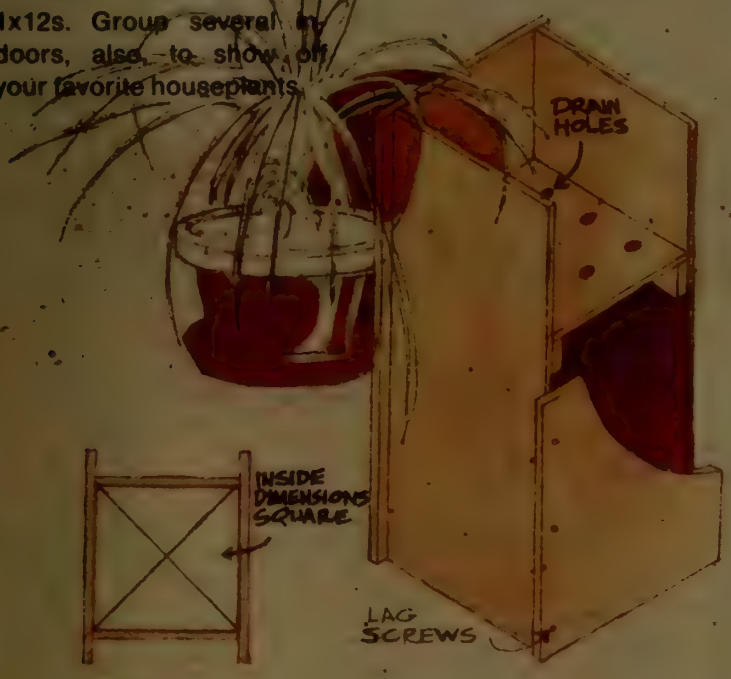
Hot Tub

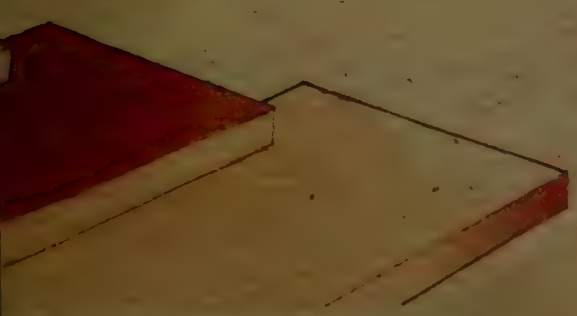
Take the idea of a privacy garden one step further and enjoy the relaxing comfort of your own hot tub or sun deck. Assemble the deck framework from 2x6s attached to short posts set on concrete pads.

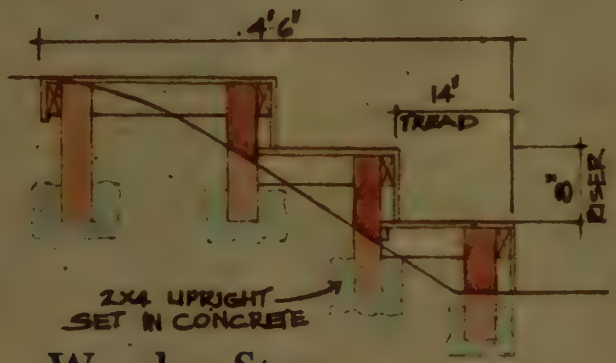


Area Planters

Lift greenery and flowers to eye level for inside viewing with these easy-to-build planters assembled from 1x12s. Group several indoors, also, to show off your favorite houseplants.

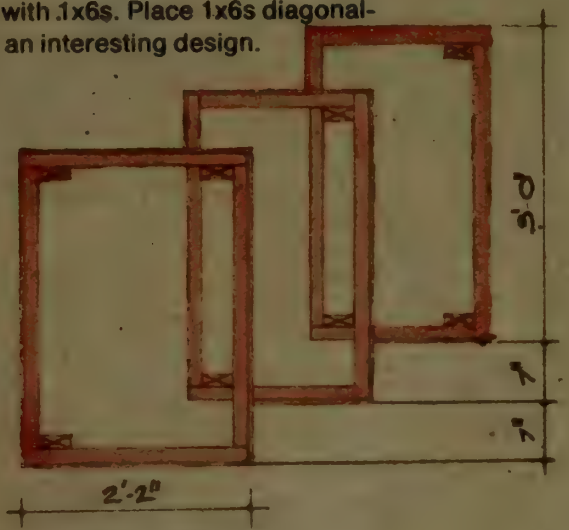




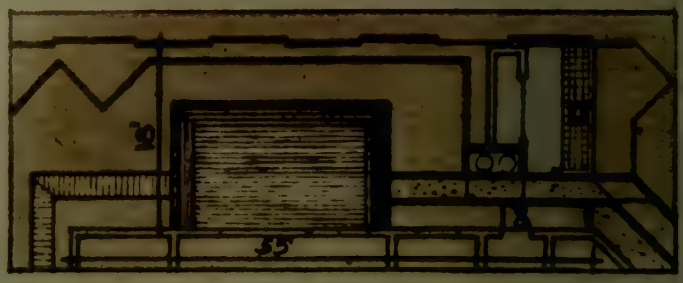


Wooden Steps

For a sloped area, construct redwood steps from 2x4 frames anchored in place with stakes and covered with 1x6s. Place 1x6s diagonally for an interesting design.



How To Get The Most From Every Inch Of Your Yard



The Woodson family made their 18-foot-wide side yard yield a bonanza: outdoor living and garden space, working areas, and storage. Selected plantings minimize maintenance; annuals add seasonal color.



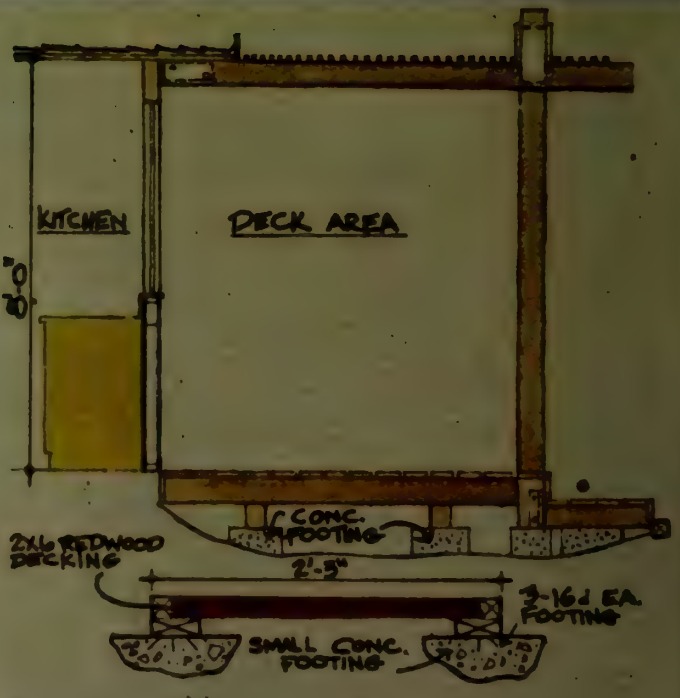
Sun Cover

First priority was sun control on the kitchen side of the house, a southwest exposure. Jack Woodson designed a 10x18-foot deck with a trellis cover that protects interiors from direct sunrays and also provides a shady outdoor living area.

Boardwalk

A two-foot-wide step or boardwalk borders the deck and leads to other areas. Redwood 2x6s are nailed to 2x4 runners and edged with 2x2s. Footings are concrete.









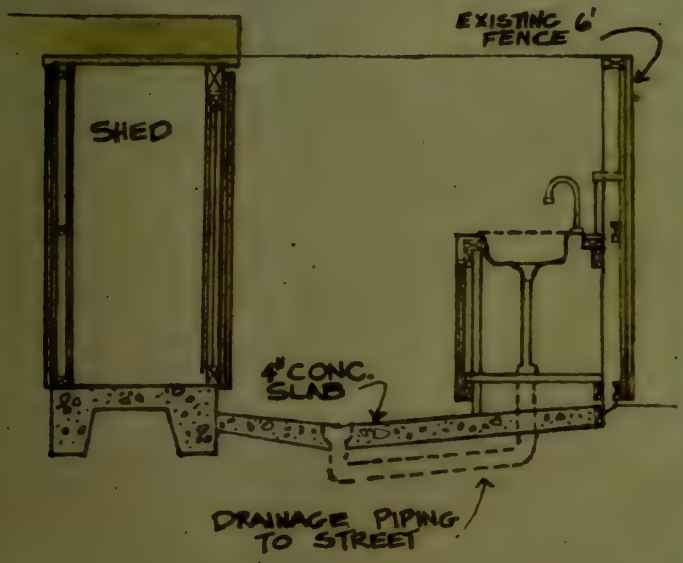
Work/ Storage Center

Tucked into the street-side end of the yard, the storage/work center isn't even apparent from the deck, *above*. The garden side of the enclosure duplicates the board-and-batten fence on the property line.

But inside, *above right*, there's loads of room for working and for storage. The garden work center is 10x12 feet with a tiled counter 12 feet long and 27 inches deep. In the center of the counter is a sink for watering transplants and also for easy cleanup. It's handy, too, for washing freshly picked vegetables. Cabinets under the counter hold potting supplies.

Jolaine Woodson makes frequent use of the garbage can in the center, which holds potting soil and compost, separated by a board.

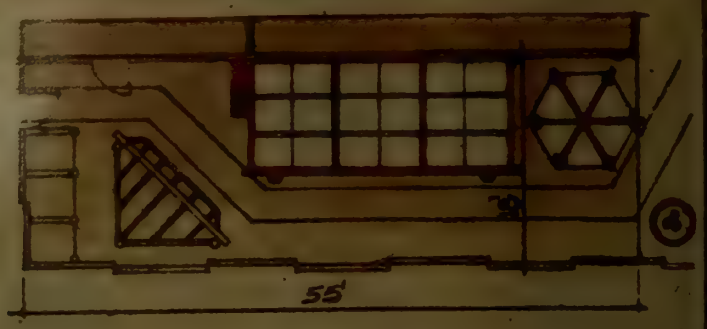
Opposite the potting center stand tall cabinets, *below*, with shelves and open space for garbage cans and various garden tools.





How To Get The Most From Every Inch Of Your Yard

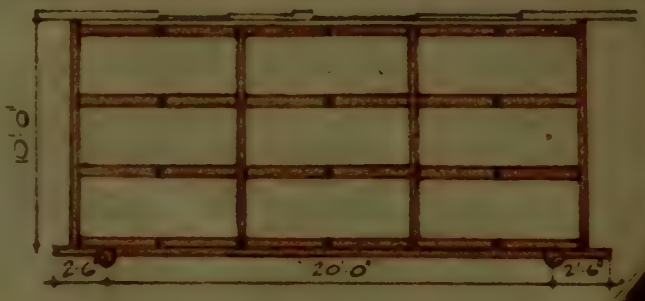
Here are more ways to use the same amount of space to increase your outdoor enjoyment. Combine the ideas that best fit your yard and the needs of your family.





Patio Cover

Screen the sun by interweaving stretched canvas panels into this framework of wood 2x4s and ¾-inch aluminum rods atop eight-inch-diameter posts.



Patio Slab

Tiles similar to those on the adjoining kitchen floor serve to tie together the indoor and outdoor areas and also to visually break up a long slab of concrete. Or, use stepping-stones.

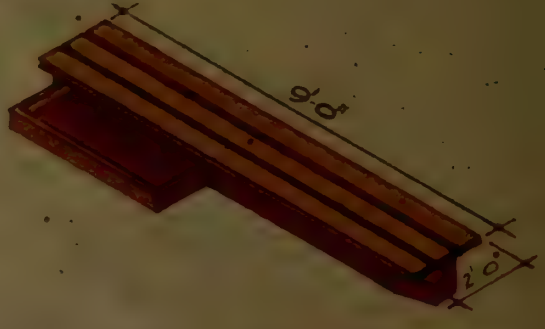
Locker

At one corner of the patio stands a locker for convenient storage of barbecue paraphernalia.



Work Shelf

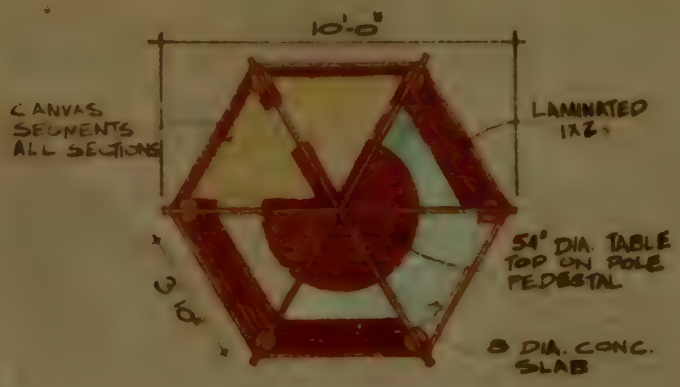
The shelf and drawer unit under the window provides storage, a buffet shelf, or—with the addition of bar stools—an eating counter. A simple window box for colorful summer plants could be substituted.

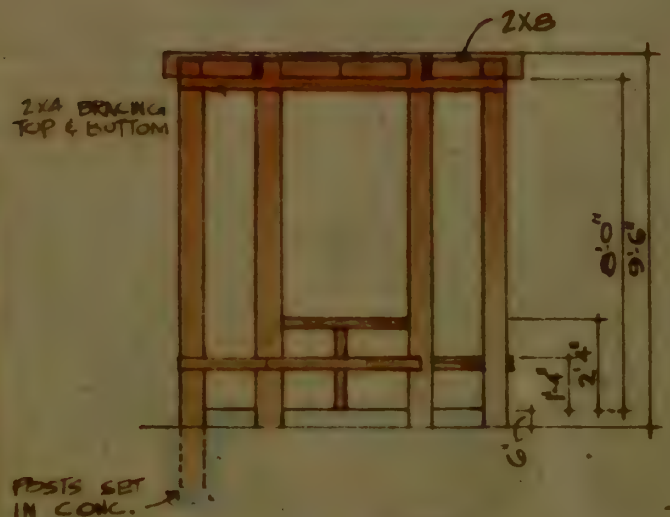


Gazebo

This hexagon structure of six poles, placed 60 degrees apart with an integral bench on five sides, is designed for dining, games, and conversation. The circular table could be made removable for greater versatility. Posts set in concrete and stretched canvas roof panels are adapted from the patio cover design. A lath roof cover, following the hexagon form, could be used in place of the canvas wedges. Instead of the concrete floor shown, a wood deck might be used.







Fountain

Relax to the sound of a splashing fountain. This shallow concrete pool is cast into slightly mounded fill dirt. Center in the pool three (or four) poles of different heights, cut diagonally at the top to fan the falling water. Join the poles with a metal strap or heavy rope. A submersible water pump recycles the pool water up the standpipe.



How To Get The Most From Every Inch Of Your Yard

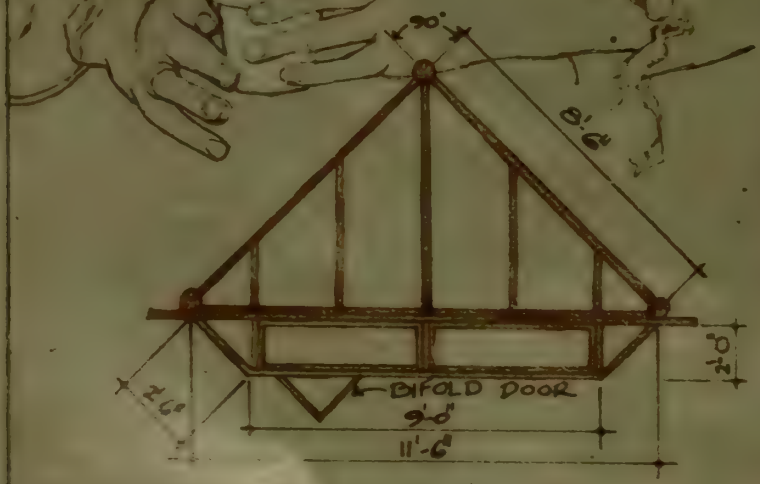


Dry Storage Bin

This storage/trash enclosure provides a place behind the greenhouse for a compost pile (fresh cuttings in one bin; decomposing material in the next) or bulk storage of soil additives such as peat moss and potting soil. Sink the pole uprights in the dirt or set them securely in concrete.

Greenhouse

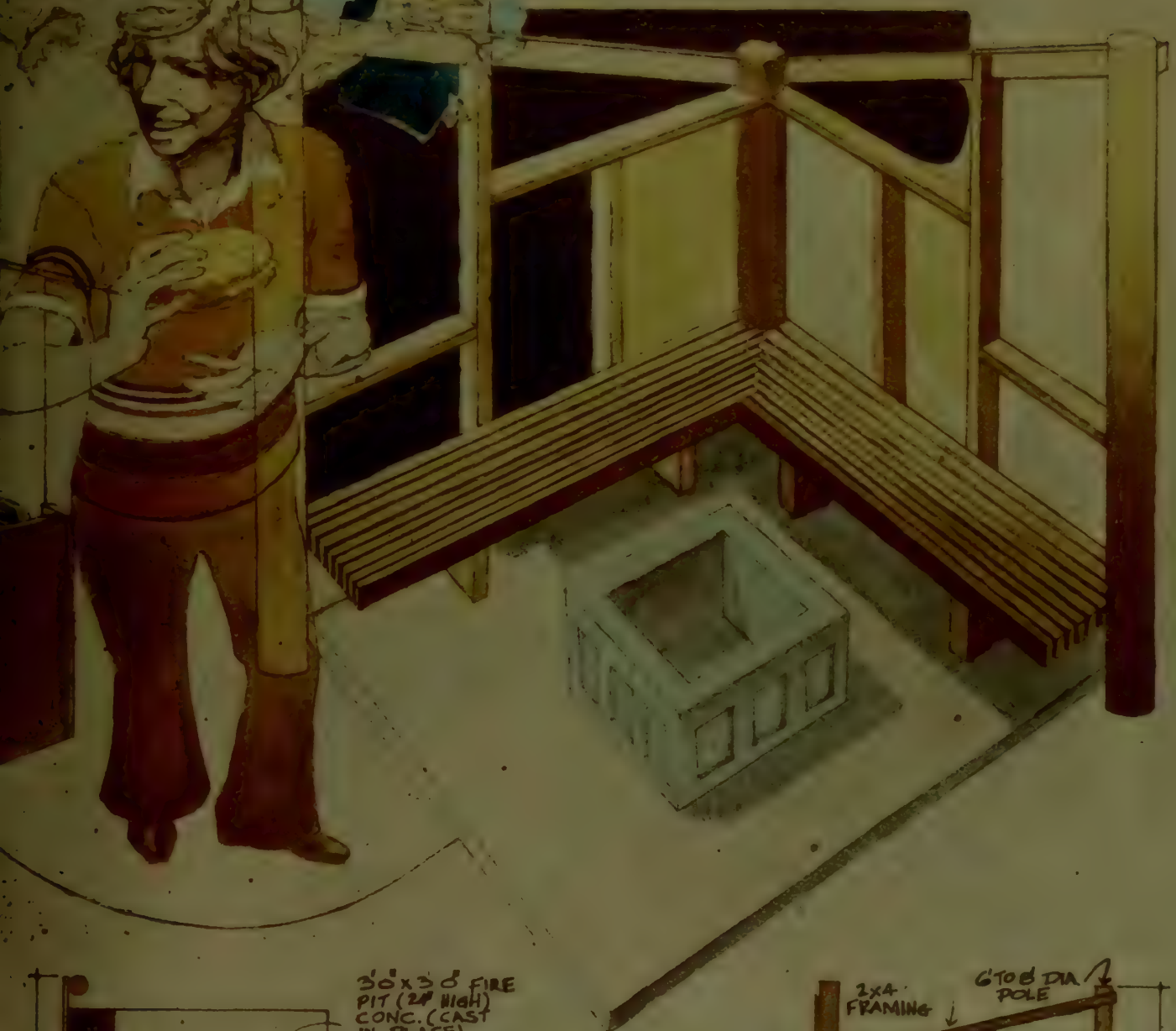
Three vertical posts set in concrete support this triangular greenhouse. Windows open at both front and back to aid air circulation. Control systems for heating, cooling, and humidifying may be installed.

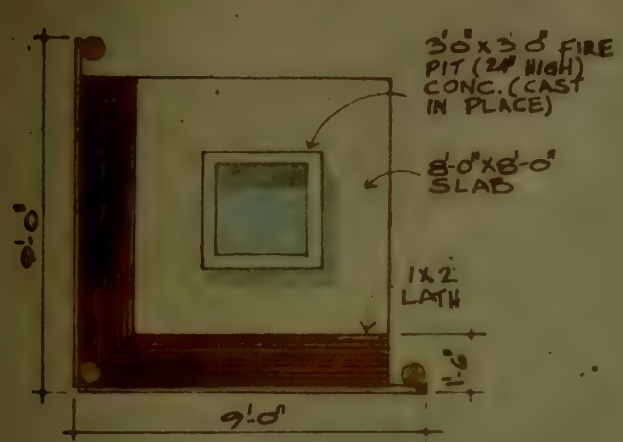


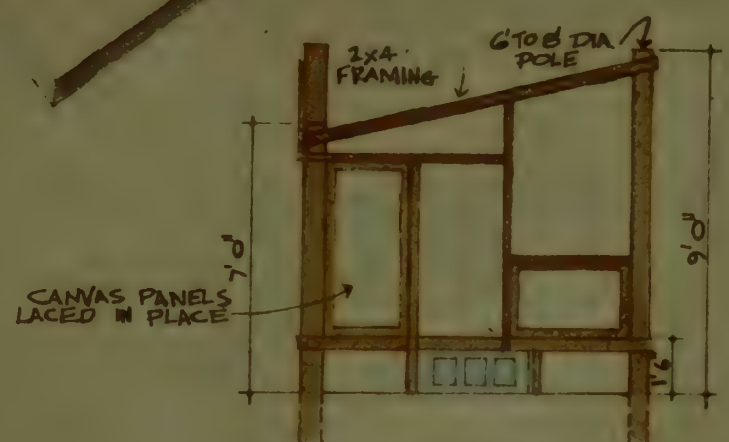


Barbecue Center

Consider this barbecue center if our greenhouse is not your thing. The canvas treatment relates this area to the gazebo and patio cover. Use tiles left over from the patio to dress up the concrete fire pit.








A B C
D E F G H
I J K L M
N O P Q R
S T U V W
X Y Z

A Samplerful of Embroidery Ideas— flourishes, flowers & fanciful letters

By Nancy Lindemeyer & Ciba Vaughan

This smashing sampler could be the start of something big! Once you've stitched the graceful needlework alphabet pictured opposite, you'll be ready to use those 26 letters and four fancy borders in dozens of other imaginative ways.

Take your cue from the ideas shown here. Add the heirloom touch of embroidered monograms and scrolls to sheets and pillowcases. Or enhance a fabric frame with a fetching floral border. For a very personal pillow, enlarge just one initial, as we did to make the beautiful "A" for Ann on the pillow shown below.

Best of all, almost everything shown here really is easy as ABC. All you need to complete the sampler and most of the spin-off projects are five easy stitches.

Complete how-to for all projects begins on page 171.

To order Sampler Kit, see page 190.

Photograph: Harry Hartman; Alphabet design: Tom Kamafugi; Needlework designs: Zuelia Ann Hurt

AMERICA'S BEST COOKOUTS

By Rosemary C. Hutchinson, Sally Pederson, and Sandra Granseth

Whether it's a fish boil in the Midwest or a Spanish-style beef roast out West, open-fire cooking is a thriving tradition coast to coast. Join us on a cross-country tour to sample outdoor cooking at its best. We'll show you how regional cooks in California, Texas, Tennessee, and Wisconsin prepare their local specialties. Once you've seen how the natives do it, you'll want to prepare these meals in your own backyard. We've scaled down the recipes with just that in mind.

SANTA MARIA SIRLOIN

A CALIFORNIA CUSTOM





The Spanish-style barbecue, synonymous with the city of Santa Maria, California, dates back to the early 1800s. The mainstay of the California economy was cattle, and the annual butchering in midsummer yielded hides, tallow, and an abundance of fresh beef. Since drying was the only form of meat preservation, everyone feasted at a large beef barbecue following every cattle roundup and ranch butchering.

What was born out of necessity is today a tradition in the Santa Maria Valley and the central coastal areas of California. Although the barbecue is enjoyed backyard-style by most Santa Maria families, ardent barbecue chefs insist an "authentic" Santa Maria Barbecue must feed at least 100 people. Several community organizations cook and serve the barbecue for large groups, but the Santa Maria Club is considered the granddaddy of them all. The Club prepares the traditional beef and salsa menu each month and has served as many as 725 people at one time.

For a family-size version of the Santa Maria Barbecue, you can roast a three- to four-pound boneless beef top sirloin roast on a barbecue grill with a rotisserie attachment or, if available, a backyard barbecue pit with an adjustable grill.

Recipes begin on page138.



1.



2.



3.

◀ "The traditional combination of dishes that make up the Santa Maria Barbecue menu is important to the overall flavor of the meal," explains Club manager "Pete" Petersen. The **Santa Maria Barbecued Sirloin** (*center*) is served with (*clockwise from left*) **Salsa,** tossed green salad, **Macaroni and Cheese,** French bread, and **Pinquito Barbecue Beans.**



4.

1. Barbecue chefs at the Santa Maria Club coat top sirloin roasts with a seasoning mixture of salt, pepper, and garlic salt. Each chef mixes proportions to his own taste and rubs the mixture into the surface of the meat.

2. The crew threads the meat onto specially made metal skewers. Each skewer holds five to six roasts, weighing eight to ten pounds apiece.

3. The meat is allowed to stand for 30 minutes to "take the chill off."

4. Then the crew places the skewers across a metal frame above hot red oak coals. A pulley system is used to lower the entire frame into the pit. The crew turns the skewers once to sear the beef on each side.

"The grilling method is the key to preparing the meat," says Club chef, Jim Waldroupe. "The meat must be quickly seared to seal in the juices, then slowly roasted to medium rare."

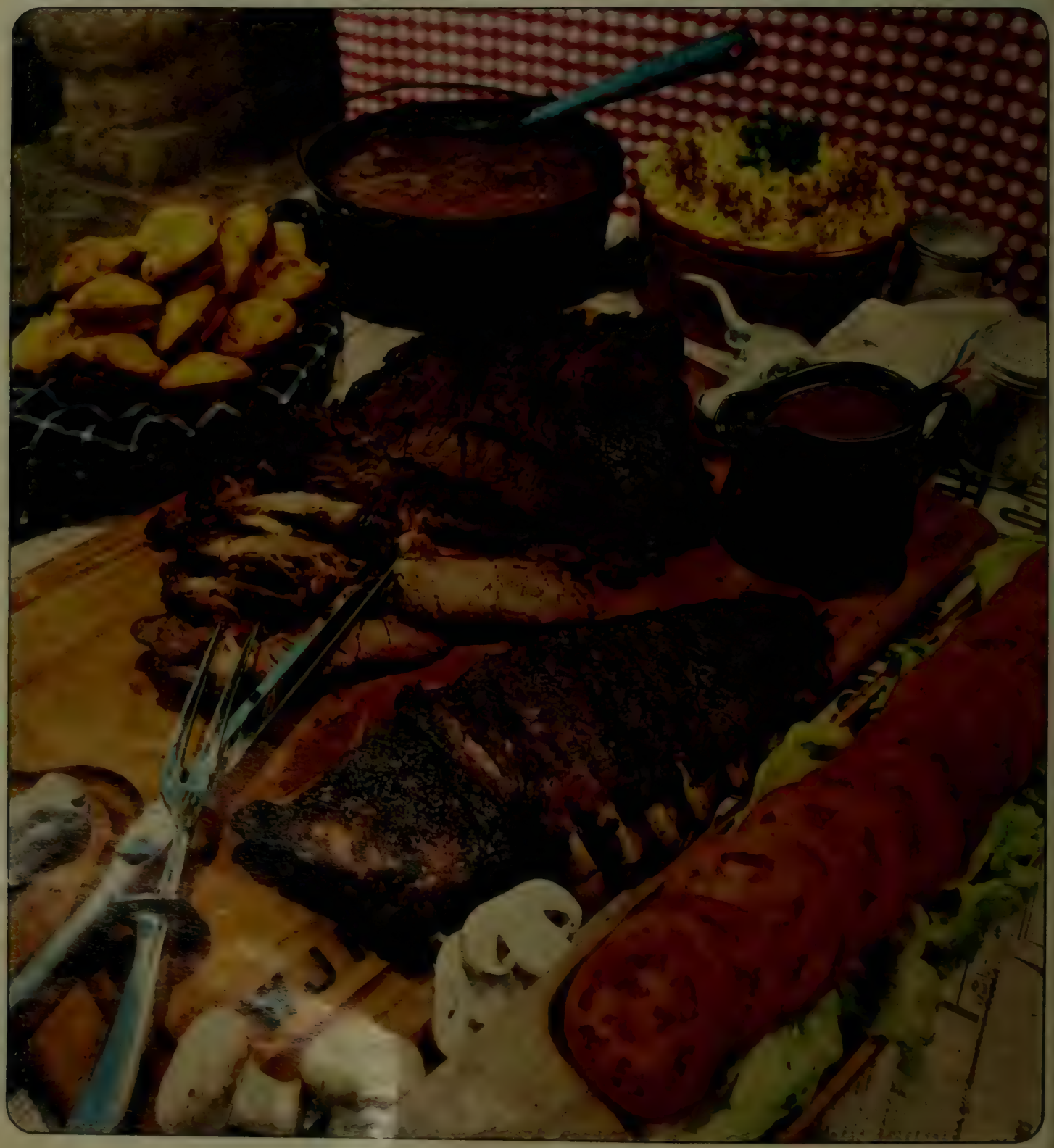
The roasting is almost a ritual, and as the meat nears doneness, small chunks are sliced off for sampling by the privileged barbecue crew. The finished roasts are sliced hot off the skewers and served family-style, along with all the Santa Maria side dishes, to tables of waiting guests.

Photographs: de Gennaro. Source: Helen Heitkamp

TEXAS RIBS & BRISKET

A RANCH-STYLE HERITAGE





The variety and quantity of barbecued foods are what set the Texas barbecue off from all others. Famous for grilling more than one type of meat at a time, Texans may cook up any combination of pork spareribs, chicken, sausage, beef brisket, lamb, or cabrito (young goat). And to fill out the meal, lots of extras are included such as boiled pinto beans, biscuits, potatoes, ice cream, and watermelon.

Originally the barbecuing was done over coals in a pit dug in the ground. Today the barbecuing apparatus is more likely to be a grill supported by bricks or an oversize barbecue grill.

It's this barbecuing tradition that Phyllis and R. D. Ryno discovered when they moved to their ranch, west of Fort Worth, five years ago. Before long, the Rynos were preparing their version of the Texas barbecue for family and friends. Now almost any Sunday afternoon, you'll find R. D. grilling a combination of beef brisket and spareribs over oak and mesquite coals while Phyllis supplies the beans, corn bread, and potato salad.

If there will be lots of guests, R. D. grills the ribs and briskets a day ahead, using a separate grill for each; then Phyllis simply reheats them. But for smaller groups, R. D. grills the meat on the day of the barbecue. By late afternoon, the Rynos have assembled a truly Texas-size buffet. While R. D. serves the meat and Phyllis dishes up beans, everyone is invited to dig in.

Recipes begin on page 138.

◀ A typical Ryno Texas cookout features **Texas Barbecued Ribs** and **Beef Brisket Barbecue** (*center*) as the main dish served with **Texas Barbecue Sauce.** *(Clockwise from left)* **Chili-Cheddar Corn Bread, Boiled Pinto Beans, Dilly Potato Salad,** and tomatoes round out the meal.



1.



2.

1. First, R. D. builds a fire using a mixture of oak and mesquite woods. "It's the combination of the two woods," says R. D., "that gives the Texas barbecue its distinctive flavor." Then he places the beef brisket on the grill, brushes the meat with barbecue sauce, and closes the hood. "The meat is cooked by smoke rather than the heat from the fire," explains R. D. Later he adds the spareribs. If your grill is not as large as R. D.'s, borrow a second grill and cook the beef and ribs separately.

2. R. D. bastes the meat occasionally with Phyllis' favorite barbecue sauce.

3. To serve the beef brisket, R. D. cuts it into thick slices and separates the ribs into individual portions.



3.

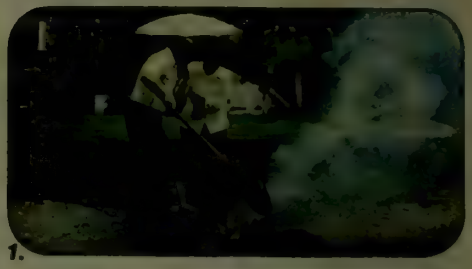
Photographs Helms. Source: Barbara Sims/Linda Magazzine

TENNESSEE SMOKED PORK AN OLD SOUTH TRADITION





◀ For family party meals Etta May serves *(clockwise from left)*, **Saucy Baked Beans, Tangy Barbecue Slaw, Tennessee Barbecue Sauce,** and **Grandma's Potato Salad** to go with **Barbecued Pork Shoulder,** which she shreds and serves in buns.



1.



2.

1. Early on the day of a barbecue, John fires up a combination of aged and green hickory logs and lets them burn down to the coals. Nothing can dampen a Gill barbecue. While Etta Mae shields John from the rain, he places the coals in a shovel to carry to his brick barbecue grill.

2. A 15-pound pork shoulder goes on the grill, skin side up. "We always grill the meat bone side first," says John. "The skin helps keep the pork juicy during the second half of cooking."

3. Throughout the day, John checks the coals to keep them at just the right stage. If the coals are too hot, the outside of the meat burns before the inside cooks.

4. Hoping for sunshine, Etta Mae brushes the meat with her special sauce.

5. With lots of sunshine, at last, and just-right barbecued pork, the party is perfect. Etta Mae shreds the meat with forks at first. When it cools a little, she continues shredding with her fingers.

Very slow, indirect cooking with hickory coals is the secret of the famous Southern pork barbecue. The present-day version is a cousin of the early Southern two-pit system for roasting a whole hog. In the original method, hickory logs were burned down to coals in one pit and then transferred to a second pit. Here, the hot smoke from the coals cooked the hog slowly. To keep the meat moist, it was brushed with a sauce. The process was very long, requiring up to 24 hours barbecuing time. But once the meat was cooked, it could easily be pulled from the bones and shredded. The shredded meat was piled into sandwich buns and served with coleslaw.

Over the years, smaller pork cuts such as the pork shoulder have replaced the whole hog, but almost every Southern community still has a group of local barbecuing aficionados who pride themselves on cooking pork the traditional way. Two such barbecuing fans are John and Etta Mae Gill of Fayetteville, Tennessee. In an attempt to duplicate the flavor of a popular commercial barbecued pork, the Gills tried roasting a whole pork shoulder. After some experimenting, they developed their own special recipe for the Southern favorite.

Because the cooking takes about 12 hours and the pork shoulder provides so many servings, the Gills serve their barbecued pork at large family gatherings. "We usually barbecue more than one shoulder at a time because the grilling takes so long," says Etta Mae. "The shredded meat freezes beautifully." To scale down their recipe, you can substitute a five-pound Boston butt roast for the shoulder.

Recipes begin on page 144.



3.



4.



5.



Photographs: Helms

WISCONSIN BOILED FISH

A MIDWESTERN MAINSTAY



The traditional fish boil is a hallmark of Door County, Wisconsin. According to legend, the first fish boils were held more than a century ago by Scandinavian immigrants who worked in the local lumber camps. The lumbermen found that whitefish (available in abundance from the Great Lakes) and potatoes boiled in a huge pot outdoors made a hearty meal for the whole crew.

Today, fish boils are a special attraction at several restaurants and summer resorts in the area. The White Gull Inn at Fish Creek, Wisconsin, holds a big fish boil four times a week during the summer. According to Jan and Andy Coulson, managers of the White Gull Inn, the makings for a fish boil are easy to adapt to a home-size setup.

Andy says that the key to a successful fish boil is to use very fresh fish. Also, bring the water to a full rolling boil before adding the potatoes and fish. "Otherwise, the fish simmer in the water and taste stewed," he explains.

At the White Gull Inn a giant kettle with long legs is used so that a roaring fire can be built under the pot. One pot of fish easily serves 50 to 60 people. You can get similar results (on a smaller scale and minus the kerosene boil-off) at home. Use a heavy five-quart Dutch oven over a charcoal-fired barbecue grill.

Recipes begin on page 144.



1.



2.



3.

◀ At the White Gull Inn, the **Wisconsin Fish Boil** is the main attraction of summer dinner buffets. Fish steaks and red potatoes are served with (*clockwise from left*) **Lemon Bread, Orange-Date Nut Bread, Pumpkin-Nut Bread,** a special garden-fresh **White Gull Inn Coleslaw,** and **Door County Cherry Pie.**



4.

1. Russ Ostrand, veteran chef of the fish boil, starts building a fire under the large pot before guests arrive. After the water is boiling, a metal basket of potatoes is lowered into the water. When the potatoes are almost cooked, Russ pours fish steaks into the boiling water.
2. Russ monitors the pot closely to make sure the fish is cooked just right.
3. The fish boil is climaxed by a spectacular boil-off. Russ throws kerosene on the wood fire, and flames immediately engulf the pot. The extra surge of heat causes the water to boil violently and spill over the sides of the pot, carrying fish oil and cooking foam with it.
(Note: Never try this flaming technique at home. Instead, use a long-handled spoon to skim off the fish oils during cooking.)
4. When the fire subsides, a long metal pole is used to lift the basket out of the boiling water.

Photographs: Hedrich-Blessing

continued

America's Best Cookouts

SANTA MARIA BARBECUED SIRLOIN

To make a foil drip pan, cut a piece of heavy-duty 18-inch-wide foil twice the length of your grill and fold the foil in half to form a double thickness. Turn up all edges of the foil 1½ inches. Miter the corners and fold the tips toward the inside for added strength—



Red oak or oak chips and charcoal
1 3- to 4-pound boneless beef top sirloin, cut 3 inches thick
1 tablespoon salt
½ teaspoon pepper
½ teaspoon garlic salt
1 recipe Salsa

Prepare fire in barbecue unit using red oak logs or a combination of charcoal and oak chips or bark. Allow wood or charcoal to burn down to red coals. Combine salt, pepper and garlic salt; shake or rub over surface of meat. Place meat on grill grate and lower grate to within 2 to 3 inches from hot coals. Sear underside of meat 5 to 10 minutes to seal in juices, then raise grate till meat is 6 to 8 inches above coals. Continue cooking 20 minutes. Turn meat; lower grate to sear other side. Raise again and continue cooking 20 to 30 minutes more or till meat is desired doneness. Slice and serve with Salsa.

Important note: Do not let coals flame up. Use a spray bottle of water to keep flames down.

SALSA

Cilantro is the fresh leaves of the coriander plant. Although it looks like parsley, cilantro has a unique taste and is used in many Mexican dishes—

3 medium fresh tomatoes, chopped
½ cup chopped green onion
½ cup finely chopped celery
1 4-ounce can green chili peppers, rinsed, seeded, and chopped
2 tablespoons cilantro *or* parsley
1 tablespoon vinegar
2 teaspoons worcestershire sauce
½ teaspoon garlic salt
½ teaspoon dried oregano, crushed
Few drops bottled hot pepper sauce

Combine tomatoes, onion, celery, chili peppers, cilantro or parsley, vinegar, worcestershire sauce, garlic salt, oregano, and bottled hot pepper sauce in a bowl. Cover and let stand at least 1 hour to blend flavors. Makes 3½ cups sauce.

MACARONI AND CHEESE

If you prefer a creamier texture, substitute process American cheese for the cheddar—

1½ cups elbow macaroni
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
¾ teaspoon salt
Dash pepper
2 cups milk
1½ cups shredded sharp cheddar cheese (6 ounces)

Cook macaroni according to package directions; drain. In saucepan melt butter or margarine; blend in the flour, salt, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Stir in *1 cup* of the cheese till melted. Combine macaroni and cheese sauce. Turn into a 1½-quart casserole. Sprinkle with the remaining ½ cup cheese. Bake in a 350° oven for 30 minutes. Makes 6 to 8 servings.

PINQUITO BARBECUE BEANS

The pinquito bean is a small pink bean grown exclusively in the Santa Maria Valley. This unique bean retains its firm texture even after long, slow cooking. A similar round pink bean is available in some areas. If you substitute pinto beans, reduce the cooking time as directed below—

1 pound pinquito beans, pink beans, *or* pinto beans
10 cups cold water
½ teaspoon salt
• • •
6 ounces bacon, diced (6 or 7 slices)
1 medium onion, chopped (½ cup)
1 stalk celery, chopped (½ cup)
1 clove garlic, minced
4 ounces ground fully-cooked ham
½ cup tomato puree
¼ cup chili sauce
2 tablespoons sugar
1 tablespoon dry mustard
1 tablespoon vinegar
2 teaspoons salt
½ teaspoon ground pepper

Rinse beans. In large saucepan or Dutch oven combine beans and the 10 cups cold water. Bring to boiling. Simmer 2 minutes; remove from heat. Cover and let stand 1 hour. (*Or,* add beans to water; soak overnight.) Do not drain. Add the ½ teaspoon salt to beans and soaking water; cover. Simmer 2½ to 3 hours or till tender. (Cook pinto beans 1½ to 2 hours.) Drain beans, reserving 3½ cups liquid. Return beans and the 3½ cups liquid to saucepan. In skillet cook bacon till lightly browned; drain off excess fat. Add onion, celery, and garlic. Cook vegetables 10 minutes or till tender. Add ham, tomato puree, chili sauce, sugar, dry mustard, vinegar, salt, and pepper; stir till dissolved. Bring to boiling. Stir vegetable mixture into beans. Simmer, uncovered, for 45 minutes, stirring occasionally. Makes 6 to 8 servings.

TEXAS BARBECUED RIBS

To learn how to make a drip pan, see the recipe for Santa Maria Barbecued Sirloin on this page—

2 cups mesquite *or* hickory chips
4 pounds pork loin spareribs
1 recipe Texas Barbecue Sauce (recipe on page 141.)

About 1 hour before cooking time, soak the mesquite or hickory chips in enough water to cover. In a covered grill place *hot* coals on both sides of a foil drip pan. Drain chips. Sprinkle the coals with some of the chips. Place ribs atop grill over drip pan. Brush with some of the Texas Barbecue Sauce. Lower grill hood. Grill 30 minutes, adding additional coals and chips as needed. Turn ribs, brushing both sides with additional barbecue sauce. Lower grill hood again and grill 30 minutes more, adding additional chips as needed. Brush ribs with more sauce during the last 20 minutes of cooking. Heat the remaining sauce to pass with ribs. Makes 4 to 6 servings.

continued

Introducing two new soups with split personalities:

GREAT FOR EATING

Superb for Cooking





reamy Chicken Mushroom

t lunch, at dinner, or in between, ampbell's new Creamy Chicken ushroom Soup really hits the spot. ade with pieces of chicken and lots of ushrooms in a creamy base.

Chicken Suprême

2 whole chicken breasts (about 1½ lb.), split
2 tbsp. shortening
1 can Campbell's Creamy Chicken Mushroom Soup
⅓ cup milk
¼ tsp. thyme leaves
1 can (8 oz.) mixed vegetables, drained
1 tbsp. chopped parsley

In skillet, brown chicken in shortening; pour off fat. Stir in soup, milk, and thyme. Cover; simmer 30 min. or until done. Stir occasionally. Add remaining ingredients; heat. Serve with cooked rice. 4 servings.





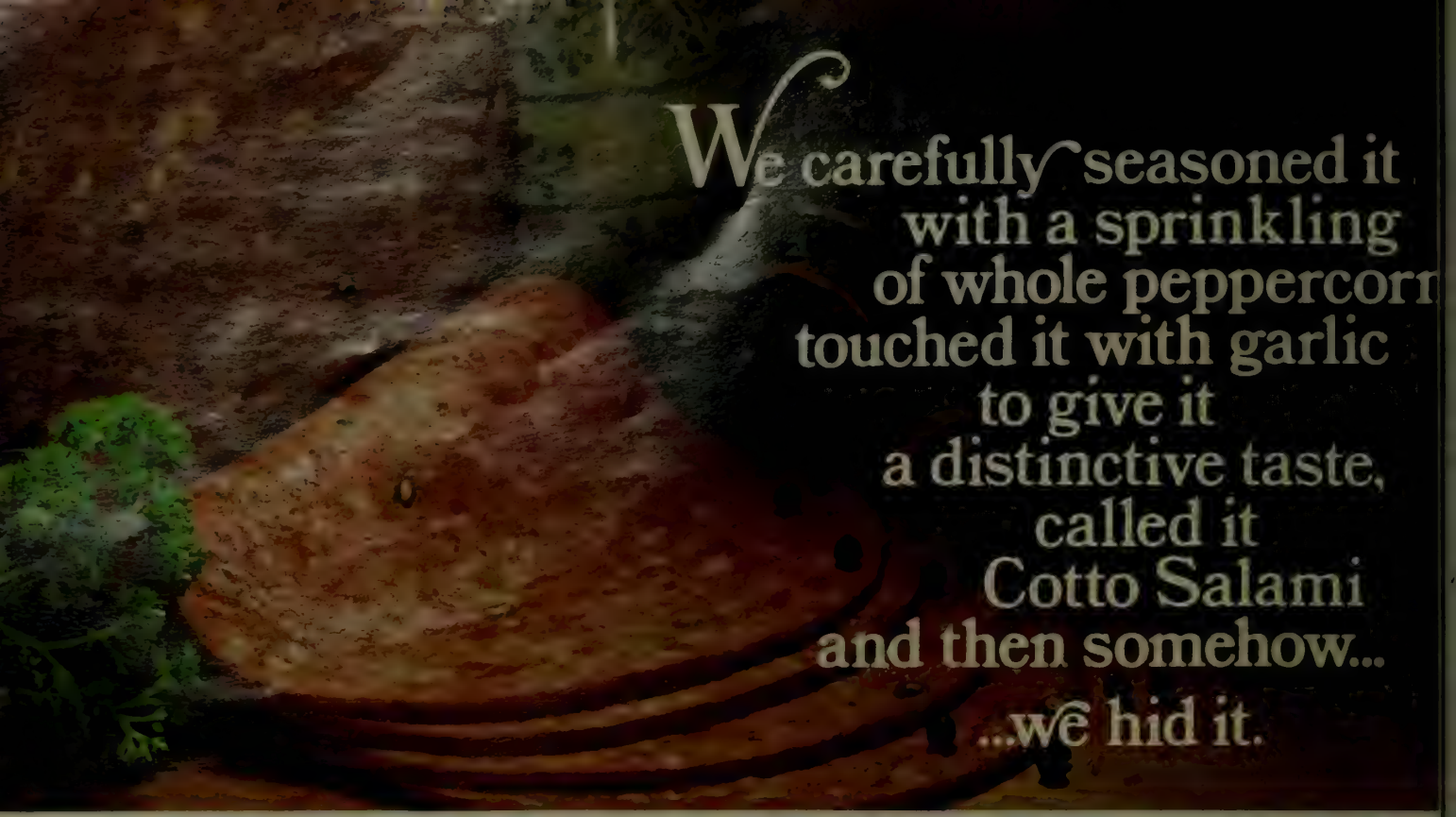
eefy Mushroom

ere's a hearty-tasting new beef soup ur whole family will go for in a big way. ampbell's new Beefy Mushroom. Made th beef, mushrooms, and onions all oked together in a robust beef stock.

Salisbury Bourguignonne

1 can Campbell's Beefy Mushroom Soup
1½ lb. ground beef
½ cup fine dry bread crumbs
1 egg, slightly beaten
¼ tsp. salt
3 slices bacon
⅓ cup water
¼ cup Burgundy or other dry red wine
1 small clove garlic, minced
¼ tsp. marjoram leaves, crushed

Mix *thoroughly* ⅓ cup soup, beef, bread crumbs, egg, and salt. Shape into 6 oval patties. In skillet, cook bacon until crisp; remove and crumble. Pour off all but 2 tbsp. drippings. Brown patties in drippings. Stir in remaining soup, water, wine, and seasonings. Cover; simmer 20 min. or until done. Stir occasionally. Serve over cooked noodles; garnish with bacon. 6 servings.





What a find!
Oscar Mayer Cotto Salami.

For unique serving ideas send for: "The Art of Cold-Cutting."
Oscar Mayer & Co., P.O. Box 7188 CC, Madison, WI 53707.

continued

America's Best Cookouts

TEXAS BARBECUE SAUCE

1 cup tomato juice
¼ cup vinegar
¼ cup catsup
¼ cup worcestershire sauce
2 tablespoons brown sugar
2 tablespoons paprika
2 teaspoons dry mustard
1½ teaspoons onion salt
½ teaspoon pepper
Several dashes bottled hot pepper sauce

In a 1-quart saucepan combine tomato juice, vinegar, catsup, worcestershire sauce, brown sugar, paprika, mustard, onion salt, pepper, and hot pepper sauce. Simmer, covered, 5 minutes. Makes about 2 cups sauce.

BEEF BRISKET BARBECUE

To ensure even cooking, select a beef brisket that is approximately the same thickness at both ends—

3 to 4 cups mesquite or hickory chips
1 5- to 6-pound beef brisket
1 recipe Texas Barbecue Sauce (recipe above)

About an hour before cooking time, soak mesquite or hickory chips in enough water to cover. In covered grill arrange *hot* coals on both sides of a foil drip pan. Drain chips. Sprinkle the coals with some of the chips. Place the brisket atop grill over drip pan. Brush with some of the Texas Barbecue Sauce. Lower hood; grill 1 hour, adding additional coals and chips as needed. Turn brisket, brushing both sides with additional barbecue sauce. Lower grill hood again; grill 50 to 55 minutes more or till meat is well done, adding more coals and chips as needed. Brush with sauce during the last 20 minutes of cooking. Heat remaining barbecue sauce to pass with brisket. Makes 12 to 16 servings.

CHILI-CHEDDAR CORN BREAD

2 cups yellow cornmeal
½ cup all-purpose flour
1 tablespoon baking powder
1 tablespoon sugar
1¼ teaspoons salt
1 teaspoon baking soda
2½ cups milk
2 eggs
2 tablespoons shortening, melted or cooking oil
1 tablespoon minced dried onion
1 cup shredded cheddar cheese (4 ounces)
1 8¾-ounce can whole kernel corn, drained
1 4-ounce can green chili peppers, seeded, rinsed, and chopped
¼ cup chopped red pepper

In mixing bowl stir together the cornmeal, flour, baking powder, sugar, salt, and baking soda. Beat together milk, eggs, shortening, and onion. Let egg mixture stand 5 minutes to rehydrate onion. Stir into dry ingredients, beating just till smooth. Fold in cheese, *drained* corn, chili peppers, and red pepper. Spoon about ⅓ cup batter into greased and floured 2½-inch muffin cups. Bake in 375° oven for 25 to 30 minutes. Remove from pans immediately. Makes 15 muffins.

BOILED PINTO BEANS

Phyllis says, "The longer these beans cook, the better they taste"—

3 cups dry pinto beans (1¼ pounds)
8 cups cold water
1 teaspoon salt
1 pound ground beef
1 large onion, chopped (1 cup)
2 tablespoons chili powder
2 tablespoons catsup
1 teaspoon salt
¼ teaspoon pepper
Dash cayenne

Rinse pinto beans thoroughly. Combine the beans and cold water in a kettle or Dutch oven. Bring to boiling. Simmer 2 minutes; remove from heat. Cover; let stand 1 hour. (*Or,* add beans to cold water; soak overnight.) Do not drain. Add the first teaspoon salt. Cover; heat to boiling. Reduce heat; cook over low heat for 4 hours, stirring occasionally. In skillet cook ground beef and onion till the beef is browned and the onion is tender. Drain off excess fat. Stir in chili powder, catsup, the second 1 teaspoon salt, the pepper, and cayenne. Stir beef mixture into beans. Cover and simmer 30 minutes, stirring occasionally. Makes 15 servings.

DILLY POTATO SALAD

6 large potatoes, cooked, peeled, and cubed (6 cups)
6 hard-cooked eggs, sliced
3 large dill pickles, chopped (1 cup)
1 medium onion, chopped (½ cup)
1 cup mayonnaise or salad dressing
2 tablespoons prepared mustard
1 tablespoon dill pickle juice
1 teaspoon salt
¼ teaspoon pepper
Paprika
Snipped parsley or dried parsley flakes

In large bowl combine the potatoes, eggs, dill pickle, and onion. Blend together the mayonnaise or salad dressing, mustard, pickle juice, salt, and pepper. Toss with potato mixture. Cover and chill 30 minutes or till serving time. Garnish with paprika and parsley. Makes 16 to 18 servings.

BARBECUED PORK SHOULDER

If a whole pork shoulder is not available in your area, substitute a five-pound pork shoulder blade Boston roast. It will serve six people. Grill it for ten hours, five hours per side—

Hickory chips (about 2 pounds)
Charcoal (about 20 pounds)
1 10- to 11-pound whole pork shoulder
1 recipe Tennessee Barbecue Sauce (recipe 144)
10 hamburger buns

About an hour before cooking time, soak the hickory chips in enough water to cover. In a covered grill arrange *slow* coals on both sides of a foil drip pan. Drain some of the hickory chips. Sprinkle atop coals. Trim excess fat from pork shoulder. Place shoulder, bone side down (skin side up), atop grill over drip pan. Brush with some of the Tennessee Barbecue Sauce. Lower hood. Grill 6 hours, adding coals and drained hickory chips as needed and brushing with sauce occasionally. Turn shoulder; brush with additional barbecue sauce. Lower grill hood; grill 5 to 6 hours more, adding coals and hickory chips as needed and brushing with barbecue sauce. The meat should be very well done and should shred easily with a fork.

To serve, remove pork from grill. Cool slightly till meat can be handled easily. Shred meat using two forks. Serve on hamburger buns. Heat remaining barbecue sauce to pass with sandwiches. Makes 10 servings.

continued


MMMM
There have been moist layer cakes before.
But now there's new SuperMoist.

Moister.



SuperMoist™ is a whole new kind of cake mix. It's the moistest layer cake ever from Betty Crocker.® New SuperMoist has a special pudding in the mix to make it unbelievably moist.

continued

America's Best Cookouts

TENNESSEE BARBECUE SAUCE

1 cup packed brown sugar
1½ teaspoons onion salt
½ teaspoon paprika
½ teaspoon salt
½ teaspoon pepper
Dash garlic salt

• • •

2 cups vinegar
1 cup bottled barbecue sauce
½ cup catsup
2 tablespoons worcestershire sauce
1 tablespoon bottled hot pepper sauce

In saucepan stir together brown sugar, onion salt, paprika, salt, pepper, and garlic salt. Combine vinegar, barbecue sauce, catsup, worcestershire sauce, and bottled hot pepper sauce. Stir vinegar mixture into dry ingredients. Cook and stir over low heat till sugar dissolves. Remove from heat; cool. Store, covered, in refrigerator. Makes about 4 cups sauce.

SAUCY BAKED BEANS

3 16-ounce cans pork and beans in tomato sauce
1 medium onion, chopped (½ cup)
1 medium green pepper, chopped
¼ cup packed brown sugar
¼ cup catsup
2 tablespoons worcestershire sauce
3 slices bacon

In 2-quart casserole combine pork and beans, onion, green pepper, brown sugar, catsup, and worcestershire sauce. Top with bacon. Bake, uncovered, in 325° oven for 1½ hours. Makes 10 to 12 servings.

TANGY BARBECUE SLAW

Some Southerners like to heap this slaw on their pork sandwiches—

⅔ cup sugar
¾ cup vinegar
1 teaspoon salt
¼ teaspoon pepper

• • •

12 cups finely shredded cabbage (2½ pounds)
1 medium onion, finely chopped (½ cup)
½ cup chopped green pepper
½ cup shredded carrot

In saucepan heat together sugar, vinegar, salt, and pepper, stirring constantly till sugar dissolves. Cool. In large bowl combine cabbage, onion, green pepper, and carrot. Stir dressing into vegetable mixture. Cover. Chill several hours, stirring occasionally. Makes 10 to 12 servings.

GRANDMA'S POTATO SALAD

7 medium potatoes, cooked, peeled, and coarsely chopped (7 cups)
3 hard-cooked eggs, chopped
¼ cup finely chopped sweet pickle
½ cup mayonnaise *or* salad dressing
¼ cup sweet pickle juice
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon celery seed
⅛ teaspoon garlic salt

In large bowl combine potatoes, eggs, and pickle. Stir together mayonnaise or salad dressing, pickle juice, salt, pepper, celery seed, and garlic salt. Gently fold mayonnaise mixture into potato mixture. Chill. Garnish with additional hard-cooked egg slices, if desired. Makes 6 to 8 servings.

WISCONSIN FISH BOIL

For easier handling use a six-quart canner, spaghetti cooker, or steamer with a basket and simply lift the fish and potatoes out of the water—

6 fresh *or* frozen white fish steaks *or* other fish steaks (about 4 pounds)
6 to 9 medium potatoes (2 to 3 pounds)
16 cups hot water
¼ cup salt
½ cup butter *or* margarine, melted
Lemon wedges

Thaw fish, if frozen. Scrub potatoes thoroughly, removing any sprouts and green areas. Halve potatoes but do not peel. In a heavy 8-quart kettle or Dutch oven add the water and *2 tablespoons* of the salt. Bring the water to boiling over *hot* coals (or prepare recipe on the range); it should take 35 to 40 minutes. Add potatoes to water and cook 20 to 25 minutes or till potatoes are almost tender, adding more coals to fire as needed. Place the fish and the remaining salt into the water with the potatoes. Cook 7 to 8 minutes or till fish flakes easily with a fork. Skim off fish oils while cooking. Drain fish and potatoes thoroughly. Serve with melted butter or margarine and lemon wedges. Makes 6 servings.

LEMON BREAD

1 egg
¾ cup milk
¼ cup cooking oil
1 tablespoon lemon juice
1¾ cups all-purpose flour
¾ cup sugar
2 teaspoons baking powder
2 teaspoons finely shredded lemon peel
½ teaspoon salt

In mixing bowl beat together egg, milk, cooking oil, and lemon juice. Stir together flour, sugar, baking powder, lemon peel, and salt. Add to egg mixture, stirring just till moistened. Pour into 2 greased 6x3x2-inch loaf pans. Bake in 350° oven for 40 to 45 minutes or till bread tests done. Cool in pans 10 minutes. Remove from pans onto wire rack. Cool completely. Wrap and store overnight. Makes 2 small loaves.

ORANGE-DATE NUT BREAD

1 medium orange
2 cups all-purpose flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 beaten egg
½ cup water
2 tablespoons butter *or* margarine, melted
1 cup pitted dates, chopped
¾ cup chopped walnuts

Quarter orange; remove peel and seeds. Discard seeds. Scrape off and discard white membrane from inside of peel. Cut up peel. In blender container place orange pulp and peel; cover and blend till nearly smooth. Set aside.

In mixing bowl stir together flour, sugar, baking powder, baking soda, and salt. Combine egg, water, orange mixture, and butter or margarine. Add to dry ingredients, stirring just till moistened. Fold in dates and nuts. Pour into three greased 6x3x2-inch loaf pans. Bake in 350° oven about 35 to 40 minutes. Cool in pans 10 minutes. Remove from pans onto wire rack. Cool completely. Wrap and store overnight. Makes 3 small loaves.

continued

They preferred their Italian dressing until they tasted Good Seasons®

These women, and hundreds like them, were loyal to the leading bottled Italian dressing...until they compared it to Good Seasons® Italian Dressing Mix. Then most agreed: Good Seasons Italian tastes better!



"After tasting both of these together, I would switch to Good Seasons. The Good Seasons tastes better. It's balanced and it's got just the right amount of spices. It was just delightful!"

Susie Leavitt



"I'm really surprised. I found out I like Good Seasons Italian better than my brand. I like the flavor better. It tastes homemade. Here I am, I'm switching because I found something I like more."

Meredith Cima



"I've been buying my brand of Italian dressing for 10 years. I said I'd never switch. But Good Seasons Italian tastes better. It's fresher. I've decided to buy Good Seasons Italian."

Charlene Clouse



GF
GENERAL FOODS

"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.

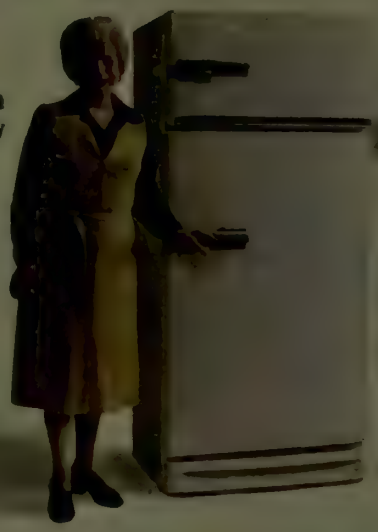


Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!



Great Aunt Agnes Spina
West Orange, New Jersey

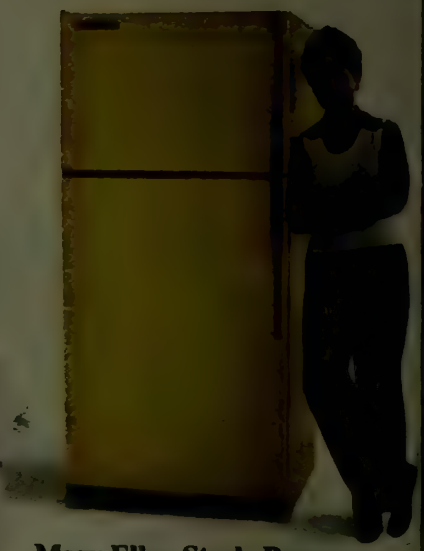
I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!



Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name y grow up with. You know it's dependable.

So we felt confident that ou lower-priced GE refrigerator wo give us the same quality and reli ability as the most expensive mo

My mother told me GE refri erators were the best kind, and o course we did a lot of shopping around.

No other brand had the feat GE did for the same money. Or v as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family fo so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won be a question of "whether GE," but of "which GE

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our fiv children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pa Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals'™ colors, too—so so

The reliability General Electric's been buildi into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

THE APPLIANCES AMERICA COMES HOME TO

GENERAL ELECTRI

continued

America's Best Cookouts

PUMPKIN-NUT BREAD

1½ cups canned pumpkin
1 cup sugar
½ cup milk
¼ cup cooking oil
2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon ground cinnamon
½ teaspoon salt
½ teaspoon ground cloves
½ teaspoon ground ginger
½ cup coarsely chopped walnuts

In mixing bowl stir pumpkin and sugar together. Add milk and cooking oil;' mix well. Stir together flour, baking soda, cinnamon, salt, cloves, and ginger. Stir into pumpkin mixture. Fold in nuts. Pour into 4 greased and lightly floured 6x3x2-inch loaf pans. Bake in 350° oven for 35 to 40 minutes. Cool 10 minutes; remove from pans onto wire rack. Cool completely. Wrap and store overnight. Makes 4 small loaves.

WHITE GULL INN COLESLAW

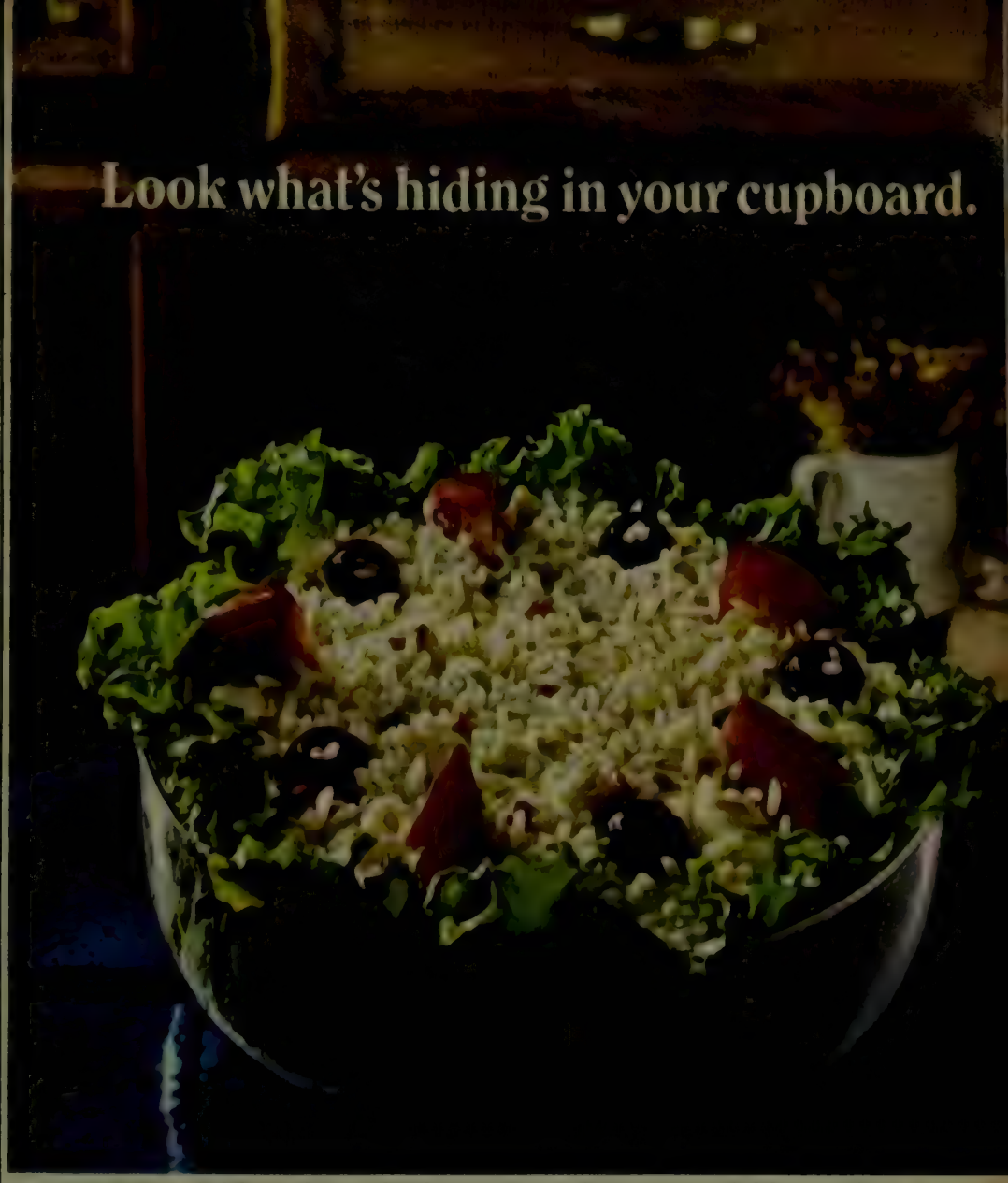
4 cups shredded cabbage
1 cup shredded carrot
½ cup thinly sliced celery
½ cup thinly sliced radishes
¼ cup chopped onion
½ cup mayonnaise *or* salad dressing
1 tablespoon sugar
1 tablespoon vinegar
½ teaspoon salt
Dash pepper
½ teaspoon caraway seed
½ teaspoon celery seed

In large bowl combine cabbage, carrot, celery, radishes, and onion. Stir together mayonnaise or salad dressing, sugar, vinegar, salt, pepper, caraway seed, and celery seed. Stir till sugar is dissolved. Add to vegetables, tossing to coat. Cover and chill at least ½ hour. Makes 6 servings.

DOOR COUNTY CHERRY PIE

2 cups all-purpose flour
1 teaspoon salt
⅔ cup lard
4 to 5 tablespoons cold water
1 recipe Fresh Cherry Filling *or* Anytime Cherry Filling (recipes on page 148.)

continued



Rice. Add to that a little mayonnaise, some pickles, onion and pimientos, serve on lettuce leaves and you've got a salad that's both new and different...a delicious alternative to potato salad without the peeling and dicing. And to make a quick and easy main dish from these same basic ingredients, you just add meat, fish or poultry.

So tonight, take the rice out of your cupboard and treat the family to our Classic Rice Salad...a good-tasting, economical dish that's easy—once you get the rice out.

Classic Rice Salad

3 cups cool cooked rice
¼ cup diced pimientos
1 teaspoon salt
¼ teaspoon pepper
1 cup mayonnaise
1 teaspoon prepared mustard
½ cup each finely chopped onions and sweet pickles
4 hard-cooked eggs, chopped

Blend all ingredients thoroughly. Chill. Serve on lettuce leaves and garnish with tomatoes and ripe olives. For variety, add 8 ounces peeled, deveined cooked shrimp; or 1 can (9 ounces) tuna, flaked; or 1½ cups finely chopped cooked chicken, turkey, beef or pork. Makes 6 generous servings.

For more recipes, send for our free booklet, *"Quick and Easy Rice Salads for any Occasion!"* Write to: Rice Council of America, Dept. B, Box 22800, Houston, Texas 77027

Name_____

Address_____

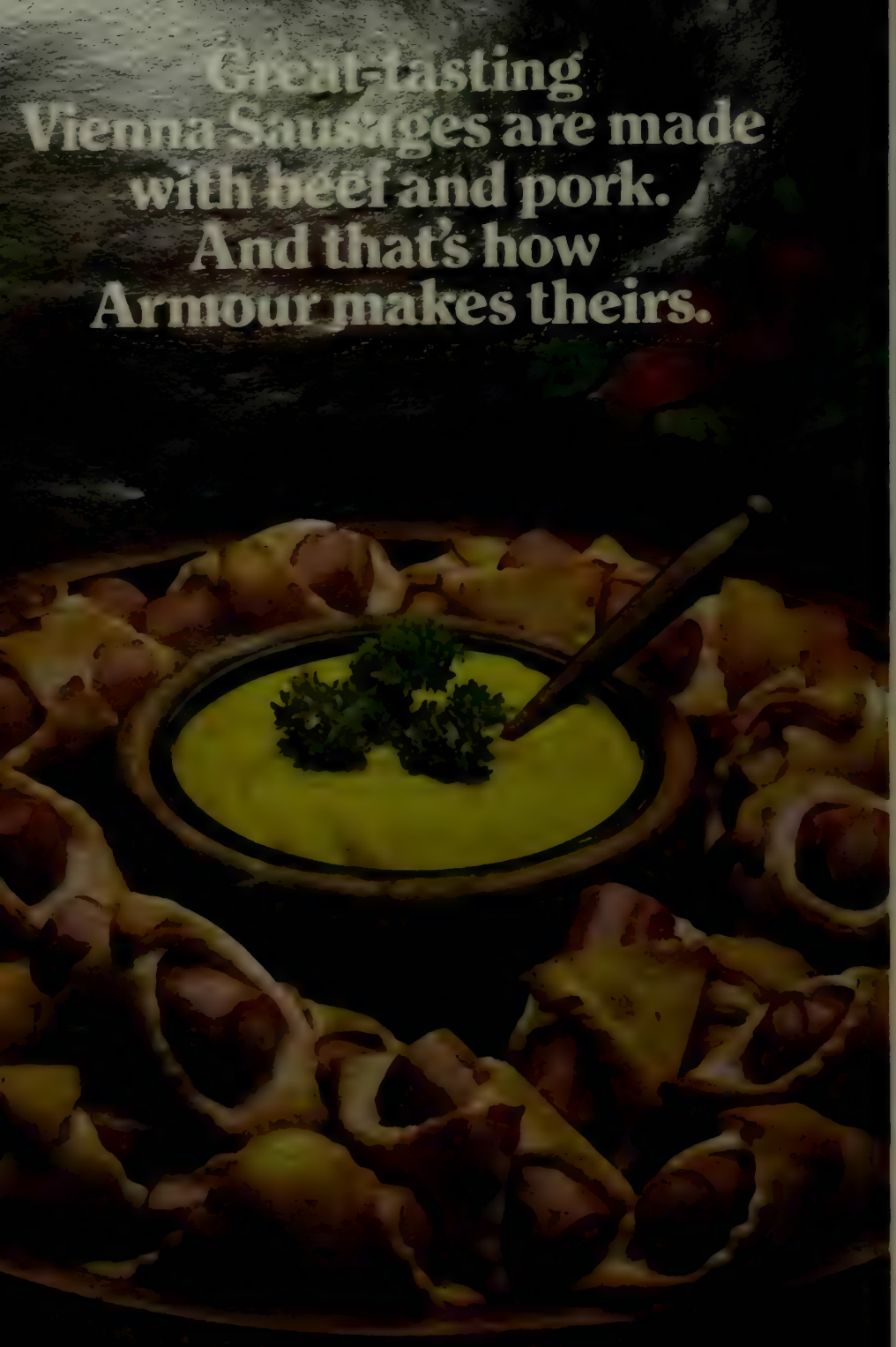
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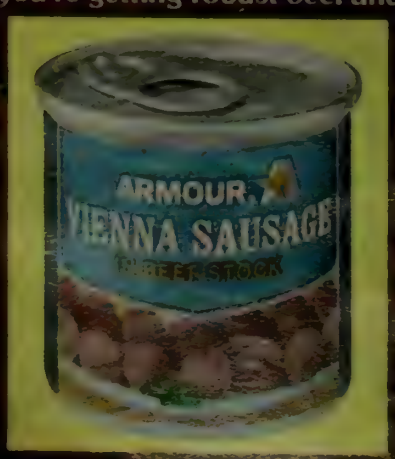
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Rice

Great-tasting
Vienna Sausages are made
with beef and pork.
And that's how
Armour makes theirs.



When you see that famous Armour Star, you know right away you're getting robust beef and pork—not a speck of filler. And you know, too, you're getting rich, juicy taste, spiced up just so. That's why folks go for Armour Viennas every way they can think of—in sandwiches, for casseroles, straight from the can or in party wraps like this.



Make your own vienna roll-ups by folding refrigerated canned rolls or wraps around Vienna Sausages and baking according to package directions.

You know it's good if it's Armour

continued

America's Best Cookouts

1 tablespoon butter or margarine

In mixing bowl stir together flour and salt; cut in lard with a pastry blender till the pieces are the size of small peas. Sprinkle *1 tablespoon* of the cold water over part of the mixture. Gently toss with fork and push to side of bowl. Repeat with the remaining water, 1 tablespoon at a time, till all the flour mixture is moistened. Form dough into a ball. Divide dough in half. On floured surface roll *half* of the dough from center to edge till ⅛ inch thick. Line a 9-inch pie plate with pastry. Roll out remaining dough. Fill pastry in pie plate with desired filling. Dot with butter or margarine. Adjust top crust, cutting slits for escape of steam; seal. Crimp edges high. Bake in 375° oven 55 to 60 minutes.

FRESH CHERRY FILLING

4 cups fresh tart red cherries, pitted *or* one 20-ounce package frozen pitted tart red cherries
1 cup sugar
3 tablespoons quick-cooking tapioca
1 tablespoon cherry brandy
1 teaspoon finely shredded lemon peel
⅛ teaspoon salt

In large bowl combine cherries, sugar, tapioca, brandy, lemon peel, and salt. Let stand 20 minutes, stirring occasionally. Do not cook.

ANYTIME CHERRY FILLING

If you don't have a supply of fresh cherries, try this canned cherry filling—

2 16-ounce cans pitted tart red cherries
1 cup sugar
¼ cup quick-cooking tapioca
1 tablespoon cherry brandy
1 teaspoon finely shredded lemon peel
⅛ teaspoon salt

Drain cherries, reserving ¾ cup cherry juice. In medium saucepan combine the reserved cherry juice, sugar, and tapioca. Let stand 20 minutes. Cook and stir till thickened and bubbly; cook 1 minute more. Remove from heat. Stir in drained cherries, brandy, lemon peel, and salt. ■





THE REBIRTH OF THE BLOODY MARY

In 1921, at Harry's New York Bar in Paris, France, a man named Fernand Petiot first mixed what was to become the famous Bloody Mary. (A few years later he became the head mixologist of the King Cole Bar in New York City. And here he introduced his drink to the fun-loving people of the roaring '20s.)

In the years that followed, our own TABASCO® pepper sauce became an important ingredient in the Bloody Mary. And the truth is, each helped the other become famous.

In more recent times, manufacturers sensed the popularity of the Bloody Mary and began to package their own mixes. One added Jalapeño peppers and another celery salt to attract attention to their new versions.

So now we, the makers of TABASCO sauce, announce "The Rebirth of the Bloody Mary." TABASCO Bloody Mary Mix is made with thicker than regular store-bought tomato juice, fresh frozen lime juice and the perfect touch of Worcestershire... plus our own unique TABASCO sauce. And we added no chemicals, preservatives or stabilizers like many of the mixes. That is why we call our brand "The Fresh One."

Experience TABASCO Bloody Mary Mix yourself. It's the quality version. It's from the classic recipe. It would have made Petiot proud.

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The Moistmaker



When you add JELL-O® BRAND Pudding to a cake mix, you bake in more of the moistness and taste of homemade.

The Moistmaker is JELL-O® Pudding.

And with eggs and oil, it makes a cake so moist, so rich, and so delicious, it's hard to believe you started with a mix.

In fact, taste tests show that people prefer JELL-O® Pudding cakes to cakes made with just a regular mix.

Try this simple Moistmaker Recipe with your favorite cake mix, and bake a cake with more of the moistness and taste of homemade.

You'll be glad you made it yourself.

*In high-altitude areas, use large eggs, add ¼ cup all-purpose flour and increase water to 1¼ cups.

JELL-O is a registered trademark of General Foods Corporation. ©General Foods Corporation 1978

GENERAL FOODS

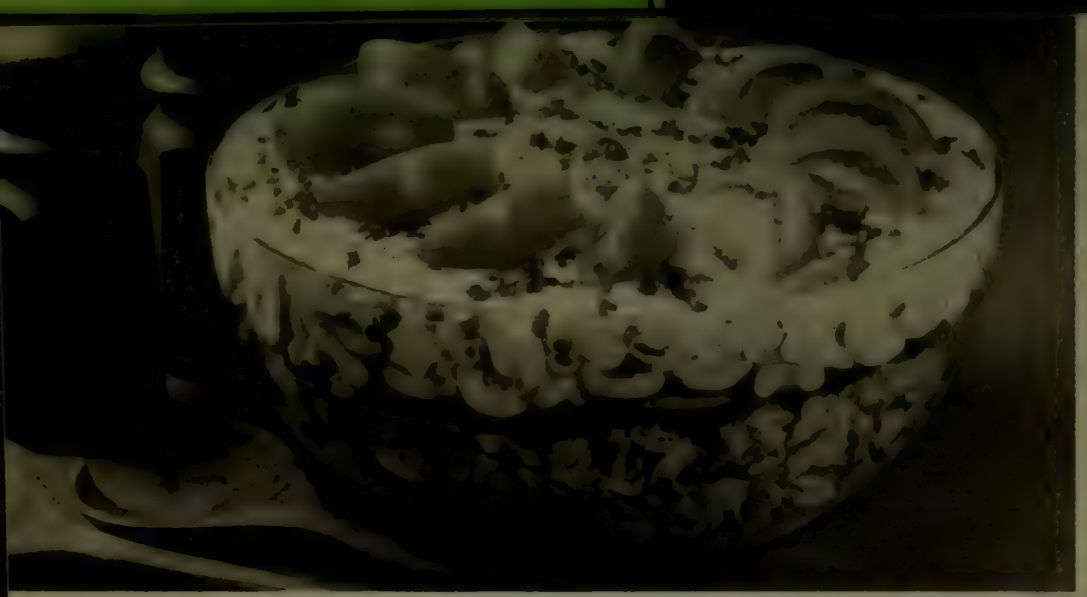
Moistmaker Recipe #2

JELL-O® Pistachio Pudding Cake

1 package (4-serving size) JELL-O® Pistachio Flavor Instant Pudding and Pie Filling
1 package (2-layer size) yellow cake mix†
½ teaspoon almond extract
4 eggs • 1¼ cups water • ¼ cup oil
7 drops green food coloring (optional)

Combine all ingredients in large mixer bowl.* Blend; then beat at medium speed of electric mixer for 4 minutes. Pour into greased and floured 13x9-inch pan. Bake at 350° for 45-50 minutes or until cake springs back when lightly pressed. Cool in pan 15 minutes. Remove from pan; finish cooling on rack. Sprinkle with confectioners' sugar, if desired.

†For cake mixes with pudding in the mix, follow above recipe directions but reduce water to 1 cup.



File under Salads and salad dressings

Buying information, page 183

Picnic Salads

Chicken Stack-up Salad

For easier tossing serve this top-rated salad in a very large bowl—

2 cups cubed cooked chicken
½ teaspoon curry powder
¼ teaspoon salt
¼ teaspoon paprika
Dash pepper
2 cups shredded lettuce
2 cups shredded romaine
1 large cucumber, sliced (1½ cups)
1 cup macaroni, cooked and drained
1 large green pepper, chopped
1½ cups mayonnaise *or* salad dressing
2 tablespoons milk
2 tablespoons lemon juice
2 tomatoes, cut in wedges
2 tablespoons snipped parsley

In mixing bowl combine chicken, curry, the ¼ teaspoon salt, paprika, and a dash pepper. Toss to coat well. In a clear salad bowl layer lettuce, romaine, coated chicken, cucumber, macaroni, and green pepper. Stir together mayonnaise, milk, lemon juice, ½ teaspoon *salt*, and a dash *pepper*. Spread over all. Cover; chill several hours or overnight. Garnish with tomato wedges and parsley. Toss. Makes 8 servings.

Mrs. Marie Powers, Upland, Calif.



File under Breads

Photographs: Dieter

Whole Meal Sandwiches

Egg Burritos

Feature this easy first-place sandwich at your next brunch—

6 10-inch flour tortillas
6 eggs
2 tablespoons butter *or* margarine
⅓ cup mild green chili salsa
1½ cups bean sprouts *or* alfalfa sprouts
1 medium tomato, chopped
1 avocado, peeled, seeded, and chopped

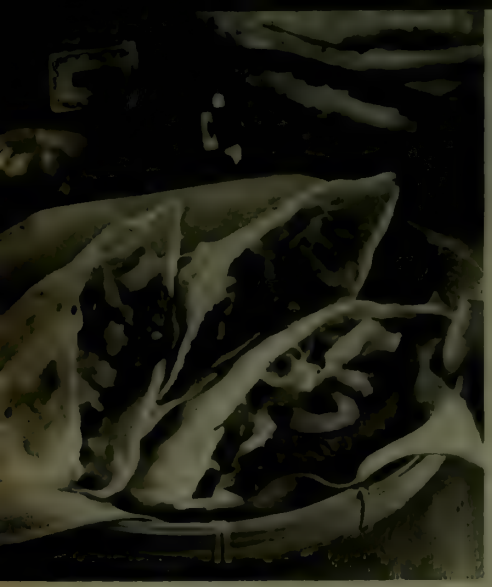
Wrap tortillas in foil; place in 350° oven for 5 minutes or till heated through. In skillet fry eggs in butter or margarine. Place 1 egg atop each tortilla. Top each with about *1 tablespoon* of the salsa, *¼ cup* of the bean sprouts, and some of the tomato and avocado. Fold sides of tortilla so they overlap atop mixture. Fold remaining edges toward center to form a square packet. Serve at once. Makes 6 sandwiches.

Jan Ellen Cole, Clyde, Calif.



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Greek Pocket Steaks

2 tablespoons olive oil
1 tablespoon red wine vinegar
½ teaspoon dried oregano, crushed
¼ teaspoon salt
1 medium cucumber, chopped
1 large tomato, chopped
2 large pita bread rounds
1 medium onion, sliced
1 tablespoon cooking oil
4 beef cubed steaks (4 ounces each)
½ teaspoon salt
Dash pepper
1 cup shredded lettuce

In bowl combine olive oil, vinegar, oregano, and the ¼ teaspoon salt. Stir in cucumber and tomato. Chill several hours. Cut bread rounds in half crosswise. Place on baking sheet in 250° oven till warm. In skillet cook onion in cooking oil till tender. Push onion aside. Cook steaks 2 minutes on each side or till done. Sprinkle with remaining salt and pepper. Place 1 steak and some of the onions in each bread round half. Toss lettuce with cucumber mixture; spoon atop meat and onions in each bread round half. Makes 4 sandwiches.

Phyllis K. Beitler, Coatesville, Pa.



Bacon and Mushroom Sandwiches

4 bagels, halved horizontally
2 tablespoons butter *or* margarine, softened
1½ cups sliced fresh mushrooms
2 tablespoons chopped onion
1 tablespoon butter *or* margarine
8 ounces Canadian bacon, sliced ⅛ inch thick (12 slices)
4 slices American cheese (4 ounces)
4 thin green pepper rings

Spread cut surfaces of bagels with softened butter or margarine. In skillet cook mushrooms and onion in the remaining 1 tablespoon butter till tender but not brown. Slash edges of bacon. Place 3 bacon slices atop each of 4 bagel halves. Top each with *one-fourth* of the mushroom mixture. Place on broiler pan. Broil 5 inches from heat 6 to 7 minutes.

Meanwhile, place a cheese slice and green pepper ring atop each remaining bagel half. Sprinkle with paprika, if desired. Place on broiler pan with meat stacks; broil 2 minutes more or till cheese melts. Makes 4 servings.

Mrs. George Mintz, Cincinnati, Ohio



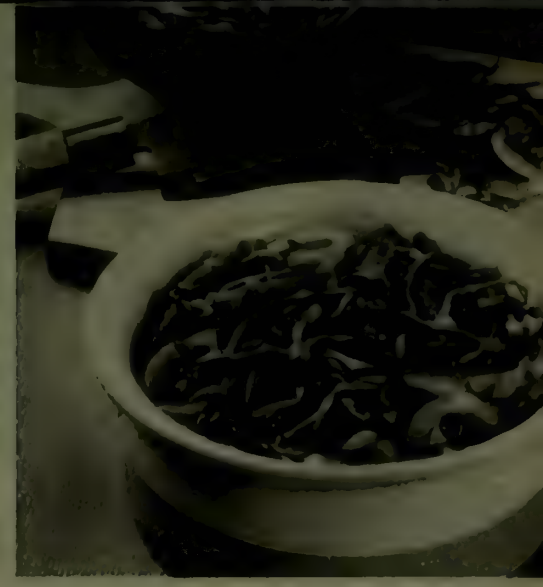
Corn Salad

Chilling this salad overnight helps blend the flavors—

1 16-ounce can whole kernel corn, drained
½ cup cheddar *or* Swiss cheese cut in ¼-inch cubes (2 ounces)
¼ cup chopped green pepper
¼ cup chopped onion
¼ cup chopped cucumber
¼ cup sweet pickle relish
½ cup thousand island salad dressing
Lettuce

In a bowl combine drained corn, cheese cubes, green pepper, onion, cucumber, and pickle relish. Fold in dressing. Cover; chill several hours or overnight. Serve in lettuce cups. Makes 5 or 6 servings.

Mrs. Homer Kruckenberg, Great Bend, Kans.



Red Cabbage Slaw

Serve this tangy salad for a change from regular coleslaw—

1 16-ounce can julienne-style beets
6 cups coarsely shredded red cabbage
1 medium onion, thinly sliced
½ cup vinegar
⅓ cup sugar

Drain beets, reserving ½ cup liquid. In large bowl combine beets, cabbage, and onion. In saucepan combine vinegar, sugar, and reserved beet juice. Bring to boiling. Pour over vegetables. Toss lightly. Cover and refrigerate 4 to 5 hours or overnight, tossing occasionally. Makes 8 servings.

Audrey Nemec, Deming, N. Mex.

Souped up hamburger.



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Lipton Onion Burgers

envelope Lipton Onion, Beefy Onion or Beef Flavor Mushroom Soup Mix
cup water
pounds ground beef

In large bowl, combine all ingredients; mix thoroughly. Shape into patties. Grill or broil until done. Top, if desired, with tomato. Makes servings.

Reuben Burgers

envelope Lipton Onion-Mushroom Soup Mix
cup water
½ pounds ground beef
cup shredded Swiss cheese
tablespoon bacon bits
teaspoon caraway seeds

In large bowl, combine all ingredients; mix thoroughly. Shape into patties. Grill or broil until done. Top, if desired, with heated sauerkraut and additional bacon bits. Makes 6 servings.

Taco Burgers

1 envelope Lipton Onion, Beefy Onion or Beef Flavor Mushroom Soup Mix
2 pounds ground beef
½ cup finely chopped green pepper
1 medium tomato, chopped
2 teaspoons chili powder

In large bowl, combine all ingredients; mix thoroughly. Shape into 12 oblong burgers. Grill or broil until done. Serve, if desired, in taco shells or frankfurter rolls and top with lettuce, cheddar cheese and olives. Makes 12 servings.

Special Stuffed Burgers

1 envelope Lipton Onion-Mushroom or Onion Soup Mix
⅓ cup water
1½ pounds ground beef
6 slices American cheese, quartered
6 slices bacon

In large bowl, combine Lipton Onion-Mushroom Soup Mix, water and ground beef; mix thoroughly. Shape into 12 patties. Arrange cheese on 6 patties; top with remaining patties and seal edges tightly. Wrap sides with bacon and secure with wooden toothpicks. Grill or broil until done. Top, if desired, with pickles. Makes 6 servings.

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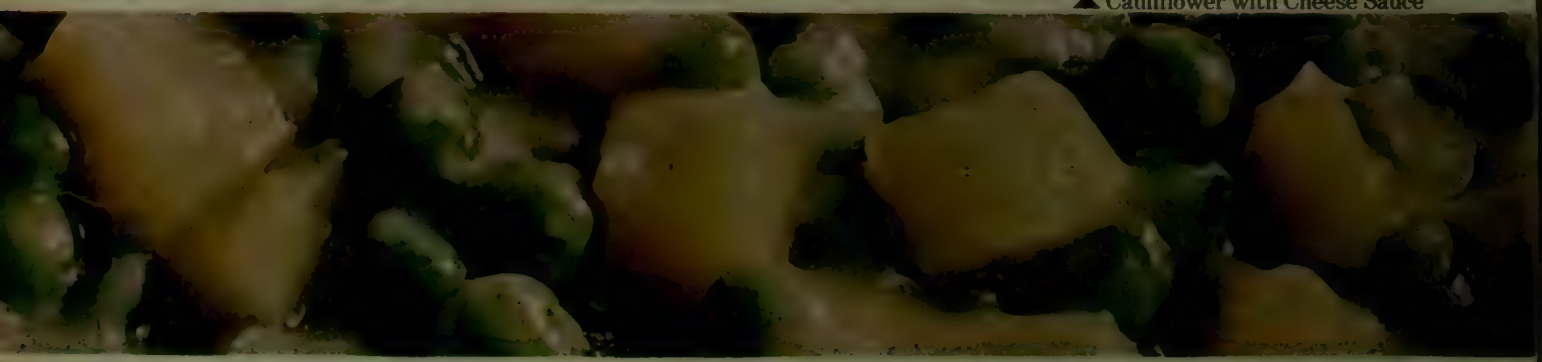
▲ Broccoli with Hollandaise Sauce



▲ Mixed Vegetables with Onion Sauce



▲ Cauliflower with Cheese Sauce

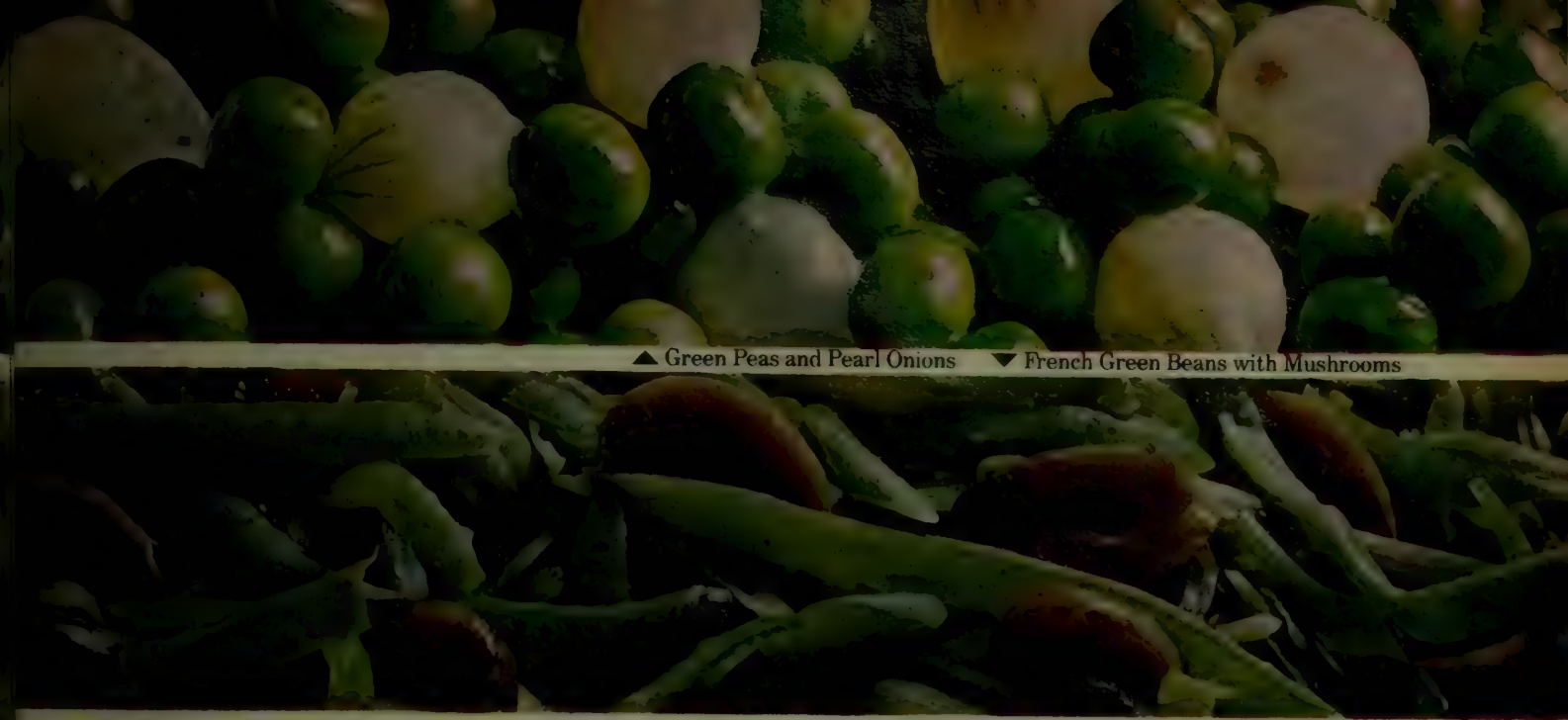


▲ Green Peas and Potatoes with Cream Sauce



▲ French Green Beans with Toasted Almonds ▼ Broccoli with Cheese Sauce





▲ Green Peas and Pearl Onions ▼ French Green Beans with Mushrooms

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Birds Eye® Combinations.

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HE COOKS

Fève la Scala





Photographs: Hedrich-Blessing, Dieter

Buying information, page 183

At the age of six, Daniel Perreault was taught to cook by his restaurateur father. Now Dan's own son Phillip watches and learns as Dan puts together favorite family dishes.

After earning a degree in hotel and restaurant management, Dan followed in his father's footsteps by spending ten years in the restaurant business. He's now employed by Corning Components Inc. in Saco, Maine, but he hasn't lost his interest in cooking. Someday, Dan hopes to publish his own cook book. We wish him luck and hope he'll include this crockery cooker concoction. He's dubbed the dish Fève (beans) la Scala after the opera house in Milan.

FÈVE LA SCALA

Dan serves the beans and sausage over rice and tops the dish with a sprinkling of parmesan—

- **1 pound (2½ cups) dry navy beans**
- **8 cups water**
- **1 pound hot Italian sausage links, sliced**
- **1 large onion, chopped (1 cup)**
- **1 small green pepper, cut in 1-inch pieces (⅓ cup)**
- **4 ounces salt pork, cut up**
- **8 fresh mushrooms, halved**
- **2 bay leaves**
- **⅓ cup catsup**
- **⅓ cup molasses**
- **1 tablespoon dry mustard**
- **1 teaspoon salt**
- **2 teaspoons dried oregano, crushed**
- **½ teaspoon pepper**
- **⅛ teaspoon garlic salt**

Rinse beans; place in large saucepan. Add water. Bring to boiling; reduce heat and simmer, covered, for 1 hour. Transfer to bowl; cover and refrigerate overnight. Drain beans, reserving 1½ cups of the liquid. In 4-quart electric slow crockery cooker combine drained beans, sausage, onion, green pepper, salt pork, mushrooms, and bay leaves. Blend reserved bean liquid with catsup, molasses, mustard, salt, oregano, pepper, and garlic salt; stir into bean mixture. Cover and cook on *high* heat setting for 6 hours or on *low* heat setting for 12 hours. Makes 8 servings. ■

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If yours is selected for the He Cooks feature, we'll pay you $50 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. We reserve the right to edit selected recipes. Recipes become the property of Meredith Corporation.



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There's a fresh surprise inside this Berried Treasure Pie.

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Berried Treasure Pie.

1 package (8 oz.) cream cheese, softened
2 tablespoons sugar
2 tablespoons milk
1 JOHNSTON'S® Graham Cracker READY-CRUST® Pie Crust
1 cup halved fresh strawberries
1 envelope DREAM WHIP® Whipped Topping Mix
1 package (4-serving size) JELL-O® Lemon Flavor Instant Pudding and Pie Filling
1 cup milk

Beat cream cheese with sugar and 2 tablespoons milk in bowl until smooth. Spread evenly in bottom of pie crust. Arrange strawberries on cream cheese mixture. Prepare whipped topping mix as directed on package. Prepare pudding mix with 1 cup milk as directed on package for pie; fold in 1 cup of the prepared whipped topping. Spoon into pie crust and chill until set, about 2 hours. Garnish with remaining whipped topping and additional strawberries, if desired.



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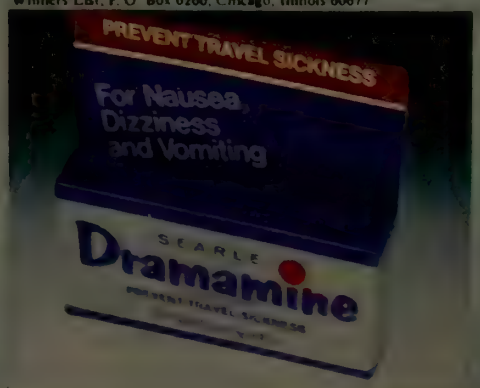
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FOOD

Bread crumb basics

Clip and save this handy guide for quick reference. Then when a recipe calls for fresh or dry bread crumbs, or plain or seasoned croutons, you can make your own. Although white bread is most often used for crumbs and croutons, add variety with crumbs made from whole wheat, rye, or any other yeast bread.

Buying information, page 183



Photograph: Dieter

Bread crumbs

To make soft bread crumbs: Tear slices of fresh bread into quarters. Place them, a few at a time, in a blender container or food processor; cover and process till coarsely chopped. You can also tear the bread into crumbs by hand—hold the bread with one hand while you pull off crumbs with a fork. Each slice makes about ¾ cup.

To make fine dry bread crumbs: Oven-toast fresh or stale bread on a baking sheet in a 300° oven till bread is crisp and dry. Break it into pieces. Add a few pieces at a time to blender container or food processor; cover and process till finely crushed. Or, place bread in a plastic bag and crush to fine crumbs with a rolling pin. Each slice makes about ¼ cup.

For seasoned dry bread crumbs: Mix 1 cup *fine dry bread crumbs*, 1 tablespoon *onion powder*, 1 teaspoon *salt*, ½ teaspoon *garlic salt*, ¼ teaspoon *paprika*, and ¼ teaspoon *dried thyme*, crushed. Store, covered, in a cool dry place. Makes 1 cup.

For cheese-flavored crumbs, add ¼ cup grated *parmesan cheese* to the seasoned dry crumbs.

To make buttered crumbs, toss 1 tablespoon *butter or margarine*, melted, with ¾ cup *soft crumbs* or ¼ cup *fine dry crumbs*.

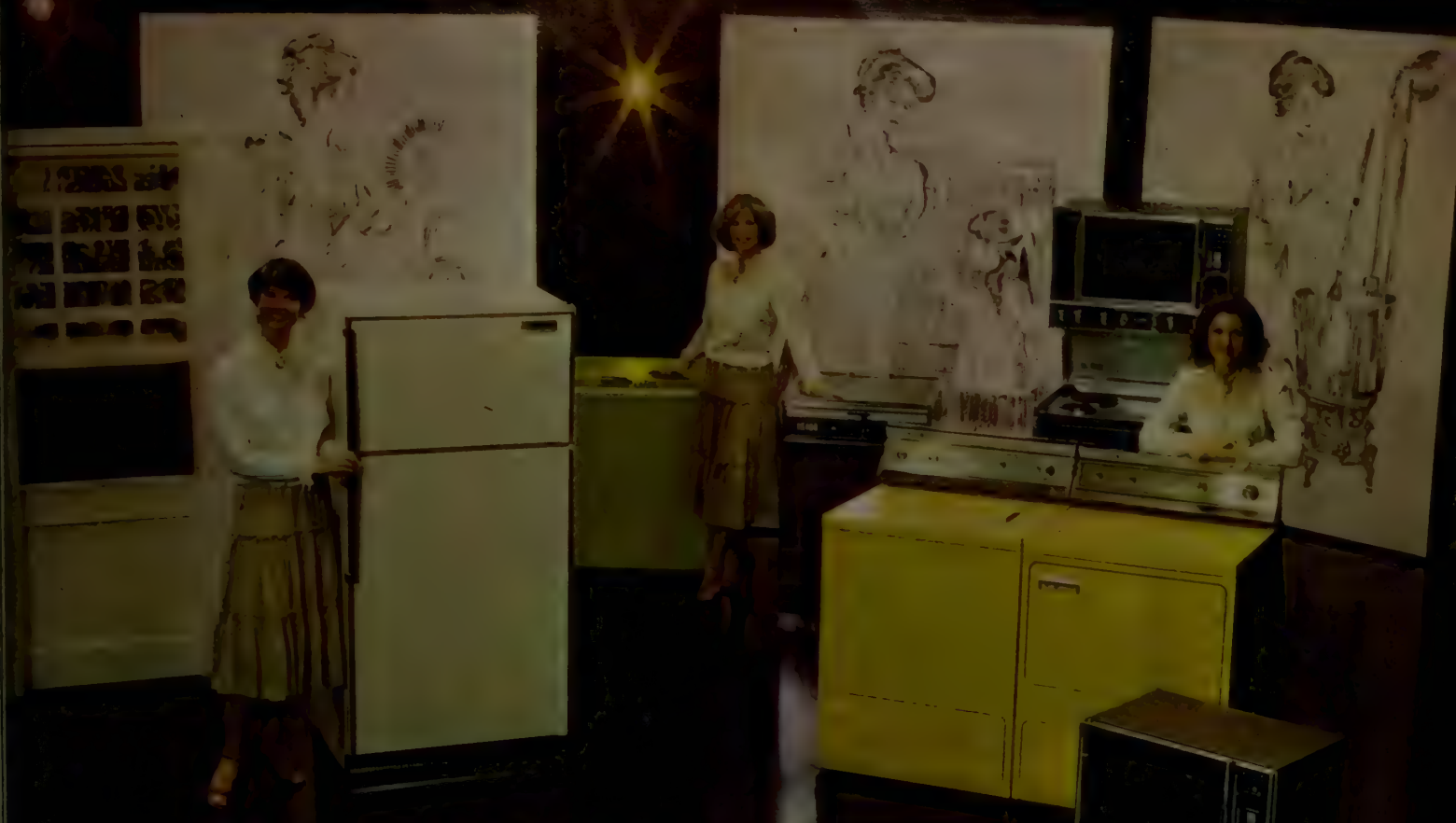
Croutons

To make croutons: Cut bread into ½-inch cubes. Spread in a shallow baking pan. Bake in 300° oven 30 minutes or till cubes are dry and golden. Each slice makes about ¾ cup croutons.

To make croutons in a microwave oven, spread 4 cups bread cubes in a shallow baking dish. Micro-cook, uncovered, on high-heat setting in a counter-top microwave oven 6 minutes or till crisp and dry, stirring every two minutes.

For garlic croutons: Cut 4 slices *bread* into ½-inch cubes. Spread in a shallow baking pan. Stir ⅛ teaspoon *garlic powder* into 3 tablespoons *butter or margarine*, melted; drizzle over bread cubes. Toss to coat. Bake in 300° oven for 30 minutes or till cubes are dry and golden. Store cooled croutons, covered, in the refrigerator. Makes 2½ cups. ■

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How to make the best chef's salad ever.

2 quarts mixed salad greens, torn into pieces
Avocado slices
Hard-cooked egg slices
Cherry tomatoes
Suggested Meats and Cheeses*
Wish-Bone Thousand Island Dressing

In salad bowl, arrange greens, avocado, egg, tomatoes, and suggested Meats and Cheeses; chill. Just before serving, top with Wish-Bone Thousand Island Dressing and toss. Makes about 6 servings.

*Suggested Meats and Cheeses—try any combination of the following, julienne-cut, to equal 1½ pounds: ham, roast beef, tongue, bologna, chicken, turkey; Swiss, cheddar, muenster, or brick cheese.



Meanwhile in saucepan blend mustard and molasses. Stir in vinegar, marmalade, and ginger. Cook and stir till marmalade is melted. Brush chops with sauce. Turn chops and grill, covered, about 20 minutes more, brushing with sauce occasionally. Heat remaining sauce and spoon over chops. Garnish with an orange slice and parsley, if desired. Makes 6 servings.

HICKORY-SMOKED CHUCK ROAST

To determine if the coals are medium-slow, hold your hand just above the coals. You should be able to hold your hand there four or five seconds—

- 1 2-pound beef chuck pot roast, cut 1¼ inches thick
- 5 cloves garlic, peeled
- ¼ cup cooking oil
- ¼ cup wine vinegar
- 1 tablespoon worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon dried basil, crushed
- ¼ teaspoon pepper
- Several dashes bottled hot pepper sauce
- Hickory chips

Stud roast with garlic, spacing cloves evenly, by inserting the tip of a knife into meat and pushing cloves into meat as you remove the knife. In bowl mix oil, vinegar, worcestershire, salt, basil, pepper, and hot pepper sauce. Place meat in plastic bag; set in shallow baking dish. Pour marinade over meat; close bag. Marinate in refrigerator 6 to 8 hours or overnight, turning roast occasionally.

About an hour before cooking, soak hickory chips in enough water to cover; drain chips. Drain meat, reserving marinade. Pat excess moisture from meat with paper towel-

FOOD

Easy smoked-meat entrées

A grill with a hood and some soaked hickory chips are all you need to enjoy the unique flavor of hickory-smoked foods. Once you've mastered these smoked entrees, try smoke-cooking your own barbecued favorites.

SMOKED PORK CHOPS WITH MOLASSES-ORANGE SAUCE

To control flare-ups when meat fat drips on the coals, keep a pump-spray bottle filled with water handy—

- Hickory chips
- 6 pork loin or rib chops, cut 1¼ to 1½ inches thick
- ⅓ cup prepared mustard
- ¼ cup light molasses
- ⅓ cup vinegar
- ⅓ cup orange marmalade
- ¾ teaspoon ground ginger

About an hour before cooking, soak about 4 cups hickory chips in enough water to cover; drain chips. Using hooded grill arrange *medium-slow* coals in firebox. Sprinkle some of the hickory chips over coals. Place chops on grill. Lower hood. Grill first side 25 minutes, adding additional hickory chips after 20 minutes.

And top it.

The only way to top the best chef's salad ever is with delicious Wish-Bone® Thousand Island Dressing.

It's brimming with pickle relish, mustard, onions, red and green peppers, celery, seasoning and eggs. Blended together by the Wish-Bone experts for true Thousand Island flavor.

Thick, rich and creamy Wish-Bone Thousand Island. All of our care and ski goes into making it the best Thousand Island dressing you'll ever taste. Becaus for Wish-Bone, only the best is good enough.



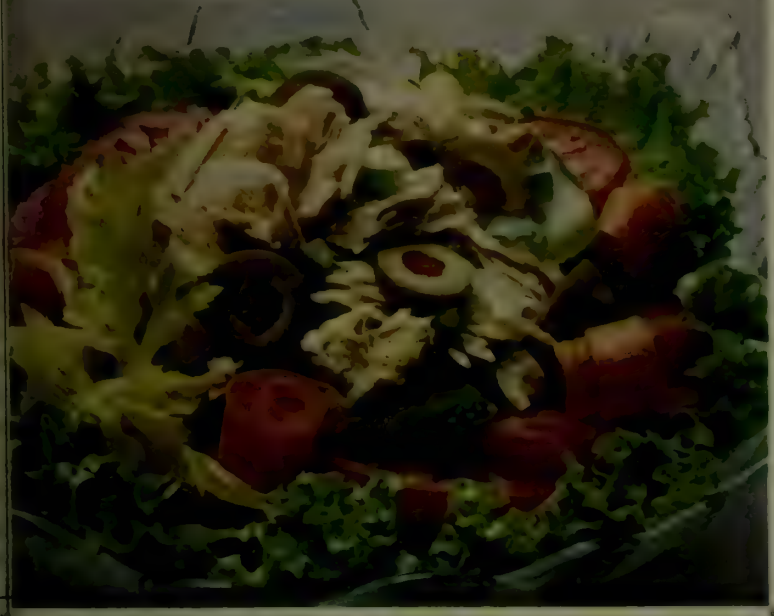
Wish-Bone® Salad dressing is th

How to make the best tuna salad ever.

1 quart mixed salad greens, torn into pieces
Tomato slices
Green pepper rings
Tuna Salad Makings*
Wish-Bone California Onion Dressing

In salad bowl, arrange greens, tomato, green pepper, and Tuna Salad Makings; chill. Just before serving, top with Wish-Bone California Onion Dressing and toss. Makes about 4 servings.

*Tuna Salad Makings—To 1 can (7 oz.) tuna, drained and flaked, add any combination of the following, chopped, to equal ¾ cup: celery, green pepper, cucumber, carrots, pimiento, green or ripe olives, dill pickle, hard-cooked egg, cheddar cheese, apples, walnuts.



sides of firebox. Center a 12x10-inch foil drip pan between coals. Rinse chicken; pat dry with paper toweling. Stuff bird with potato mixture. Skewer neck skin to back; tie legs securely to tail. Twist wing tips under back. Place bird, breast side up, on grill over drip pan. Brush with cooking oil. Insert meat thermometer in the center of the inside thigh muscle without touching bone. Drain hickory chips. Sprinkle *one-fourth* of the chips over coals. Cover; grill about 1¾ to 2 hours or till meat thermometer registers 185° and leg moves easily in socket. Brush bird often with cooking oil. Add dampened hickory chips every 30 minutes or three more times. Makes 4 servings. ■

Photograph: Dieter



ing. Using hooded grill arrange *medium-slow* coals at back and sides of firebox. Center a 12x10-inch foil pan between coals. Add hickory chips to coals. Place roast over drip pan on grill. Lower hood. Grill 25 minutes. Brush occasionally with marinade; add additional chips after 20 minutes.

Turn roast; grill 20 minutes more for medium doneness, brushing occasionally with marinade. Remove garlic; season to taste with *salt* and *pepper*. Slice diagonally to serve. Makes 6 servings.

SMOKED CHICKEN WITH POTATO STUFFING

Hickory chips
1 medium potato, peeled and cut up
1 beaten egg
¼ teaspoon salt
⅛ teaspoon pepper
¼ cup chopped celery
¼ cup chopped onion
2 tablespoons snipped parsley
2 tablespoons butter *or* margarine
2½ slices whole wheat bread, cut into ½-inch cubes (1¾ cups)

• • •

1 3- to 4-pound whole roasting chicken
Cooking oil

About an hour before cooking time, soak about 6 cups hickory chips in enough water to cover. Meanwhile, cook potato in boiling salted water 20 minutes or till tender. Drain. In small mixer bowl whip potato. Add egg, salt, and pepper; beat till fluffy. In medium saucepan cook celery, onion, and parsley in butter or margarine till tender. Add bread, stirring to coat well. Stir in potatoes. Set aside.

Using hooded grill arrange *medium-slow* coals at back and

And top it.

The only way to top the best tuna salad ever is with Wish-Bone® California Onion Dressing. Sweet and mild with real crunchy onion.

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The Bisquick® "No Time to Cook" summer fish fry.



Celebrate a successful day of fishing or enjoy your favorite fish and shrimp with the Bisquick Fisherman's Bag. With over 45 years of quality and experience in every box, Bisquick helps make summer cooking easy, so you have more time for summer.

For more menu ideas and recipes, see the accompanying Bisquick summer recipe book.

Fisherman's Bag

Beer Batter Fish
Mixed Vegetable Salad
Yogurt-Dill Bread
Ice Cream

Beer Batter Fish

1 pound fish fillets or cooked large shrimp (or ½ pound of each)
3 to 4 tablespoons Bisquick baking mix
1 cup Bisquick baking mix
½ teaspoon salt
1 egg
½ cup beer

Heat vegetable oil (1½ inches) in heavy saucepan or deep fat fryer to 350°. Lightly coat fish with 3 to 4 tablespoons baking mix. Mix 1 cup baking mix, the salt, egg and beer until smooth. Dip fish into batter, letting excess drip into bowl. Fry until golden brown, about 2 minutes on each side; drain. 4 servings.

High Altitude Directions (3500 to 6500 ft.): Heat oil to 330 to 335°

Yogurt-Dill Bread

2 cups Bisquick baking mix
1 carton (8 ounces) unflavored yogurt or dairy sour cream
2 tablespoons instant minced onion
1 tablespoon dill seed

Heat oven to 400°. Grease 9-inch pie plate or square pan, 8x8x2 inches. Mix all ingredients until soft dough forms. Spread in plate; sprinkle with snipped parsley if desired. Bake until wooden pick inserted in center comes out clean, about 20 minutes. Cool 10 minutes; cut into wedges or squares. 8 or 9 servings.

High Altitude Directions (3500 to 6500 feet): For pie plate, heat oven to 425°. For square pan, heat oven to 450° and bake about 15 minutes.

Bisquick. Something good always comes of it.



begins on page 128

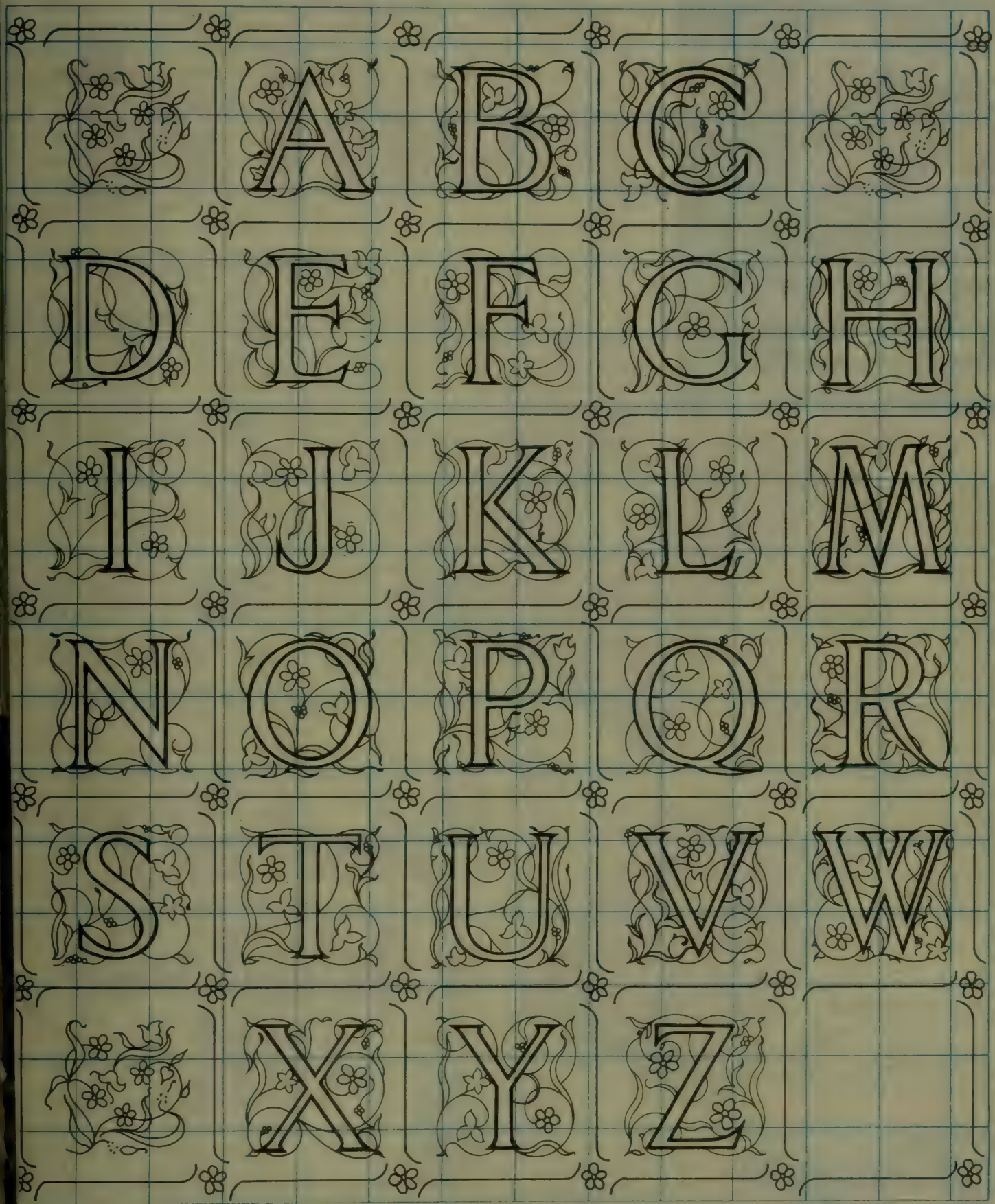
A samplerful of embroidery ideas

ALPHABET SAMPLER

(Finished size, unframed: 23 x 25 inches)

Materials: Heavy linen or wool broadcloth fabric (28 x 36 inches); embroidery hoop, crewel needles, embroidery scissors, ruler, tracing paper, pencil, fine-tip permanent marker (or dressmaker's carbon).

Plus: Columbia Minerva needlepoint and crewel yarn (20-yd. skeins), **continued**



1 Sq. = 1 inch



Atlas Van Lines has 3 good ideas that get your whole family moving.

A few words of wisdom from a company that's moved two generations of American families.

Your move gets easier when you get organized, and the kids get involved.

We've got 3 good ideas to help:

1. An Atlas Moving Guide will help you handle every detail, with time to spare.
2. An Atlas Annie Doll and Toy Box will make moving fun for your little girl.
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Your nearest Atlas Agent is in the Yellow Pages. He'll make available a Moving Guide and a Toy Box. And if you like, he'll make a free estimate of your move.

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_____ Atlas Annie Doll(s) @ $3.
_____ Miniature Atlas Van(s) @ $3
_____ Atlas Moving Guide(s) – FREE!

I enclose $_____ ☐ Check ☐ Money Order (payable to Atlas Van Lines)

Name _____
Address _____
City _____
State _____ Zip _____

Atlas Van Lines, Dept. [illegible], Box [illegible], Evansville, Indiana 47703

Please allow 30 days for delivery.

We make moving easier for you and your children.



Atlas. We're moving your way.

© Atlas Van Lines, Inc. 1978 I.C.C. No. MC-[illegible]

continued

A samplerful of embroidery ideas

in the following amounts and colors: 2 skeins each of 511 Pecan (brownish green) and 754 Lt. Med. Blue; 1 skein each of 447 Mustard, 968 Summer Orange (med. orange), 827 Cerise, R60 Med. Dark Red, 580 Yellow Lime (light yellow), 545 Avocado, 527 Moss Green, 742 True Blue (dark royal blue), 611 Gypsy Blue (med. lavender blue), and 621 Aster (lt. lavender blue).

For fabric frame you will need a pair of artist's stretchers (28 x 30 inches), ½ yd. each of a med. blue print and a light blue print fabric, 1 yd. of quilt batting, 7 yds. pink piping or braid, staple gun.

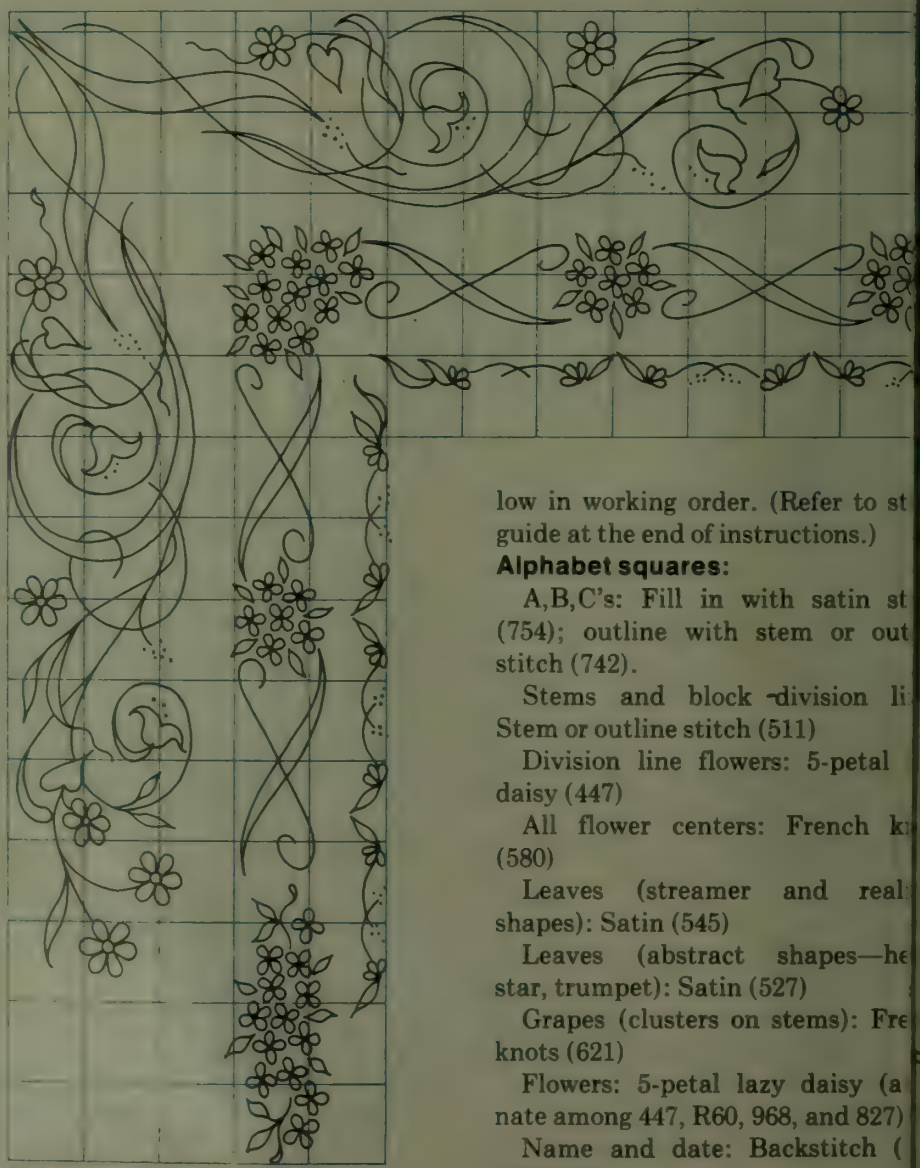
Instructions:

1. Enlarge patterns to size and make a full size (23 x 25 inches) drawing the alphabet with borders on the tr ing paper. Neatly print name and d to fit inside lower right corner squar

2. Use either of these methods transfer the design to the fabric: drawing to wrong side of fabric hold both over a light box or tape clean window and lightly trace des onto the fabric with the fine-tip manent marker. Or, pin drawing to right side of the fabric, insert dr maker's carbon between fabric tracing, and use a pencil (rather t a tracing wheel) to transfer the de to the fabric. (Note: For all lazy d stitch flowers, transfer only a dot represent the center of the flower– not trace the petal loops.)

3. When working the sampler, the yarn as single strands except w working the alphabet letters—t use two strands of 754.

Color and stitch details are listed



1 Sq. = 1 inch

low in working order. (Refer to st guide at the end of instructions.)

Alphabet squares:

A,B,C's: Fill in with satin st (754); outline with stem or out stitch (742).

Stems and block division li Stem or outline stitch (511)

Division line flowers: 5-petal daisy (447)

All flower centers: French k (580)

Leaves (streamer and real shapes): Satin (545)

Leaves (abstract shapes—he star, trumpet): Satin (527)

Grapes (clusters on stems): Fre knots (621)

Flowers: 5-petal lazy daisy (a nate among 447, R60, 968, and 827)

Name and date: Backstitch (

continued

Carlton is lowest.

ee how Carlton stacks
own in tar. Look at the latest
.S. Government figures for:

	tar mg./cig	nicotine mg./cig
nd D	12	0.8
d D Menthol	11	0.8
d V Menthol	11	0.8
d V	11	0.7
d M	8	0.6
d M Menthol	8	0.5
ton Soft Pack	**1**	**0.1**
ton Menthol **less than**	**1**	**0.1**
ton Box **less than**	***1**	***0.1**

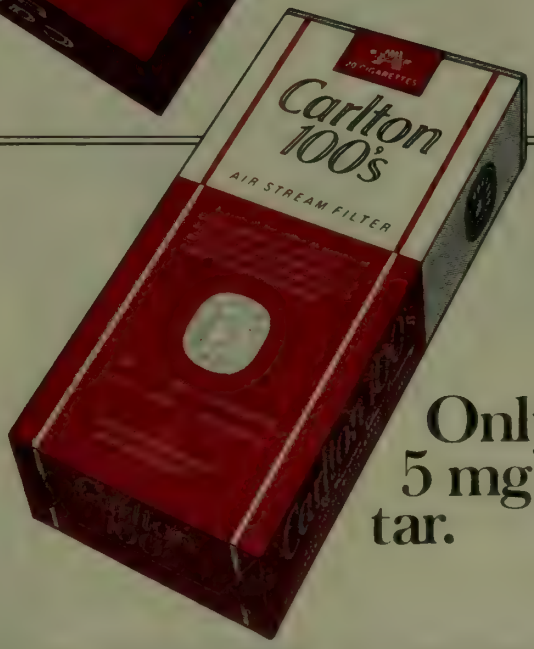
r cigarette by FTC method

l brands, lowest . . . Carlton Box:
. tar, 0.1 mg. nicotine av. per cigarette
TC method.



Less than 1 mg. tar.

Carlton *brings you* the lighter 100.



Only 5 mg. tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Aug. '77.
Box: 1 mg. "tar", 0.1 mg. nicotine; 100 mm: 5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

continued

A samplerful of embroidery ideas

Narrow Inner Border:
Leaves: Satin (545)
Stems: Backstitch (511)
Grapes: French knot (621)
Flowers: 3-petal lazy daisy (611)

Middle Border:
Double scroll line: Backstitch (754)
Single scroll line: Backstitch (511)
Leaves: Satin (545)
Flowers: 4-petal lazy-daisy (827)
Flower centers: French knot (580)

Outer Border:
Double scroll lines: Backstitch (742)
Stems (single scroll lines): Backstitch (511)
Grapes: French knot (621)
Leaves (realistic): Satin (545)
Leaves (abstract): Satin (527)
Flowers (leave center of flowers unworked): Start at center top and work clockwise repeating 827, 447, 968, and R60.

4. *Blocking:* Block finished sampl by pressing facedown on a towel.

5. *Framing:* To finish the sampl as shown in our photo, frame it wi fabric as follows: strip of coral pipin followed by a 1-inch-wide strip of lig blue fabric, a second strip of pipin finished with a 3-inch border of m dium blue print fabric. Carefully mit corners of fabric strips. Pad and qu the fabric frame area, then stretch t entire sampler around a set of 28x3 inch artist stretchers and staple fabr in place on back of stretcher.

"Tang has the taste we love and all the Vitamin C we need."



"Almost 50% of all American children don't get their recommended daily allowance of Vitamin C.

"That's why I'm glad my whole family loves the fresh taste of Tang Instant Breakfast Drink.

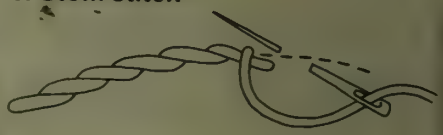
"Each glass gives us a full day's supply of Vitamin C. So Vitamin C is one thing I never have to worry about."



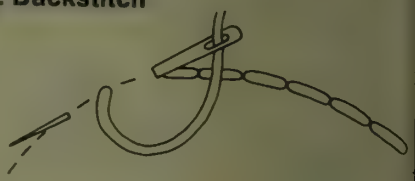
TANG. A delicious way to do something good for your family.

STITCH GUIDE

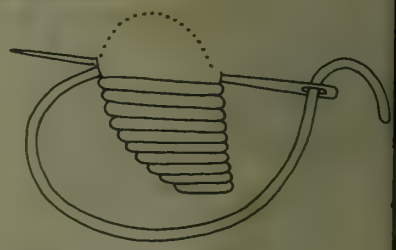
1. Stem stitch



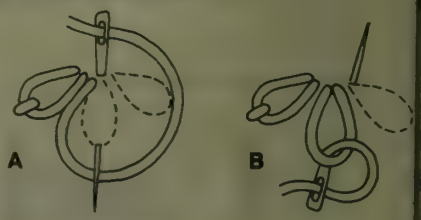
2. Backstitch



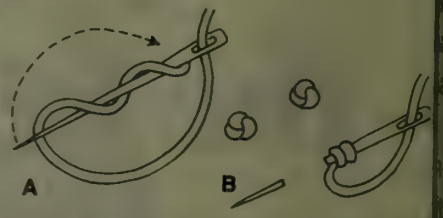
3. Satin stitch



4. Lazy daisy stitch



5. French knots

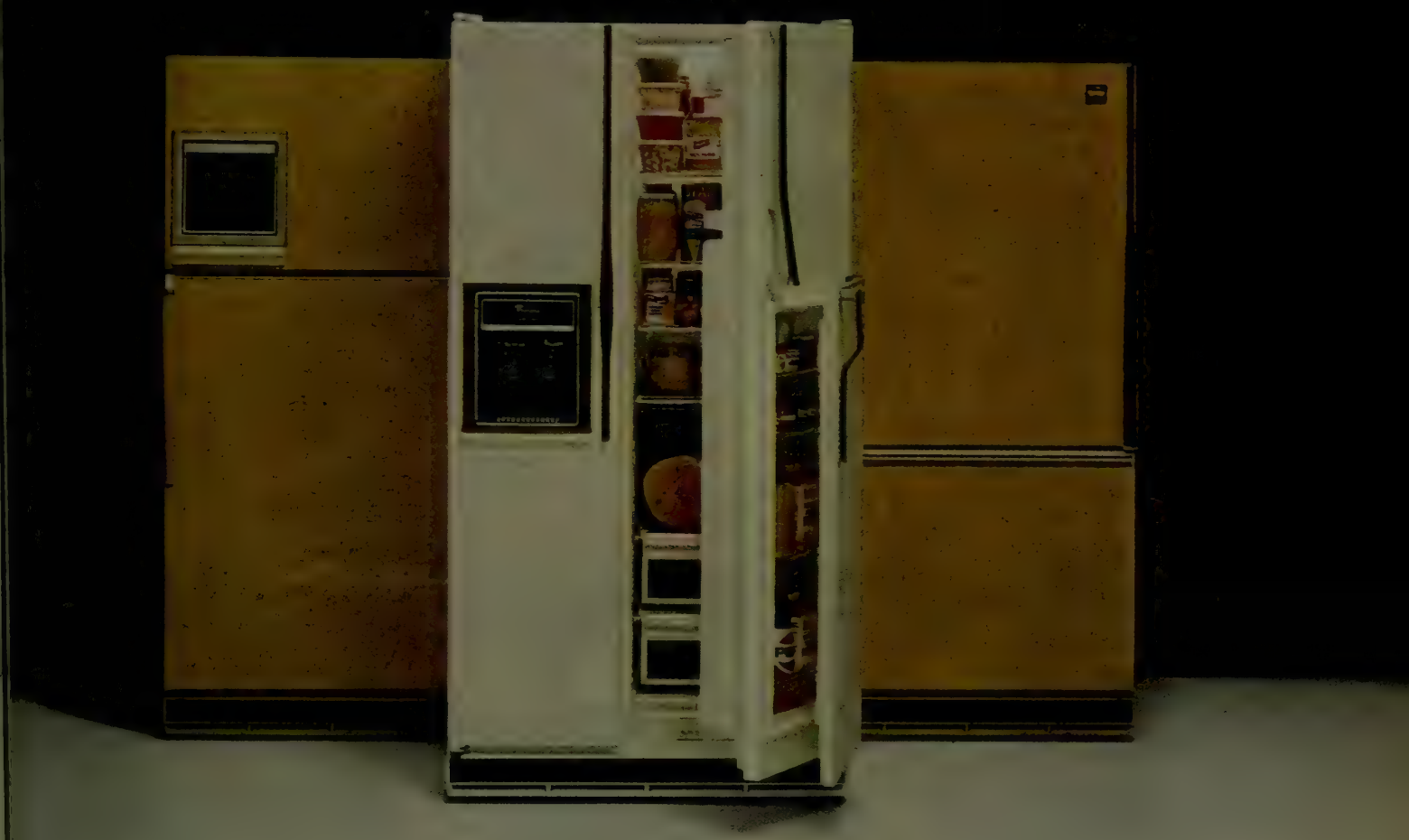


EMBROIDERED SHEETS AND PILLOWCASES

Materials: Purchased or handma pillow cases and sheets (linens may solid or printed, but have white b ders); purchased cotton eyelet lace

continued

No fingerprints for everyone.



t Whirlpool we know how you feel about finger-rints. So we designed a refrigerator with textured eel doors that help hide fingerprints.

Now we've put the same beautiful textured eel doors on all the kinds of refrigerators we ake. And we make more kinds of refrigerators an anyone.

Side-by-side. Freezer-on-the-top. Freezer-i-the-bottom. And the Serva-Door™ refrigerator, th a unique door-within-a-door. It lets you get to e foods you use most often without opening the whole refrigerator. Some models even come with a new ice dispenser that lets you get ice without opening the freezer door. Others offer ice and water through the door.

Most models have humidity sealed crispers to help keep food fresh. And porcelain enameled interiors that are especially easy to clean. Plus textured steel doors that help hide fingerprints.

We do all this because we want you to like your Whirlpool refrigerator, and us, for a long, long time.

Whirlpool
Home Appliances

We believe quality can be beautiful.

continued

A samplerful of embroidery ideas

trim sheets and cases (optional); single skeins of D.M.C. cotton embroidery floss in the following colors: purple (208), brown (830), pale yellow (745), yellow green (906), olive (3347), red (350), gold (972), light blue (334), orange (922), pink (718), dark blue (824).

Instructions:

1. For pillowcases, select an initial or initials from the sampler and trace them onto the center of the case hem. On either side, draw a section from the outer border of the sampler (we used only the center or inner part from the top of the sampler—see patterns, page 172. Embroider, using the same stitches and colors as on the sampler, but using three strands of cotton embroidery floss instead of the crewel yarn.

2. For the sheet, first find and mark the center of the sheet heading. Enlarge the side sections of the outermost sampler border to size and trace them onto the sheet heading, spacing them about 1½ inches to either side of the center. (See patterns, page 172).

Embroider, using the same stitches and colors as for the sampler, but use three strands of embroidery floss instead of crewel yarn. With both the sheet and the pillowcases, use whichever color you prefer for the large flowers.

3. When embroidery is finished, machine stitch bands of contrasting piping and white eyelet to the edge of the sheet and pillowcase hems, if desired.

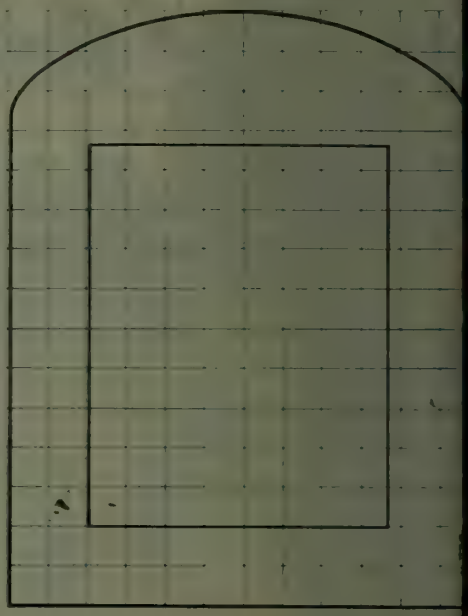
EMBROIDERED PICTURE FRAME

(for an 8x10-inch picture)

Materials: Small skeins of Columbia Minerva needlepoint and crewel yarn in the following colors: 827 Cerise, 545 Avocado, 527 Moss Green, 742 Gypsy Blue; 1½ yds. off-white China silk, silk taffeta, or similar fabric; 1 yd. white cotton flannel for lining; ½ yd. green silky fabric; 1½ yds. piping cord; 1½ yds, 1½-inch-wide ruffled eyelet (optional); 14x16-inch piece of quilt batting; art foam board; fabric glue.

Instructions:

1. Enlarge the frame pattern to size and trace onto tracing paper.



1 Sq. = 1 Inch

2. For the embroidery pattern, trace off the narrow inner border from the set of sampler patterns given above (page 172). Arrange pattern so that

continued

When pain grips you, grab Ben-Gay.®



Don't suffer when minor arthritis pain flares up. Or when muscles ache from overexertion. Do what millions do. Rub in Ben-Gay for hours of relief. Ben-Gay's soothing warmth goes to work fast. To break up nagging pain and its stiffness where it lives—deep down in your muscles and joints. That's why Ben-Gay is America's No. 1 pain relief rub.

Use only as directed © Pfizer Inc. 1978

GREASELESS • STAINLESS
Ben-Gay®
PAIN RELIEVING OINTMENT

BREAK THE GRIP OF PAIN

TENDER CHUNK™ HAM
IT DOES EVERYTHING TUNA DOES EXCEPT SWIM.



HAM AND PEAS FOR TWO

1 cup canned or cooked frozen green peas, drained
1 (10 oz.) can cream of chicken or cream of celery soup
⅓ tbsp. milk
1 can Hormel Tender Chunk™ Ham, flaked apart with fork
2 cups cooked rice

n small pan, stir together eas, soup, milk and ham. Heat about minutes. Serve on bed of hot rice. erves 2.

HAM-MACARONI SALAD

1 cup elbow macaroni (yields 2 cups cooked)
1 can Hormel Tender Chunk™ Ham, flaked apart with fork
¾ cup cubed Cheddar cheese (3 oz.)
¾ cup sliced sweet pickles
1 (10 oz.) pkg. frozen peas, cooked and drained
¼ cup minced onion
½ cup mayonnaise or salad dressing
lettuce cups or melon (honeydew or cantaloupe)

Drain cooked macaroni and rinse with cold water. Add ham, cheese, pickles, peas, onion and dressing. Season to taste with salt and pepper. Chill. Serve in lettuce cups or hollowed melon. Serves 4 to 6.

TENDER CHUNK™ HAM HERO

Split and butter French Bread. Cover bottom half with leaf lettuce. Add cole slaw, tomato slices, grated Swiss and Cheddar cheese and Tender Chunk™ Ham (flaked apart with fork). Garnish with green onion slices.



Tender Chunk Ham is real, honest-to-goodness ham you can flake with a fork and use just like tuna.

Hormel

Hidden Valley Ranch® now gives you two ways to en
the same delicious taste.

With Milk.



The New Way. Just take our secret blend of herbs and spices and mix it up with mayonnaise and milk. You'll wind up with that same fresh, creamy, delicious-tasting salad dressing people have enjoyed for years. And you don't have to buy the buttermilk because it's already in the package.

The Original Way. This is what made us famous. Take our Original flavor blend of fixin's and combine it with mayonnaise and good old buttermilk. The special flavor of Original Ranch Dressing is unusually delicious. And only Hidden Valley Ranch makes Ranch Dressing.

Same delicious taste, any way you mix it.

With Butterm





continued

A samplerful of embroidery ideas

there are three repeats of the design across the top and bottom of the frame opening and four repeats along the sides. End with the double leaves at the corners (as shown on the corners of the sampler). Note that the grapes of the border face toward the outside edges of the frame. Position border so that it falls approximately ¾ inch from inside edge of frame. At the center top of the frame, draw in one of the large bouquets of flowers from the middle border row of the sampler.

3. With a hard lead pencil, trace the design only (not the frame lines) onto a piece of silk cut two inches larger all around than the frame. Do not cut out center of frame yet. On the flowers, mark only the center, not each petal. Cut a piece of flannel the same size and baste the two pieces of fabric together in rows on either side of the embroidery design.

4. Using an embroidery hoop and a very sharp needle, work the pattern in single strands of yarn as follows:

Stems: Stem stitch (527)

Grapes: French knots (742)

Leaves: Satin (545)

Flowers: Lazy daisy (827) with French knot centers (742).

Press finished embroidery gently on wrong side.

5. Cut two pieces of art foam for the frame—one with the hole in the center cut out, and the second piece without (for backing). Cover the frame with a layer of batting; pull excess to back and glue in place. Next, pin and stretch completed embroidery over the padded frame. Clip fabric into the corners, trim excess, and glue overlap to the back of the frame.

6. Cover the piping cord with two-inch-wide bias strips of green silk and glue the piping to the inside of the frame. Next, glue in place a strip of ruffled eyelet as a sort of mat for the picture. Cover the backing piece of foam board with a layer of flannel and off-white silk, and glue raw edges to wrong side of board, as for the front piece. Finish wrong sides of frame fro and back with a piece of fabric glued place to cover raw edges.

7. Cut three 1x9¾-inch braces fr foam board, cover with off-white si and then glue them to the back of t frame opening on the bottom and sid so that they form an 8x10-inch supp for the picture. Place glue on the thr braces and lay the wrong side of t back piece on top, so that edges ali with the front of the frame. Weig frame with several books until t glue is dry. Mirrors or glass and p tures can be inserted through the t opening of the frame. Attach a sa tooth hanger or cardboard easel to t back of the frame.

ROUND INITIAL PILLOW

(Finished size: 16 inches in diamet without ruffle.)

Materials: ½ yd. of heavy linen wool broadcloth; small skeins of P sian-type wool yarn in the colors lis for the sampler, *above*, plus two ske of Zwicky silk floss in each of t following colors: pale lime (2038), s

continued



Cook up to twice as fast and save up to half the gas with the Tappan Convectionaire® Range.

Here's a gas range from Tappan with a revolutionary oven/broiler. High-speed hot-air currents start to cook food immediately. You don't even have to preheat. We tested the Convectionaire against two leading conventional gas ranges—it cooked much faster. Examples are chicken, hamburgers, and meat loaf, done in a third less time. (Meats brown beautifully, yet retain flavor and juices.)



Potatoes and biscuits baked twice as fast in the Convectionaire as they did in the regular gas ranges.



The Convectionaire saves you gas, too. Thanks to the high-speed oven/broiler and to automatic pilotless ignition, the Convectionaire range uses about half as much gas as the standard pilot-type gas range you probably have now.

There's a pyrolytic self-cleaning oven, automatic oven controls, waist-high broiling. Replacement time? See the Convectionaire at your Tappan dealer. A product of gas industry research and one more way to use gas wisely.

AGA American Gas Association

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continued

A samplerful of embroidery ideas

green (2062), purple (2370), cerise (2216), and pale yellow (2017); embroidery transfer pen or hard lead pencil, embroidery hoop, needles, and tracing paper; 1⅓ yds. each of 3-, 2-, and 1-inch-wide ruffled eyelet trim; 1⅓ yds. of pink cording; fiberfill.

Instructions:

1. Select any initial from the sampler (patterns, page 172) and enlarge it to be approximately 10 inches square on the tracing paper. Then draw a circle around the letter, about 15 inches in diameter. Around the circle, sketch the scrolly dividing vines from the sampler, spacing them about ½ inch apart. Place a dot for the center of a flower between each vine.

2. Details around each letter on the sampler vary slightly, so use the stitch, yarn, and color suggestions for the letter A, given below, as a guide for the initial you choose to work. (Color numbers are in parentheses, following the stitch suggestions.) Use one-ply of wool and three-ply of silk.

Initial:
—diagonal laid work in both directions inside the initial (754)
—with upright cross-stitches tacking down the laid threads where they cross (742)
—and entire initial outlined with stem stitch (742)

Vine:
—stem stitch (511)

3-pointed leaves:
—straight laid work inside (2062)
—couched down with (527)
—and outlined with stem stitch (527)

Loop leaf:
—staggered rows of running stitch inside the leaf, outlined with a backstitch (2062)

Trumpet leaf:
—seed stitch inside, then outlined in French knots (2062)

Grapes:
—satin stitch (2370)

Long leaves:
—chain stitch around the outside, then make zigzag stitches acros the leaf by running needle unde the chain from side to side o surface of the fabric; then mak a row of backstitches down th center of the zigzag (all in 2038)

Small leaves on vine:
—satin (2038)

Larger flower(s):
—long and short satin stitc (2216) on outer half of eac petal, and (2017) on inner half each petal
—ring of French knots in th center (2017).

Border flower(s):
—five petals of lazy daisy stitc (2216)
—French knot in center (2017)

Border vine:
—stem stitch (2335)

3. To finish pillow, press embro dery gently on the wrong side, fa down on a terry towel. Add sever layers of eyelet ruffles ½ inch outsi embroidered border. Hand sew pi cording to seam between eyelet ruffl and embroidered pillow top. Back p low with matching fabric and stuff. ■



"This big jar of Smucker's should last us till we're forty."

"Woof."

"When you go off exploring you have to bring along the best supplies. That's why I'm packing the two pound size. We could have Smucker's Strawberry Jam for breakfast, lunch, snacks..."
"Woof?" (Doesn't it cost a lot?)
"It's not as expensive as you think, Muffin."
"Woof." (Well, I'll be doggoned.)
"Just thinking about the taste of those good strawberries makes me starved."
"Woof." (That's because Smucker's has no preservatives, artificial flavoring or coloring.)
"Oh, I forgot bread. And a spoon. And Mom always gives me milk with my Smucker's."
"Woof." (Personally, I think milk is for the cats.)
"Maybe we should let Mom fix us lunch and then go when we're old enough to cross the street."
"Woof." (Good idea.)



With a name like Smucker's, it has to be good.

PROJECT: 2 PLUS 2½

Build an Energy Saving Refrigerator today—that customers can afford to operate tomorrow

How Amana Established Leadership in Energy Saving Refrigerators!
[illegible] project that began from the ground up. Revamping of existing models wasn't good enough [illegible]mana. The result: a line of Energy Saving Refrigerators you can buy today—and afford to [illegible] tomorrow. Energy Saving Refrigerators that have already met the rigorous 1979 California state efficiency standards. **The Amana 2 PLUS 2½!**

2 PLUS 2½ Energy Saving Factors

Use 2½ inches of foam wall insulation around freezer section to seal out the heat. (Typical refrigerators have [illegible])

Use 2" of foam wall insulation around refrigerator section—about [illegible]" more than conventional foam insulated refrigerators.

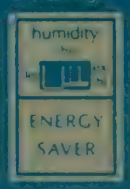


INCORPORATE THESE PROVEN ENERGY SAVERS:

1. Seamless, one-piece Insuliner™ to further reduce heat leakage.
2. Combination of superior foam and fiberglass door insulation.
3. Magna-Seal door gaskets to seal heat out and cold in.

PLUS FEATURE: Amana 3-Position Energy Saver Control

An auxiliary heater strip that is turned "on" and "off" by the Energy Saver Control minimizes condensation between the freezer and refrigerator sections during periods of high humidity. Under most conditions, you would set the Energy Saver Control on "lo" position—which shuts the heater completely off to provide maximum savings. The "hi" setting is for high humidity, and uses less electricity than "ex. hi." which is for extremely hot, steamy conditions.





AMANA ESR-14B—14.1 cu. ft

WHY "2 PLUS 2½" insulation pays off.

NOTE: When the room temperature is 80°F, it is 80° warmer than the 0°F freezer section. 2½" of foam wall insulation minimizes the leakage of 80°F room temperature into the freezer section so effectively that the compressor runs less often while still maintaining the 0° freezer temperatu[illegible]

The refrigerator at 38°F is only 42° colder than room temperature, [illegible]ss insulation is required. Regardless, using 2" foam wall insula[illegible] an typical models—will effect worthwhile [illegible]

How much money will an Amana 2 PLUS 2½ save?

[illegible] electricity per [illegible] refrigerators of [illegible]. This rep[illegible]

PROVEN FEATURES: Make the Amana 2 PLUS 2½ as long on quality features—as it is stingy with electricity.

Model ESR-14B features:

- Smokey see-through meat pan and crispers.
- Glide-out shelves.
- Ice Tunnel.
- Convertible Stor-Mor® doors.

Some Free-O'-Frost models have the famous Amana "refrigerator-within-a-refrigerator" that keeps meat fresh longer than ordinary meat pans—plus adjustable half-width cantilever shelves.

6 Models—two Partially Automatic Defrost models which require occasional defrosting of the freezer section only—in 12 and 14 cu. ft. capacities. Four Free-O'-Frost models in 14 and 16 cu. ft. capacities. All available in decorator colors: Autumn Gold, Avocado, Coppertone, Almond and White. For further information, contact Ann MacGregor, Dept. 684, Amana, Iowa 52204.

AMANA [illegible] ***nergy—because saving energy saves money!***

Amana BACKED BY A CENTURY-OLD TRADITION OF FINE CRAFTSMANSHIP

BUYING GUIDE

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

CREATE A LIVE-IN KITCHEN

Page 90 (bottom): Refrigerator and wall oven—General Electric Co., Appliance Park, 2100 Gardiner Lane, Louisville, Ky. 40205. Sink fixtures—Elkay Mfg. Co., 2700 S. 17th Ave., Broadview, Ill. 60153. Tile counter tops—Rico, 979 Third Ave., N.Y., N.Y. 10022.

DOWN WITH DULL BATHROOMS

Page 94: Shower curtain fabric—Westgate Fabrics, Inc., 1000 Fountain Pkwy., Grand Prairie, Tex. 75050. Carpet—Cabin Craft, Inc., WestPoint Pepperell, P.O. Box 1208, Dalton, Ga. 30720. Wallpaper—First Editions Wallcoverings, Inc., 979 Third Ave., N.Y., N.Y. 10022. Peach towels—"Utica" by J.P. Stevens & Co., Stevens Tower, 1185 Ave. of the Americas, N.Y., N.Y. 10036. Green towels—Lady Pepperell, WestPoint Pepperell (see address above).

Page 95 (left): Window curtain fabric—Westgate Fabrics, Inc. (see address above). (Right): Towels—Fieldcrest Mills, Inc., 60 W. 40th St., N.Y., N.Y. 10018. Wallpaper—& Vice Versa, 979 Third Ave., N.Y., N.Y. 10022.

Page 97: Lavatory faucet—Moen Div., Stanadyne, Inc., 377 Woodland Ave., Elyria, Ohio 44035.

Page 99 (bottom): Weight-training machine—Mach 1 Home Module No. 1299 from Marcy Gymnasium Equipment Co., 1736 Standard Ave., Glendale, Calif. 91201. Textured tongue-and-groove planks and glazed prefinished hardboard panels—Marlite Division of Masonite Corp., Dover, Ohio 44622. Plumbing fixtures and fittings—Eljer Plumbingware, 3 Gateway Center, Pittsburgh, Pa. 15222. Light strips—EJS Lighting Corporation, 2060 E. Via Arado, Compton, Calif. 90220. Mirrors—Carolina Mirror Corp., N. Wilkesboro, N.C. 28659.

SAMPLERFUL OF EMBROIDERY IDEAS

Pages 128-129: Quilt—The Gazebo, 660 Madison Avenue, N.Y., N.Y. 10021. Chair—House of Alfino, 150 E. 58th St., N.Y., N.Y. 10022. Painted flowerpots—Schmid Bros., 225 Fifth Avenue, N.Y., N.Y. 10010. Ceramic butterfly—David Lobel, 225 Fifth Ave., N.Y., N.Y. 10010. Hanging lamp—Sublime Lighting, 225 Fifth Ave., Space #204, N.Y., N.Y. 10010. Fabrics for bed linens, tablecloths, and fabric frame for sampler: VIP Fabrics, 1412 Broadway, N.Y., N.Y. 10018. Trims: M&J Trimmings, 1008 6th Ave., N.Y., N.Y. 10018.

PRIZE TESTED RECIPES

Page 151 (left): Wooden salt and pepper—The Mort N. Marton Corp., 366 Coral Circle, El Segundo, Calif. 90245. (Right): Cutting board—H.E. Lauffer Company, Inc., Belmont Drive, Somerset, N.J. 08873. Dinner plate "Romany"—Denby Ltd., Inc., 41 Madison Ave., N.Y., N.Y. 10010. Wooden bowl—Bowl and Board, 12 Street Marks Place, N.Y., N.Y. 10003. Ceramic dish—Williams-Sonoma, 532 Sutter St., San Francisco, Calif. 94102.

Page 152 (left): Jar—Wheaton-Durand, Inc., Tenth & "G" Sts., Millville, N.J. 08332.



(Center left): Mug—Bennington Pottery, 324 County St., Bennington, Vt. 05201. (Center right): Fork "Spectro"—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 5th Ave., N.Y., N.Y. 10010. (Right): Bowl "Faenza"—Arabia Inc., P.O. Box 12457, Kansas City, Mo. 64161.

HE COOKS: FÈVE LA SCALA

Page 156 (right): Soup bowls "San Surf"—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

BREAD CRUMB BASICS

Page 158: Blender, Galaxie model—John Oster Manufacturing Company, 5055 North Lydell Ave., Milwaukee, Wis. 53217.

RHUBARB TREATS

Page 184: Bowls—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. Creamer—H. Wittur & Co., 1024-1026 Emerson St., Evanston, Ill. 60204.

Page 186: Pie plate—The Pfaltzgraff Co., P.O. Box 1069, York, Pa. 17405.

Page 188: Plate—Trans-Ocean Bridge, Inc., P.O. Box 386, Reston, Va. 22090. Fork—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 Fifth Ave., N.Y., N.Y. 10010.

ASPARAGUS-TOMATO STIR-FRY

Page 192 (top): Bowl—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

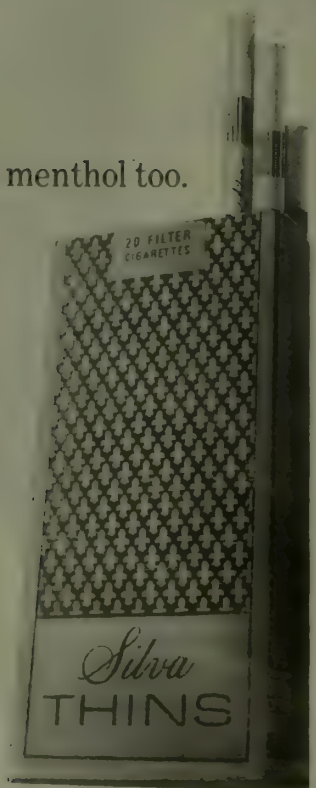
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FOOD

Rhubarb treats

Even when rhubarb is not available fresh, you can enjoy it in these luscious desserts. Tuck rosy rhubarb, fresh or frozen, into a creamy custard pie, a crunchy baked dessert, or a filled coffee cake.

When buying fresh rhubarb, choose firm bright pink to reddish stalks. Avoid extremely thick stems (a sign of toughness) and wilted, overripe stems. To store, wash and trim the stalks and discard the poisonous leaves. Then refrigerate the rhubarb in your vegetable crisper and use within a few days.

To freeze rhubarb, wash, trim, and cut up the stalks. Blanch rhubarb pieces in boiling water one minute; cool in cold water. Drain in colander; spoon into freezer containers, leaving a ½-inch headspace. Seal, label, and freeze.



Photographs: Dieter **Buying information, page 183**

ROSY RHUBARB BAKE

Bake this easy dessert along with an oven entrée to save time and energy—

- **1½ pounds fresh rhubarb *or* one 20-ounce package frozen unsweetened rhubarb, cut in ½-inch pieces (5 cups)**
- **8 slices slightly dry firm-textured white bread, cut in ½-inch cubes (4 cups)**
- **1¼ cups sugar**
- **¼ cup butter *or* margarine, melted**
- **1½ teaspoons finely shredded orange peel**
- **1 medium orange, peeled, sectioned, and cut up**

continued


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continued

Rhubarb treats

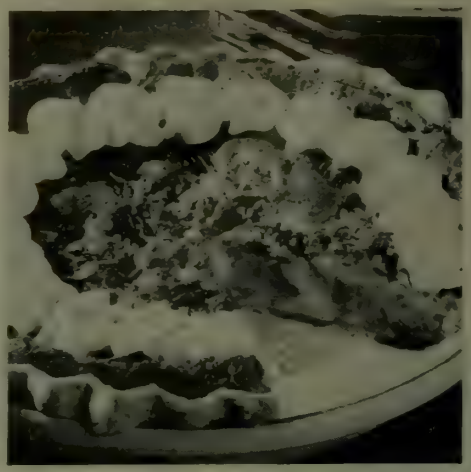
¼ teaspoon salt
½ cup flaked coconut

• • •

Light cream (optional)

In large bowl combine rhubarb, bread cubes, sugar, butter or margarine, *¾ teaspoon* of the orange peel, the orange sections, and salt; mix well. Turn into greased 9x9x2-inch baking pan.

Combine remaining orange peel and the coconut. Sprinkle atop rhubarb mixture. Bake in 375° oven about 35 minutes. Serve warm with cream, if desired. Makes 8 servings.



RHUBARB CUSTARD PIE

1 cup sugar
3 tablespoons all-purpose flour
3 egg yolks
3 tablespoons frozen orange juice concentrate
2 tablespoons butter *or* margarine, softened
3 cups fresh rhubarb *or* one 13-ounce package frozen unsweetened rhubarb, cut in ½-inch pieces
3 egg whites
⅓ cup sugar
1 9-inch unbaked pastry shell
⅓ cup chopped pecans

Combine the 1 cup sugar, the flour, and ¼ teaspoon *salt*. Add egg yolks, juice concentrate, and butter or margarine; beat smooth with rotary beater.

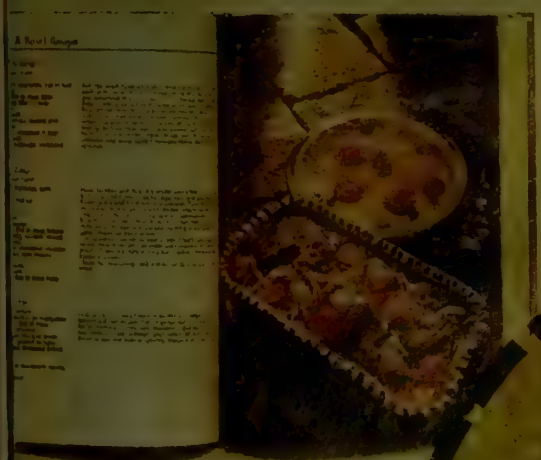
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continued

Rhubarb treats

Stir in rhubarb. Beat egg whites to soft peaks. Gradually add the ⅓ cup sugar, beating to stiff peaks. Gently fold whites into rhubarb mixture. Pour into pastry shell, sprinkle with nuts. Bake in 325° oven 55 minutes. Garnish with whipped cream, if desired.



RHUBARB-STRAWBERRY COFFEE CAKE

3 cups all-purpose flour
1 cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 cup butter *or* margarine
1 cup buttermilk
2 slightly beaten eggs
1 teaspoon vanilla
1 recipe Rhubarb Filling
¾ cup sugar
½ cup all-purpose flour
¼ cup butter *or* margarine

In mixing bowl stir together the 3 cups flour, the 1 cup sugar, the soda, baking powder, and 1 teaspoon *salt*. Cut in the 1 cup butter or margarine to fine crumbs. Beat together buttermilk, eggs, and vanilla; add to dry ingredients. Stir to moisten. Spread *half* the batter in greased 13x9x2-inch baking pan. Spread cooled filling over batter in pan. Spoon remaining batter in small mounds atop filling. Combine remaining sugar and flour; cut in ¼ cup butter to fine crumbs. Sprinkle crumbs over batter in pan. Bake in 350° oven for 40 to 45 minutes. Makes 12 to 15 servings.

Rhubarb Filling: In saucepan combine 3 cups fresh *or* one 13-ounce package frozen unsweetened *rhubarb,* cut in 1-inch pieces, and one 16-ounce package frozen sliced sweetened *strawberries,* thawed. Cook fruit, covered, about 5 minutes. Add 2 tablespoons *lemon juice.* Combine 1 cup *sugar* and ⅓ cup cornstarch; add to rhubarb mixture. Cook and stir 4 to 5 minutes till thickened and bubbly; cool. ■



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Paul Masson Vineyards, Saratoga, Calif. © '77

SHOPPING

How to order material from the magazine



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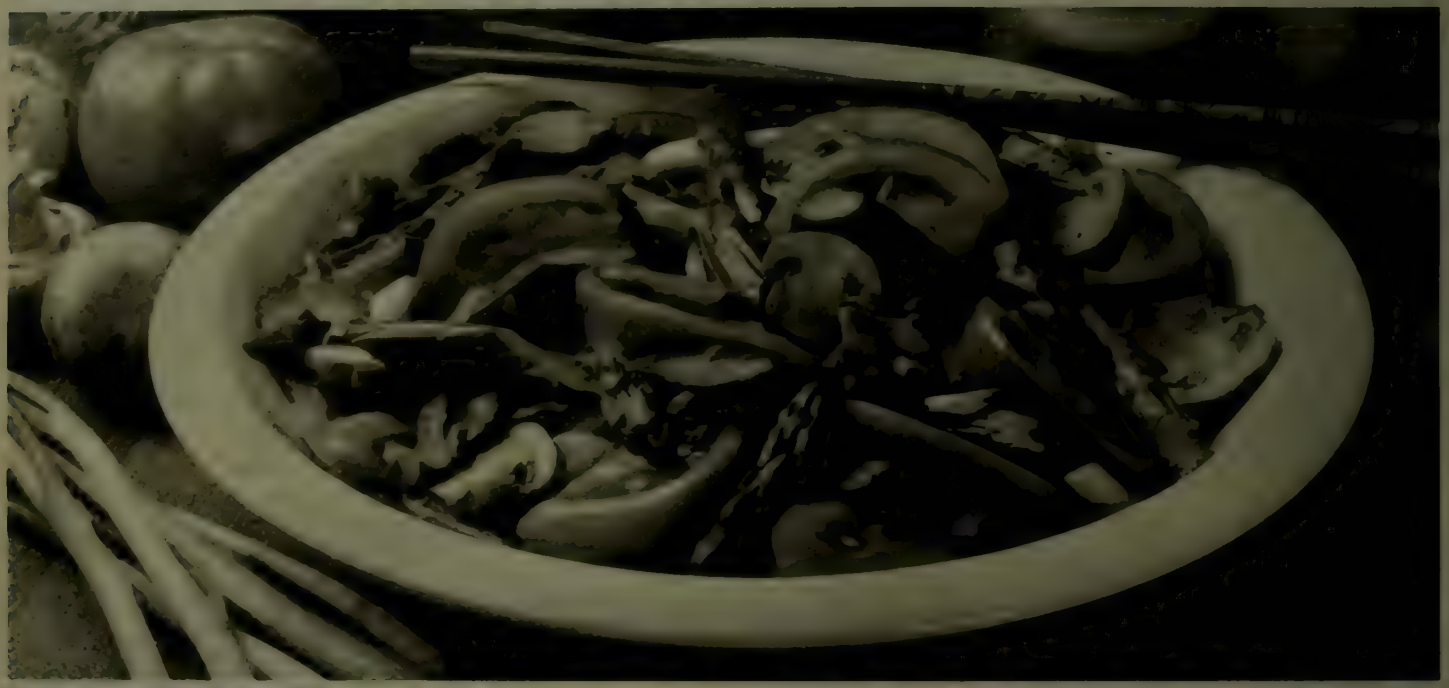
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STEP-BY-STEP COOKING

ASPARAGUS-TOMATO STIR-FRY

Quick and easy cooking is old hat to Oriental cooks. They call it stir-frying—which means cooking foods quickly while stirring them constantly. The traditional stir-fry cooking utensil is a wok. Its sloping sides and round bottom provide a large cooking surface. Since the bottom gets hot while the sides stay cool, foods that need no further cooking can be pushed up the sides. When using a wok, position the ring stand on the largest burner. For a gas range, place the ring wide end down; for an electric range, place the ring wide end up.



Buying information, page 183.

Photograph: Dieter



STEP 3

ASPARAGUS-TOMATO STIR-FRY

If you don't have a wok, a heavy skillet works equally well—

- **1 pound fresh asparagus**
- **1 tablespoon cold water**
- **1 teaspoon cornstarch**
- **2 teaspoons soy sauce**
- **¼ teaspoon salt**
- **1 tablespoon cooking oil**
- **4 green onions, bias-sliced into 1-inch lengths**
- **1½ cups sliced fresh mushrooms**
- **2 small tomatoes, cut in thin wedges**
- **Hot cooked rice**

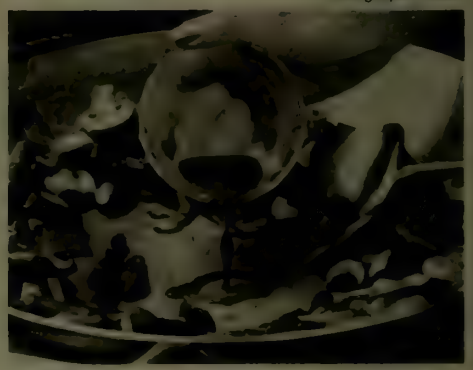


STEP 4

Step 1: Snap off and discard woody base of asparagus. Bias-slice the asparagus crosswise into 1½-inch lengths and set aside. (If asparagus spears are not slender and young, cook cut-up pieces, uncovered, in a small amount of boiling salted water about 5 minutes; drain well.)

Step 2: In a small bowl blend water into cornstarch. Stir in soy sauce and salt; set aside.

Step 3: Preheat a wok or large, heavy skillet with deep sides over high heat a few minutes; add cooking oil and heat about a minute more.



STEP 6

Step 4: Stir-fry asparagus and green onions in hot oil 4 minutes. Use a long-handled spoon or spatula to turn and lift the food with a folding motion. Add mushrooms; stir-fry one minute more.

Step 5: Stir soy mixture again.

Step 6: Push vegetables up the sides of the wok; add cornstarch mixture to center of wok. Let mixture bubble slightly, then stir into vegetables. Cook and stir till mixture is thickened and bubbly.

Step 7: Add tomatoes and heat through. Serve at once with cooked rice, if desired. Makes six servings. ■


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Update on STROKES

A stroke is a sudden loss of brain function as a result of disruption of the blood supply to the brain. The effect can be devastating. Although stroke is the nation's third most common cause of death (behind heart disease and cancer), the outlook is getting progressively brighter. New treatments are aiding recovery, and detection has been so refined that many impending strokes can often be spotted and preventive measures started.

Today three of five stroke victims survive. One of those three returns to a normal way of life; most of the remainder can be taught to cope with everyday life, even though they may experience disturbances of vision, speech, hearing, motor control, or personality. But despite the encouraging progress of stroke treatment, 15 percent of all stroke victims require total nursing care for the rest of their lives.

In all cases, it's now recognized that the involvement of the stroke victim's family is crucial to helping him or her recover as fully as possible.

What happens during a stroke?

The brain needs continuous blood flow to function normally. If blood flow to part of the brain is disrupted, that portion of the brain stops working and the specific bodily function it controls is also impaired. Normally if the disruption is longer than five minutes, brain cells die; unfortunately, brain cells do not regenerate.

Whether loss of such functions as movement, thought, memory, speech, or sensation is slight or severe, temporary or permanent, depends on which cells are damaged, how severe the damage is, how well the body repairs the disrupted blood supply by using other (collateral) blood vessels, and how quickly other brain cells can take over for the damaged cells.

What causes strokes?

The causes can differ, although they may produce similar results. There are four main causes of stroke:

- A *thrombus* or fixed clot forms inside one of the arteries of the brain or neck and blocks the flow of blood.
- An *embolus* (wandering blood clot or arteriosclerotic debris) is carried to the brain from elsewhere. The clot eventually gets stuck in a tiny blood vessel and cuts off circulation to a part of the brain.
- *Stenosis* is the narrowing of the blood vessels supplying the brain. As a result, circulation of blood to the brain is impeded.
- A *cerebral hemorrhage* is bleeding from an artery in the brain. The bleeding deprives brain cells of blood so that they cannot work. The blood that escapes the artery may put pressure on brain tissue and interfere with the brain's functioning.

Who is stroke-prone?

Half of all stroke victims affected are under age 55, but even children can suffer a stroke.

Heredity seems to be important; if your parents had strokes, you're more likely to have them too. The older you are, the greater the risk.

Additional risk factors include:

- High blood pressure (the higher the blood pressure, the greater the risk of stroke)
- Heart disease
- Diabetes
- High levels of blood cholesterol, triglycerides, and other fats
- Obesity (in association with high blood pressure)
- Smoking (which contributes to heart disease)
- Sedentary life-style (which also contributes to heart disease)
- Gout
- Elevated levels of red blood cells
- Use of oral contraceptives

Strokes can also be caused by inborn defects or progressive disease of the blood vessels of the brain. These conditions may not be detected during a physical exam.

What are stroke warnings?

Learn to recognize the messages from your body that warn of stroke so you can seek prompt medical attention. Here are the signs to look for—in yourself or in members of your family. (The duration of stroke episodes ranges from 15 minutes to several hours.)

- Sudden, temporary weakness or numbness of the face, arm, or leg
- Temporary difficulty with speech
- Brief dimness or loss of vision, especially in one eye
- Double vision
- Brief dizziness or unsteadiness
- Loss of memory
- Change in personality or mental ability

Such symptoms occur because an artery has been temporarily obstructed; the attacks are so brief that they do not cause permanent damage. These "little strokes" are called *transient ischemic attacks* (TIA); the word "ischemia" refers to insufficient blood flow caused by an obstruction.

While the symptoms of a TIA usually don't demand a hurried trip to the hospital emergency room, you should call your doctor promptly.

How are strokes diagnosed?

The most useful "tools" in the diagnosis of strokes continue to be the patient's clinical history and a physical examination that focuses on nerve and blood vessel functioning. Your family doctor may refer you to a *neurologist* (a specialist in the nervous system), or if surgery is contemplated, to a *neurosurgeon* or a *vascular surgeon*.

A number of procedures are used to confirm the diagnosis of stroke:

An *electroencephalogram* (EEG) measures brain activity and transmits information to a recording device.

Brain scans focus on a specific section within the head to get a more accurate view of the exact location of the problem.

Computerized axial tomographic scanning (CAT scanning) uses narrow X-ray beams to "scan" the patient's

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continued . .

Strokes

head rapidly in a series of very thin "slices." The beams passing through the head are converted into electrical signals that are stored in a high-speed computer; the computer then mathematically combines the signals from the many slices and delivers a picture to a television monitor for immediate viewing or photographing.

X-ray angiography is the injection of radiopaque dye into the neck arteries so that X rays of the blood vessels in the brain can be made. The resulting films indicate the size and location of weak spots in arteries, obstruction of major vessels, and other useful information. There is a slight risk of reaction to the dye.

Other procedures being developed or in limited use include injection or inhalation of radioisotopes and subsequent scanning with a radiation-counting camera, ultrasonic analysis of neck and head arteries, examination of the arteries of the retina of the eye, and minute measurements of heat patterns radiating from the face or scalp.

Can strokes be prevented?

There's good reason not to ignore TIA symptoms. About 35 percent of the persons experiencing TIAs are likely to have a stroke within five years.

While prompt treatment may be able to head off additional episodes, much depends on the patient's willingness to stick to a regimen. That may call for losing weight, giving up smoking, and taking medications regularly.

Medications frequently are given initially to lower blood pressure, to reduce brain swelling, and to reduce the ability of the blood to clot.

Recent attention has been focused on a group of drugs that affect the blood's clotting factors. Aspirin and several other drugs, (including sulfinpyrazone) appear to interfere with clotting. Several studies have suggested that such drugs may reduce the occurrence of stroke in patients (especially men) having multiple TIAs.

Also under study are drugs that dissolve clots, allow blood vessels in the brain to open to their fullest diameter, and minimize a condition known as spasm. In spasm, arteries near a bleeding vessel close down, further depriving the brain of blood.

A new surgical procedure has been developed to prevent strokes in persons whose neck arteries are beyond repair. The technique, called *extracranial/intracranial bypass,* involves connecting an easily spared artery in the scalp to an artery in the brain as a means of supplementing the brain's blood supply. A study, supported by the National Institute of Neurological and Communicative Disorders and Stroke (NINCDS) is under way to evaluate the success of the procedure.

When blood vessel disease is advanced and weak spots or clots are known to exist, surgery can be used to correct the problem. Until recently, surgery was limited to the larger arteries in the neck or arteries at the base of the brain, because of their relative accessibility. Today, however, surgeons aided by an operating microscope and the extracranial/intracranial bypass can remove clots from, and repair, vessels no bigger than a matchstick. The nylon sutures used are barely visible to the naked eye.

How is acute stroke treated?

Almost all acutely ill stroke patients are hospitalized, often in special facilities where skilled nursing care, drugs, and physical therapy are available.

Recovery varies with patients and often depends on the cause. After an embolism, rapid improvement tends to occur within a few days. Following a stroke caused by a thrombus, there's usually gradual improvement over a period of two to three weeks. However, after hemorrhage into the brain, there's often rapid deterioration.

Physical improvements often precede mental ones. A realistic appraisal of the patient's *ultimate recovery* can take place three months after a stroke. The evaluation includes the patient's range of limb movement, ability to feed and dress himself, handle toilet activities, communicate with others and return to normal household and work responsibilities. Six months after a stroke most spontaneous recovery of mental abilities will have occurred.

How can you help a stroke victim?

A stroke can alter all aspects of the patient's life. Because the brain is the damaged organ, the patient will probably experience changes in mental function along with the more obvious physical impairments. A formerly neat person may become sloppy; an easy-going person may burst into tears or rages without apparent provocation. If the stroke patient's behavior remains relatively unchanged over a period of weeks or months, family and friends may have to be the ones to learn new ways of relating. That requires both patience and ingenuity.

Intellectual rehabilitation may be inconsistent. Some patients appear as capable as ever when confronted with some intellectual tasks and then later may be unable to perform a seemingly similar task, according to psychologists Roy Fowler, Jr. and W. E. Fordyce of the Department of Rehabilitation Medicine at the University of Washington Medical School (Seattle). The patient has good and bad days, even good and bad hours.

Many difficulties encountered by the stroke patient involve memory failures. He may, for example, forget to get completely dressed. The family can help by posting a dressing checklist on the bathroom mirror. For a person who cannot recall a series of messages such as "Hang up your coat, wash your hands, and come to supper," it's better to give the messages one at a time. Doctors Fowler and Fordyce also note that memory aids such as appointment books, written notes, and schedule cards can increase a stroke patient's ability to perform.

Partial loss of emotional control is a problem for many stroke patients. While anyone is likely to be depressed following a severe illness, the stroke patient also may cry or laugh inappropriately. Such behavior may be interrupted by diverting the patient's attention—snap your fingers, call his name, or ask him a question.

Some patients become confused and disoriented if left alone for long periods of time. Even simple devices such as a radio playing softly or a dim nightlight can help keep a patient in touch with reality.

Speech and language difficulties known as *aphasia* may follow a stroke that damages the left side of the brain. Aphasia compounds the stroke victim's problem, say doctors Fowler and Fordyce, because people tend to regard a person who can't speak or make

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continued

Strokes

himself understood as more disabled than he really is. Actually, communication often can be established by using pantomime rather than speech. But if the stroke patient becomes adept at understanding nonverbal communication, don't overestimate his abilities. That might lead you to mistakenly assume the patient is stubborn and uncooperative should he fail to respond to your pantomimed requests.

Praise given frequently and appropriately can encourage a slow, cautious, or disorganized stroke victim to keep going. Tasks should be divided into steps, so that feedback can be given along the way. A person with paralysis on the right side may put on his shirt by (1) holding it in starting position, (2) placing the affected right arm in a sleeve, (3) pulling the shirt around and placing the other arm in a sleeve, and (4) fastening the buttons.

Persons with damage to the right side of the brain often have difficulty with spatial perception—that is, perception of distance, size, position, and range of movement. Most of us have experienced minor problems of this sort: We've walked down a flight of steps and found the last step "missing" or reached for a doorknob and found it still a few inches away. A stroke victim may confuse the inside and outside of his clothes or bump into things.

A person with damage to the right side of the brain may also be a poor judge of his own ability and safety. Encourage him to slow down and to check his own progress; verbal cues often are more effective than demonstrations. Often he functions best in a simple environment that is free of clutter.

Persons with damage to either the right or left side of the brain may have problems with signals from the senses on their impaired side. The patient may ignore or "neglect" things that happen on his impaired side. He may not recognize you if you approach from his impaired side, but if you walk around to the other side, he may greet you as if you had just arrived.

He may eat the food from only half his plate, but if the plate is turned around, he will finish the meal. When going down an unfamiliar hallway and returning, he may react as if he had traversed two separate hallways, because he saw one side going and the other coming. You can help a person who experiences such problems by calling attention to things happening on his impaired side. It may be necessary to modify his environment so that, for example, clothes hang in his closet only on his "good" side.

Doctors Fowler and Fordyce emphasize that each stroke patient and his family have unique problems. The doctors include more detailed suggestions for helping a stroke patient in their booklet, *Stroke: Why Do They Behave That Way?*, available from your local American Heart Association. Other useful publications from the AHA are *Do It Yourself Again*, which describes self-help devices and lists suppliers, and *Up and Around*. ■

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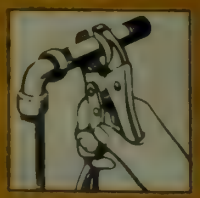

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MISSISSIPPI RIVER VACATION ADVENTURES

The mighty Mississippi, one of the world's great rivers, starts as a walk-across trickle in northern Minnesota, then cuts its ever-changing serpentine course through the heartland of America. In addition to being a romantic, 2,365-mile repository of history, the River is also a wildlife refuge, a recreational bonanza, and a busy carrier of commerce.

From the days when prehistoric Indians built their burial mounds overlooking the capricious waters of the Mississippi, it has been a magnet for the adventurous. In the 17th century, explorers Marquette and Jolliet opened the Midwestern north to French fur trappers and traders and, later, settlers. La Salle tried to find his way through the maze of Southern bayous and channels to pinpoint the awesome River's mouth. In the 19th century, sternwheelers and barges chugged up and down bringing entertainment, people, and supplies, and carting farmers' produce to market. And, Mark Twain's characters carried out their escapades.

If you follow the Mississippi from its Lake Itasca source to its mouth on the Gulf of Mexico, you find the River changes character many times in its meandering. In the north, it passes through fragrant pine forests, lakes, broad wild rice marshes, quiet dairy farms, moody wetland woods, and between high bluffs crowned with sturdy hardwoods. South of Minneapolis/St. Paul, locks and dams control its flow and ease river crafts from level to level. Small river towns and larger bustling cities dot its banks. As you head south, the River broadens, barge traffic thickens, industry is more apparent, farm crops change to soybeans, cotton, tobacco, and even sugar, and delta land introduces a confusion of bayous.

Bite-size pieces

To travel the entire Mississippi and to see all the numerous attractions along its banks would take much longer than most families could manage. That's why we devised the special family vacation adventures on the following pages. Each is matched to the special character of five sections of the River: canoeing in the pristine, often primitive northern section; houseboating the scenic stretch between Minneapolis/St. Paul and Davenport, Iowa; biking the gentle countryside that borders the east bank of the River between Davenport/Rock Island and St. Louis; cruising the River on a steam-driven sternwheeler from St. Louis to Vicksburg, Mississippi; car touring through the very Southern and richly historical River area from Vicksburg to New Orleans.



LAKE ITASCA TO MINNEAPOLIS

CANOEING



The upper Mississippi, once a pathway for canoe-paddling explorers, still retains much of its wilderness character. And canoeing is still one of the best ways to travel the River here and enjoy its wildlife, scenery, and history. There are very few navigation hazards, and state and local governments have built access points and campgrounds at parks along the River.

Putting in at the source

Drop your canoe into the outflow of northern Minnesota's Lake Itasca and you'll be on your way into an area that has little contact with the outside world, except for canoeists.

About 60 miles of wilderness lies between Itasca and the first big lake (and major settlement) on the River, Lake Bemidji. If you plan to make the full trip, allow for at least four days of traveling. You'll know you're on Lake Bemidji when you spot the 20-foot-tall statues of the legendary lumberjack Paul Bunyan and his blue ox, Babe, on the lakeshore.

Some 20 miles past Bemidji the Mississippi flows through another big lake —Cass Lake—which has several excellent developed campgrounds. Farther along is Lake Winnibigoshish, on the northeast side of which you'll find the dramatic Turtle Mound Historic Site. One effigy mound is shaped like a turtle, and it's surrounded by another mound that's shaped like a snake.

This portion of the River between Cass Lake and Deer River passes through the Chippewa National Forest, nesting ground for about 200 bald eagles. Look for the eagles hovering high over the River or perched like sentinels in dead trees along the River.

Logging history

The highlight of Minnesota history is the logging era, and that period is well represented by Lumbertown, 12 miles northeast of Brainerd. Here, in summer, you'll see replicas of the era on display, and you can ride on a Northern Pacific train.

To re-create the logging days, the Minnesota Historical Society is sponsoring the Forest History Center, located on 50 acres along the Mississippi near Grand Rapids. Although the Center is still about two years from completion, it already vividly depicts the rugged life of the lumberjack.

A neat stretch

Another popular part of the River for canoe vacationing is the 40-mile stretch between St. Cloud and Anoka. Drop your canoe in the River at St. Cloud and begin paddling. Soon you'll reach the Beaver Islands archipelago. This cluster of islands breaks the River into many different channels.

Like most of the Mississippi, this section is a haven for waterfowl. You're likely to spot ducks, geese, herons, bitterns, coots, hawks, owls, and ospreys. Beaver, muskrat, and mink are common, as are white-tailed deer.

Below the Beaver Islands, the Mississippi reassembles its channels into a broad river that's both shallow and rocky, and for the next 30 miles you'll be traveling on some of the best smallmouth bass fishing water in North America. Full stringers are common here, and the River also hosts walleye, northern pike, crappie, and catfish.

With a few exceptions the River islands are public property, so you can camp on them if you wish. However, be prepared to make your own campsite. There are no official camping spots on the islands.

Riverside parking

Approximately 20 miles downstream are two parks right on the River. The first is Montissippi Park, which has launching and picnic facilities. The other is Ellison Park, in Monticello, which likewise has picnic and launching facilities, and is within walking distance of the town's business district.

From Monticello, it is about 11 miles to Elk River and another ten miles to Anoka. There are parks in both towns where canoers can land.

For your information

Minnesota has mapped seven River canoe routes from Lake Itasca to Anoka that indicate launching and takeout points, navigation hazards, campsites, state parks, and interest points. For a set of these maps write to the Minnesota Department of Natural Resources, Division of Parks and Recreation, Room 196, Centennial Building, St. Paul, Minnesota 55155.

Here's another tip: Before you start canoeing, arrange for someone to drive your car to the point where you plan to conclude your trip. Then you'll have transportation when your trip is over.

Much of the Upper Mississippi is shallow and late in the year even the main channel becomes low. Call Minnesota's water level reporting service (612/296-6784) to find out if the River north of the Twin Cities is canoeable.

For additional information, write to the Minnesota Tourist Information Center, Box 180, 480 Cedar Street, St. Paul, Minnesota 55101.

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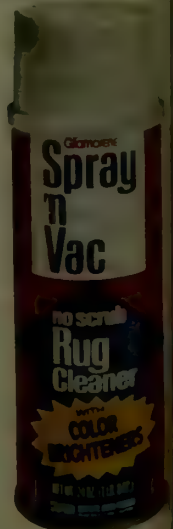
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MINNEAPOLIS TO DAVENPORT HOUSEBOATING



When the Mississippi flows out of the Minnesota north woods and through Minneapolis/St. Paul, it takes on the husky look of a big river. And even though the River retains much of its wild character here, evidences of man's intrusion become increasingly apparent.

Locks and dams have tamed the River, but not completely. There's still a surprising current and the wind still whips down the river gorge between craggy limestone bluffs that are trimmed with an unending hardwood forest.

If you travel the Mississippi on a houseboat—a floating cottage that can sleep between six and eight people—you'll be able to explore the islands, the inviting sandbars, and secretive backwaters, and you'll travel between charming little river towns that strut along the banks.

A wide place on the River

If you start your houseboat trip at Lake Pepin, a three-mile-wide stretch of the River on the Minnesota-Wisconsin border, 3½ days of leisurely travel will take you through one of the most spectacular regions of the Mississippi. You'll wind up at Wisconsin's Wyalusing State Park, just south of Prairie du Chien. (Remember 3½ days downstream means you'll spend about 4½ days boating back upstream against the current to your starting point.)

There are several towns on the shores of Lake Pepin, and one of the most charming is Lake City, Minnesota. The town's clean waterfront invites you to tie up and explore. You can beach your boat at a shoreline park that's within easy walking distance of the business district.

When you leave Lake Pepin and enter the main channel of the Mississippi, you'll be heading into the Upper Mississippi Fish and Wildlife Refuge. In this area, which extends all the way downstream to Rock Island, Illinois, the river bottoms are wide and wild. In the autumn (when the river bank foliage is dazzling) you can see flock after flock of migratory waterfowl.

Continuing downstream, you may want to stop at LaCrosse, Wisconsin, where the River breaks into a number of different channels and backwaters. You can tie up at the LaCrosse Municipal Harbor or the LaCrosse Pettibone Boat Club—both places service houseboats. But you don't necessarily have to tie up at a town for the night. This portion of the Mississippi abounds in islands and sandbars—ideal places to beach your boat overnight.

Effigy Mounds and other antiquities

One spot along your southward way that you'll want to visit is the Effigy Mounds National Monument. Long ago Indian tribes constructed these burial mounds in the shapes of bears and birds. The Monument sits atop soaring cliffs that provide sweeping views of the Mississippi valley.

Downstream from Effigy Mounds is the town of McGregor, Iowa, with plenty of places to land your houseboat. Some restoration has given the town a pleasant turn-of-the-century look, and shops offer antiquers a tempting selection. Not far downstream from McGregor, where the Wisconsin River enters the Mississippi, is nifty Wyalusing State Park.

Some rules of the River

Handling a houseboat is as easy as driving a car—after an hour at the helm, you'll feel quite comfortable. But as with driving you've got to know the rules of the road. You must give the right of way to unmotorized craft, like sailboats, which are common on Lake Pepin. And you'd best get out of the way of barges and towboats. When you board a houseboat, you should be given a set of Coast Guard navigation charts in addition to instruction on operating the boat and its machinery. The charts accurately give the location of the main channel and towns along the River, as well as the major backwaters and parts of tributary streams.

Where to rent a houseboat

You'll find many houseboat liveries between St. Paul and Davenport. Lists of these are available from the state tourism offices mentioned below. Houseboat rental rates vary, but a good rule of thumb is about $100 per day. Weekly rates vary between $600 and $800. Most liveries have a three-day minimum rental.

To obtain additional information about the River, you can purchase two handbooks: *Quimby's Harbor Guide,* from Mildred Quimby, Box 85, Prairie du Chien, Wisconsin 53821 ($3.60 first-class postage); and *A Log to the Upper Mississippi,* for $2.80 from the Mississippi River Parkway Commission, West-3171, First National Bank Building, St. Paul, Minnesota 55101. For information on the Minnesota side of the River, write the Minnesota Tourist Information Center, Box 180, 480 Cedar Street, St. Paul, Minnesota 55101. For Wisconsin information, write the Division of Tourism, Box 7606, Madison, Wisconsin 53707. For Iowa information, write the Iowa Development Commission, Travel Division, 250 Jewett Building, Des Moines, Iowa 50309.

continued

DAVENPORT TO ST. LOUIS BICYCLING



This is perfect territory for a biking vacation: gentle terrain; quiet side roads; interesting towns; campsites and motels aplenty; and stunning overviews of the River. The State of Illinois has mapped out four bike tours, ranging from 12 miles to 120 miles, that meander along the Mississippi. We tried the 120-mile stretch between Rock Island (opposite Davenport) and Nauvoo, Illinois, and heartily recommend it for family bike touring. You can have family members take turns bringing the "sag wagon" along behind.

Push-off point

In Rock Island, Illinois, across the River from Davenport, Iowa, start your tour at the foot of Centennial Bridge. Then proceed south on 11th Street into Milan, crossing the Rock River over two small bridges (11th Street eventually becomes State-67). Now just follow the trail map as it takes you out into cornfields and rolling hills.

There's nothing like pedaling for whetting appetites, so soon after you make your turn west onto State-94 before Taylor Ridge, you might appreciate a snack stop at Crampton's Apple Orchard. And farther on in Reynolds, you'll find that the folks at the U Drop In are mighty generous with their ice water—which tastes like champagne to a cyclist. After riding through the town of Joy on State-17, you'll be making a south turn onto Keithsburg Road. But here you should make a side trip. Before turning south to Keithsburg, continue a few miles west and visit the town of New Boston, a one-time fishing village with a distinct old-world ambience.

A fine forest preserve

The nine-mile stretch between Keithsburg and Oquawka runs through the Great River Forest Preserve—a sensory delight for bikers. As you ride through its thousand-acre forest, you



can stop to pick a handful of fresh raspberries or to examine the delicate yellow flower of a cactus in bloom. And as you pedal and pause, the mighty Mississippi constantly slips in and out of sight through the tall pines.

Also in this preserve is Delabar State Park, located two miles north of Oquawka, where more than 50 different species of birds have been identified in the thick stands of oak, hickory, and birch. Delabar offers tent sites in either primitive or improved areas of the Park. And with a little walking, you'll be able to cart bikes and gear up a gentle rise to an out-of-the-way spot where you can camp with a direct view of the Mississippi. Just one word of warning—carry your bikes whenever you leave pavement or gravel. The sandy Park soil is notorious for its goat's head thorns, which can flatten your tires.

Perfect picnicking

As you ride out of Oquawka on State-164, take advantage of the many scenic rest stops you'll find. The Henderson Covered Bridge is a county landmark, and offers picnic tables, a cool-running well, and plenty of shade. At Gladstone you may want to ride out to Mississippi Lock and Dam No. 18 to watch boats and barges locking through. Or, a few miles farther on, stop at the Henderson County Conservation Area to lunch and/or tent beside Gladstone Lake.

Trail's end

At your trail's end, Nauvoo, on State-96, be sure to see the Nauvoo Restoration Visitors Center. Here, a guide will explain the history of his mid-19th-century Mormon capital, and recommend some of the dozen or so restored homes, including those of Joseph Smith and Brigham Young, that you can tour free of charge. But the keystone of the Nauvoo Restoration is Temple Block—the now-leveled site of an 1840s Mormon temple. The Chamber of Commerce on Main Street offers rental tapes that will guide you through town. (If you save your trip for Labor Day, you can join in the Nauvoo Wine and Cheese Festival.)

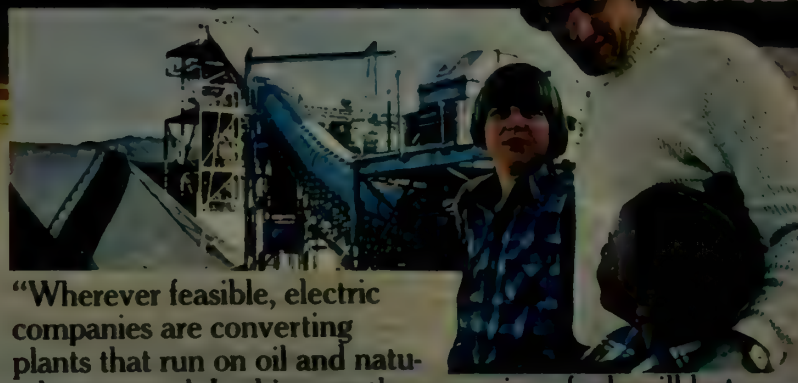
You might want to continue on the hilly 12-mile Nauvoo River Trail that hugs the River en route to the Montebello Conservation Area and the town of Hamilton. For details and maps of 18 biking tours, write to: Illinois Adventure Center, 160 North LaSalle Street, Chicago, Illinois 60601.

continued

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ST. LOUIS TO VICKSBURG

RIVERBOATING



Just upstream from St. Louis stands the last lock and dam of the Upper Mississippi River. From below St. Louis to the sea, the Lower River runs unfettered by those controls. Like a giant serpent the River writhes across a vast flood plain, eating out a bend here, filling in a backwater eddy there, piling up and tearing down land.

Visiting St. Louis' waterfront will give you a taste of the romantic heyday of the Lower River. Several boats moored at the levee are now bustling restaurants, and the majestic *Admiral* packs aboard hundreds for day cruises. The *Huck Finn* and *Sam Clemens*, small replicas of early-day stern-wheelers, make leapfrog departures and arrivals to carry trippers on waterfront tours.

And on certain gala days, the *Delta Queen*, the Big Mama of surviving steam packets, ties up to discharge and embark passengers. You'd be smart to get on board. This great overnight river palace offers a unique opportunity to get on more intimate terms with the Lower River.

Bon voyage

Stewards on the *Delta Queen* pack your luggage into the gleaming white wedding cake of the superstructure and guide you through ornate Gothic lounges to your trim stateroom. At departure time the roustabouts cast off all lines, the two-story-tall crimson wheel thrashes the river, and the boat moves into the stream to the joyous whoops of the steam calliope.

The *Delta Queen* was built more than a half-century ago, and it's the real thing throughout. The superstructure is oak, walnut, teak, and mahogany; the paneling is ironwood. Stained-glass partitions and etched-glass doors are reminiscent of the palmy days.

Once you're underway, a good spot to head for is the topside lounge where you can watch the great River slip by and enjoy some Dixieland jazz. And later, after a fabulous dinner, you'll dance off the calories and watch a show put on by river circuit entertainers.

If you're like many passengers, you'll retire late. Even so, it's worth your while to rouse in time for the sunrise.

Be sure to bring along your binoculars to sweep the willow-crowded banks for great blue-and-yellow-crowned night herons, stragglers from migrating duck flocks, and sometimes a fox. And check the sandbars for the hulks of towboats and barges wrecked long ago.

Those numbers you'll see posted at intervals on the banks mark the Upper River miles remaining before Mile Zero at Cairo, Illinois. By checking the mileposts on the maps in the lounge, you can identify the landmarks.

Just beyond the bridge at Cairo, the Ohio joins the stream, and from here on, the Mississippi is truly the mighty torrent of legends. Soon you'll pass Memphis, a major river port, perched atop the Chickasaw Bluffs.

Your stop is Vicksburg, which sits some 299 river miles downstream from Memphis along striking loess bluffs. The Vicksburg National Military Park battlefield is preserved almost exactly as it was during the seige that cut the Confederacy in two. The city and its environs abound with fine old homes and historical buildings.

Dates and fares

The *Delta Queen* and her new sister boat, the *Mississippi Queen*, both offer a series of summer cruises that weave together combinations of the Ohio River, Upper Mississippi, and Lower Mississippi ports. Virtually no two cruises are exactly alike, and rates, which include all meals and entertainment, vary according to room size and location. However, you can figure about $75 to $125 a night per person, double occupancy, for *Delta Queen* cruises. A child under 12 sharing the room with two adults pays $25 a night, and there's no fare for a child under three. (Fares are higher on the *Mississippi Queen*.)

The St. Louis-Vicksburg cruise we've described takes three nights and is considered an "intermediate booking." The full cruise would continue to New Orleans. Intermediate bookings must be made two weeks prior to sailing. The *Mississippi Queen* will cruise this section of the River departing St. Louis on July 29. The *Delta Queen* plies that section in both directions five times in October and November. For schedule and fare information, write R. Barnes, Delta Queen Steamboat Company, 611 Main Street, Cincinnati, Ohio 45202. Or, see a travel agent.

continued

VICKSBURG TO NEW ORLEANS

CAR TOURING



The roads hugging this southernmost section of the River, from Vicksburg to New Orleans, take you through an unsurpassed 250-mile continuous pageant of turbulent and colorful history.

To discover why Vicksburg was the Gibraltar of the Confederacy, stand behind the earthworks around Fort Nogales and beside the battery of cannons at the foot of the Mississippi River bridge. From these commanding lookouts, Confederate artillerymen in the Civil War strangled the Mississippi River commerce of the vast American hinterland till July 4, 1863. On that date, the Vicksburg defenders—exhausted by 47 days of starvation—surrendered, and thus doomed the efforts of the Confederacy.

The Vicksburg National Military Park is possibly the world's best preserved battlefield.

Plantation ruins

South from Vicksburg on US-61 is Port Gibson, a town General U. S. Grant said was "too beautiful to burn." From Port Gibson turn right on the ferry road and follow signs to the Ruins of Windsor. In a clearing of the woods stand 22 eerie six-story columns. These are all that remain of the most luxurious plantation big house north of Natchez. The rest of the house burned to the ground in 1890.

Ghost town and country store

The road loops across the backwoods country and through the ghost town of Rodney, which was a port with an opera house and 24 stores before the River capriciously moved four miles away. Luxuriant kudzu, a vine prolific in the South, frequently overgrows roadside trees, bushes, and utility poles.

You rejoin US-61 at Lorman. The general store here is an intriguing place to visit because it maintains the low-keyed aura and wares of a century ago.

Track along the old Trace

At Fayette follow Mississippi-553 west to the Natchez Trace. This beautiful parkway is a unique linear National Park that was laid down over a route carved first by wildlife and Indians and later was followed by boatmen of the Ohio River Valley. The latter floated their cargoes on rafts to New Orleans, sold the rafts for saw logs there, and walked the Trace home.

The magnificent 12-acre Emerald Mound temple pyramid of a vanished Indian tribe lies just off the Fayette-Natchez section of the Trace.

The Trace rejoins US-61 near Natchez, once the wealthiest society west of the Appalachians. After the Civil War, Natchez sank into poverty and apathy. During the Depression, the city revived, stirred to life by determined Natchez women who restored more than 100 antebellum houses. More than 20 historic houses here, all of them living family homes, rotate the duty of keeping four open daily to the public. During the Spring Pilgrimage, late March and early April, as many as 35 antebellum structures open their doors according to a complex schedule. For details, write the Natchez-Adams County Chamber of Commerce, 300 North Commerce Street, Natchez, Mississippi 39120.

More mansions

Farther south on US-61 across the Louisiana line are the Feliciana parishes, settled during the American Revolution by Tories fleeing their hostile neighbors of the Atlantic Seaboard. John James Audubon, the great naturalist, did his most brilliant paintings hereabouts. Within a few miles of St. Francisville are dozens of antebellum mansions, many of them open to the public.

Among the most beautiful mansions are Rosedown, where century-old camellias and azaleas have grown to tree size; Oakley, in the Audubon State Park, where John Audubon lived, instructed, and painted; and the Myrtles, a family home but open to the public. The Catalpas cannot call itself antebellum, but it can match its older sisters for charm. Visitors can overnight at Asphodel Village, a dependency of Asphodel Plantation, the 140-year-old mansion where *The Long Hot Summer* was filmed, or at the Cottage where Andrew Jackson stopped in 1815. The Holiday Inn at St. Francisville has an impressive exhibit of Audubon's "Birds of America" reproductions open to the public.

On to Baton Rouge

Although Baton Rouge is one of the world's major petrochemical centers, it nevertheless retains many monuments of its early history. Among them is the impressive Old State Capitol. Its extravagant Gothic Revival style so enraged Mark Twain, who had a phobia about all things medieval, that he sug-

continued

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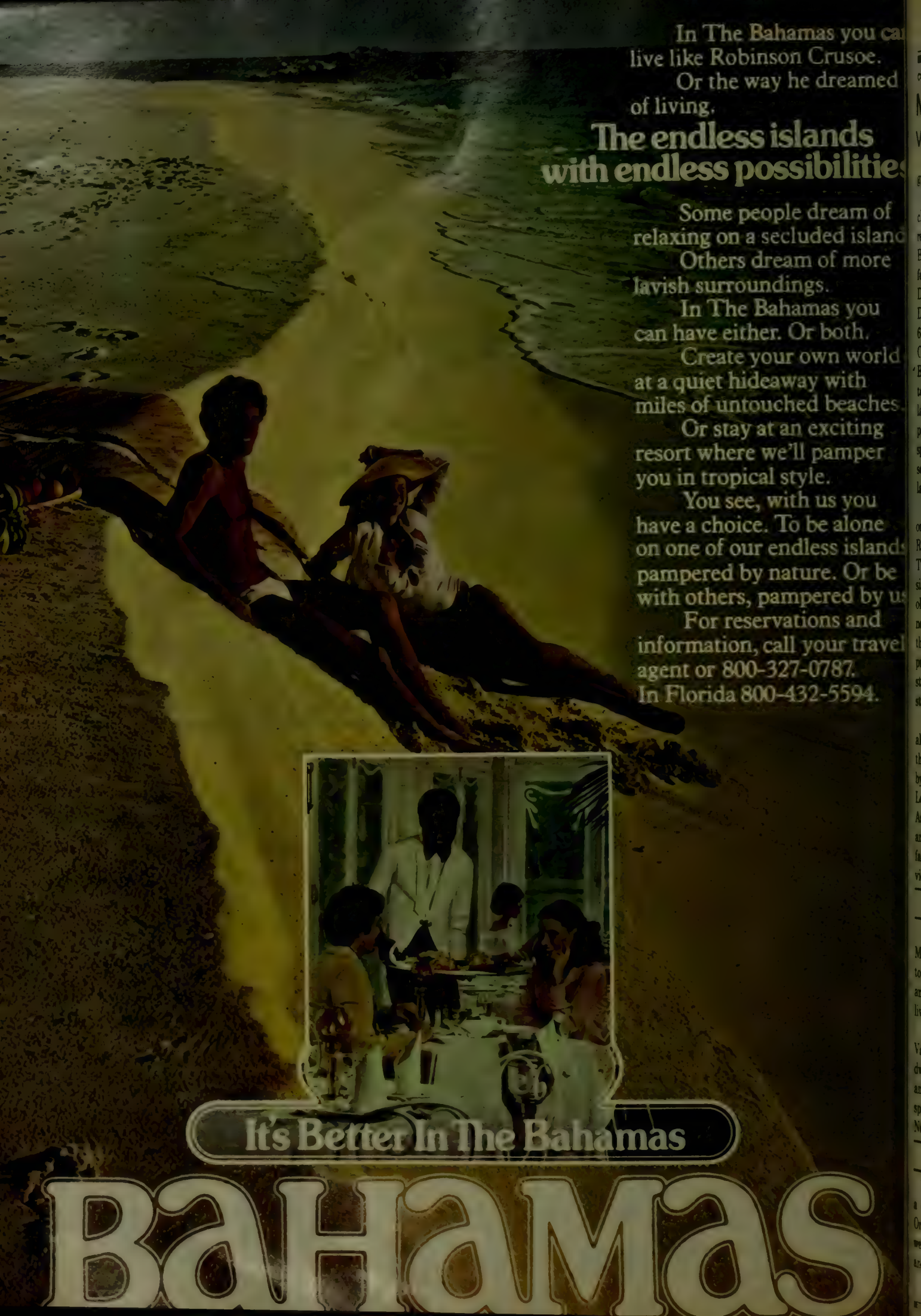
Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
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continued

Mississippi River vacation adventures

gested a massive dose of dynamite.

Baton Rouge has the usual range of chain motels and ahead-of-the-ruck restaurants like the French-style Chalet Brandt six miles east of town, the seafood house, Del Lago, near the College Drive exit of I-10, and the Cajun-style Don's Seafood and Steak House on US-61 Bypass. But, for a truly memorable Cajun meal, drive 17 miles west from Baton Rouge on I-10 to Henderson, a town on the edge of the vast Atchafalaya Basin swamp that specializes in packing freshwater crawfish. French-speaking waitresses in Pat's Restaurant serve great crawfish gumbos, jambalayas, omelets, stews, and étouffées.

While visiting the plantation houses on the River Road south from Baton Rouge, take time to stop for lunch at The Cabin at the intersection of Louisiana-44 and -22. Housed in a 135-year-old slave cabin that's wallpapered with newspaper, the restaurant is charming, the simple food is excellent, and the prices are reasonable. Typical of the stick-to-the-ribs fare is the local mainstay, red beans and rice.

From this point follow side roads along the riverbank, so you can visit the old Southern mansions left behind by the sugar barons who once ruled the Lower River. Not to be missed are Ashland-Belle Helene, Houmas House, and Tezcuco. If these mansions look familiar, it's because they have provided backdrops for many movies.

Bridge over muddy waters

At the Sunshine Bridge, cross the Mississippi and continue downstream to visit Oak Alley. Its neoclassic facade and stunning double row of gigantic live oaks are worth the detour.

Cross the River again by ferry at Vacherie, to see the stately riverside dwellings—San Francisco, Destrehan, and Elmwood Plantation—that are spaced along the left bank right into New Orleans.

Ah! New Orleans

For 250 years, the commerce of half a continent has passed through New Orleans. Left behind is a deposit of wealth—material, cultural, historic, and ethnic—that truly makes this one of the world's most exciting cities.

Packed into the French Quarter's 100 blocks are more history, architecture, atmosphere, shops, jazz, and good times than whole states can offer elsewhere. The New Orleans Tourist Commission at Royal and Conti will give you coffee and a printed guide to a walking tour of the Quarter. If you write to them (334 Royal Street, New Orleans, Louisiana 70130) before your visit, they'll supply information about the host of charming small hotels and guest houses in the French Quarter.

And, you will not go hungry. Great restaurants abound. Within the Quarter you'll find world-famous Antoine's, and Galatoire's, Brennan's, Begue's, plus dozens of lesser known but superb restaurants. Outside the Quarter are Elmwood Plantation, one of those antebellum riverside mansions just visited, Christian's, Pascal's Manale, the Caribbean Room at the Pontchartrain Hotel, Commander's Palace, and a charming little outpost of Cajun cuisine, the Bon Ton.

The River still dominates the city. On the waterfront are the big steamers, the *President* and the stern-wheeler *Natchez*. Fussing about on harbor or bayou excursions are the *Cotton Blossom*, the *Mark Twain*, and the *Voyageur*. If you are lucky, the *Delta Queen* might be in port and open to inspection. More likely, you'll find her sister ship, the *Mississippi Queen*. The latter is based here and makes frequent runs upriver over the historical route you have just covered from Vicksburg.

Stretched along the waterfront is the recently reconstructed French Market complex with a wealth of small specialty shops and restaurants, and the famed Café Du Monde, where nearly every visitor stops for *café au lait* and *beignets* (hot doughnut squares).

The River's final miles

Just a short drive southeast out of New Orleans proper on the St. Bernard Highway (State-39) is the Chalmette National Historic Park. It commemorates the final battle of the War of 1812, which was fought on the site. The 1840 Beauregard Plantation House serves as the Park's visitors center.

At the end of the Highway is the small town of Bohemia and the Bohemia Wildlife Management Area where you can camp and hunt. Backtrack some five miles to Pointe a la Hache and you can catch a ferry across the Mississippi to State-23, which trails farther south along the west bank of the River. Just above Buras is the Civil War vintage Fort Jackson, an imposing star-shaped brick structure that's well worth a visit.

Venice is where the road ends. If you want to continue to the mouth of the Mississippi, you must continue by boat—and that's not a bad idea for the River borders the Delta Migratory Waterfowl Refuge. The Refuge attracts an abundance of traveling water birds in season and is the year-round home for many others. At the very end of the bayou-threaded peninsula, the broad Mississippi diverts into three "passes" that flow through Pass a Loutre Waterfowl Management Area to the Gulf of Mexico.

In Empire, just above Buras, charter fishing boats are available to take guests out to the Gulf for deep-sea fishing, and these travel by the Waterfowl Management Area. But you can also travel the area safely in your own power craft. Both the Refuge and the Management Area offer some camping, but it is limited by the scarcity of high, dry ground. To camp in the Delta Refuge, you must obtain a permit.

Where to write for details

For more information about all these Lower River attractions and about accommodations write to: Mississippi Department of Tourism, P.O. Box 849, Jackson, Mississippi 39205; Louisiana Office of Tourism, P.O. Box 44291, Capitol Station, Baton Rouge, Louisiana 70804.

On these pages, we've been able to cover only the highlights of touring the Mississippi River. There are many, many other delightful attractions and places to visit in all the states that border the River. For tourist information from the state tourism offices not previously mentioned, write to: Missouri Division of Tourism, P.O. Box 1055, Jefferson City, Missouri 65101; Travel Kentucky Department of Public Information, Capitol Annex Building, Frankfort, Kentucky 40601; Tennessee Department of Tourist Development, 505 Fesslers Lane, Nashville, Tennessee 37219; Arkansas Division of Tourism, 149 State Capitol Building, Little Rock, Arkansas 72201. ■

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Corner sink dress-ups

An old-fashioned corner sink ca stick out like a sore thumb in a sm powder room—but there are son decorative ways to "skirt" the issu Here are two examples.



Photograph: Jim Hedrich, Hedrich-Blessing. Des David L. Burke Design. Source: Jessie Walker Associ

A handsome wraparound cabi adds the warmth of wood and the l nus of hidden storage to this tiny ba Made of thin oak boards that are cha nel-grooved and coated with plas sealer, the unit curves neatly to fit i the space under the sink.



Photograph: Maris/Semel. Design: Maeve C Source: Estelle Bond Gura

In this closet-size half bath, the ner sink pipes are concealed behin soft, smocked-top skirt. The skir held securely in place by Velcro ye easily removed for laundering. A sm stained-glass window above the s inspired the graceful stencil design the walls and door. ■

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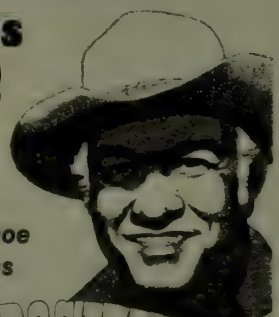
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TRAVEL

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Idaho wilderness

Though Idaho's Stanley Basin and Sawtooth Mountains lie only about 60 miles from famed Sun Valley, the area remains relatively unknown. Nevertheless, the Sawtooth National Recreation Area and Wilderness, as most of the region is called, encompasses a vast mountain expanse laced with peaks, lakes, forest, and streams.

Heart of this rugged alpine treasure is Sawtooth Valley, a slender 30-mile stretch straddling US-93 and the Salmon River. Three sizable lakes to the west—Alturas, Pettit, and Redfish—offer water sports and trout fishing.

Several rustic resorts are scattered through the Area. The biggest is at Redfish Lake, near the Forest Service visitors center, which offers interpretive programs and nature walks. Sun Valley is a good spot for luxury accommodations and a raft of activities. There's a wealth of campgrounds in the Area, too ($2 to $3 a night).

In Stanley, a tiny crossroads settlement, you'll find a grocery store, motel, service station, and lusty gatherings called "Saturday-night stomps."

Backpackers insist the real charm of the Sawtooths lies beyond road's end, where alpine lakes nestle among peaks, and craggy granite accents glacier-carved cirques. Both the Middle Fork and the main Salmon River are prime waterways for float trips, but reservations are required (Middle Fork Ranger District, Challis National Forest, Challis, Idaho 83226). Outfitters and guides are available through Idaho Outfitters and Guides Association, Box 95, Boise, Idaho 83701.

Back-road enthusiasts will find several well-preserved ghost towns. Custer and Bonanza on the Yankee Fork Road, just north of the Recreation Area, are easy to reach by car.

For additional information, write Sandra Brown, Information Specialist, Superintendent's Office, Sawtooth National Recreation Area, Box 438, Ketchum, Idaho 83340. ■



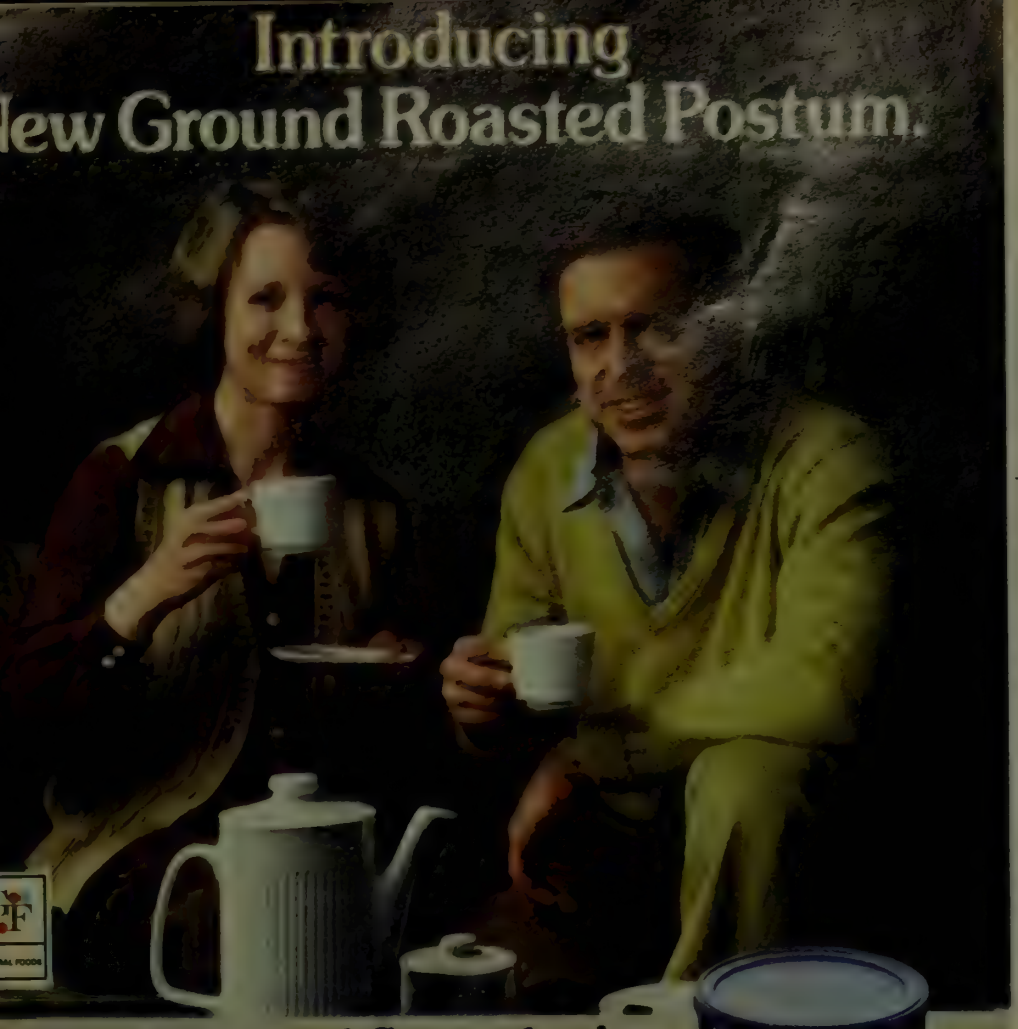
The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

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FOOD

Cooking with bulgur

Out of the pantries of the Middle East comes a delightful alternative to the usual rice or noodles—bulgur. This tasty whole wheat grain can add a nutritional punch to everything from a main-dish casserole to a brunch bread. To enjoy bulgur as a side dish, simply combine one part bulgur, two parts water, and a little salt in a saucepan. Cover and bring to boiling. Simmer 15 minutes.

HEARTY PILAF CASSEROLE

- 1 pound ground beef
- ½ cup sliced green onion
- ¼ cup chopped green pepper
- ¾ cup uncooked bulgur wheat
- 1 clove garlic, minced
- 1 16-ounce can tomatoes, cut up
- 1 pound zucchini, cut in ¼-inch slices
- 1 tablespoon worcestershire sauce
- 1¼ teaspoons dried oregano, crushed
- 1 teaspoon sugar
- Dash bottled hot pepper sauce
- 1 cup shredded cheddar cheese

In large skillet cook beef, onion, green pepper, bulgur wheat, and garlic till meat is browned and onion and pepper are tender. Drain. Stir in *undrained* tomatoes, zucchini, worcestershire, 1¼ teaspoons *salt*, oregano, sugar, and pepper sauce. Turn into 2-quart casserole. Bake, covered, in 350° oven for 45 minutes. Sprinkle cheese atop. Makes 6 servings.



Photograph: Dieter

BRUNCH PANCAKE WHEEL

- ¾ cup milk
- ½ cup uncooked bulgur wheat
- 1 8-ounce package brown-and-serve breakfast sausage links
- 2 beaten eggs
- ¼ cup cooking oil
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- Milk
- Maple-flavored syrup

In bowl combine milk and bulgur wheat; let stand 25 to 30 minutes. Brown sausages on all sides; set aside. Add eggs and oil to bulgur mixture. In another bowl thoroughly stir together flour, baking powder, sugar, salt, and nutmeg. Add bulgur mixture, stirring just till moistened. Pour batter into greased 10-inch oven-going skillet. Arrange cooked sausages spoke-fashion atop. Brush top of batter with milk. Bake in 400° oven for 20 minutes. Serve with syrup. Makes 6 servings. ■

If you love good eating but hate cholesterol... Puritan Oil is here!



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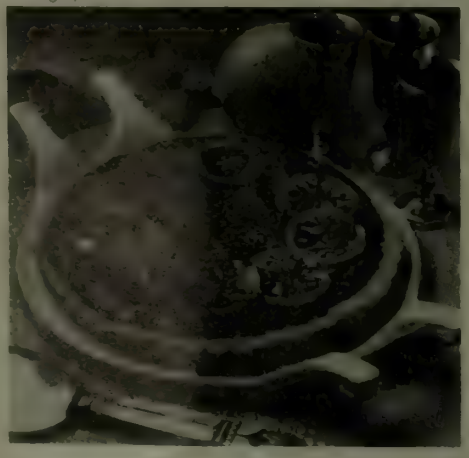
Sunflower oil is the big difference in Puritan. It makes Puritan naturally light, which brings out the natural flavor of all your foods. Plus it makes Puritan higher in polyunsaturates than even corn oil. So if you love good eating but hate cholesterol, rejoice. Puritan Oil is here.



A party dessert with pizzazz

Combine flaky pastry, ground almond filling, and delicately candied lemon topping, and you have Candied Lemon Tart—a sophisticated dessert that any European pastry chef might envy.

Photograph: Dieter



CANDIED LEMON TART

Soak the lemon slices overnight before cooking them in the sugar syrup—

2 small lemons

• • •

Pastry for 1-crust 9-inch pie
¼ cup sugar
¼ cup butter *or* margarine
1 egg
1 teaspoon finely shredded lemon peel
⅓ cup ground almonds
1 tablespoon all-purpose flour

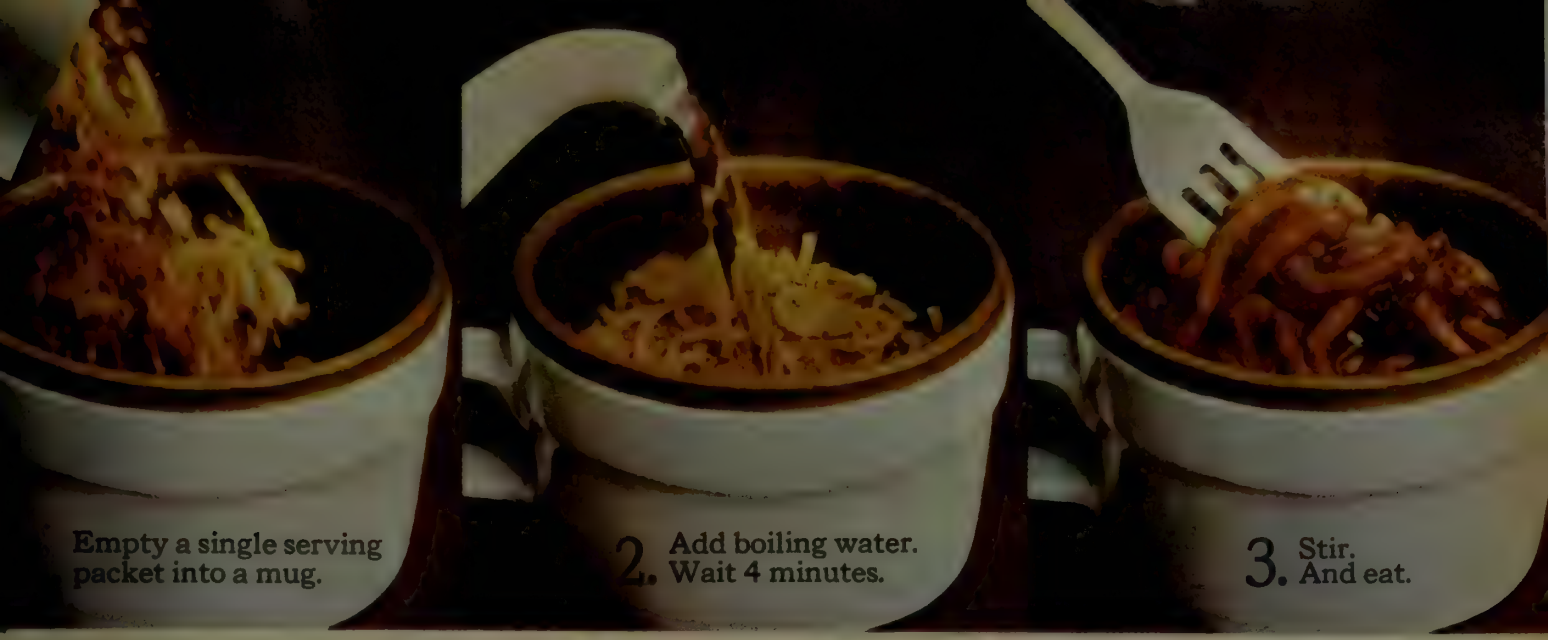
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½ cup sugar
¼ teaspoon vanilla

Slice lemons about ⅛ inch thick. Carefully remove and discard seeds. Place lemon slices in bowl; cover with *boiling water*. Let stand overnight. Drain and place in small saucepan; cover with *cold water*. Bring to boiling; reduce heat and simmer, covered, 15 minutes or till lemon peel is soft. Remove from heat; cool and set aside.

On lightly floured surface roll pastry to 9-inch circle. Line a 7-inch flan pan with pastry; trim edge and flute, if desired. Prick pastry well. Bake in 450° oven about 10 minutes or till pastry just begins to brown. Remove from oven and cool on wire rack. Beat the ¼ cup sugar and the butter or margarine till light and fluffy. Add egg and shredded lemon peel; beat well. Stir together almonds and flour; add to egg mixture, blending well. Spread mixture evenly over pastry in pan. Bake in 375° oven for 25 to 30 minutes or till golden brown and firm to touch. Cool.

Meanwhile, drain lemon slices, reserving ½ cup liquid. In a saucepan combine the reserved liquid and the ½ cup sugar. Cook and stir over low heat till sugar is dissolved. Bring to boiling. Boil syrup, uncovered, for 10 minutes. Add lemon slices; simmer gently for 5 minutes. Remove from heat; stir in vanilla. Arrange lemon slices over tart. Spoon syrup over lemon slices. Cool, then chill thoroughly. To serve, remove sides from flan pan and place tart on serving platter. Makes 8 servings. ■



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Layered salad how-to

Sculpting a festive molded salad is easier than you might think. Once you learn to recognize the different chilling stages of the gelatin, you practically have it made.

Here's a quick briefing on the important stages—partially set, almost firm, and firm—gelatin goes through on its way to becoming a luscious layered salad.

● *Partially set*—The gelatin is chilled to the consistency of unbeaten egg whites. This is the stage to gently fold in fruit, vegetables, or other ingredients such as nuts, cheese, etc. so that the food stays suspended in the gelatin mixture.

● *Almost firm*—A salad will stay in two distinct layers if the first layer is chilled till "almost firm" or appears to be set, but is still sticky to the touch. Slowly pour or spoon the second layer over the almost-firm one.



Photograph: Dieter

● *Firm*—The salad can be unmolded when it's "firm" or completely set and is no longer sticky to the touch.

To unmold the salad, loosen the edges with a spatula. Dip the mold in warm water up to the rim for a few seconds. Tilt the mold to ease the gelatin away from the sides all the way around. Place the serving plate upside down atop the mold; invert plate and mold together and shake them gently till the salad falls onto the serving plate. Lift off the mold. Garnish the salad with greens as desired. If the salad doesn't drop easily onto the platter, repeat the dipping and inverting.

LAYERED PEAR SALAD

1 16-ounce can pear halves
1 3-ounce package lemon-flavored gelatin
1 cup boiling water
1 teaspoon vinegar
1 3-ounce package cream cheese, softened
⅛ teaspoon ground ginger
6 to 12 walnut *or* pecan halves (depending on size of mold)

Drain pears, reserving syrup; add water to syrup to make 1 cup liquid. Set aside. Chop pears; set aside.

Dissolve gelatin in the boiling water; stir in reserved pear liquid. Measure ⅔ cup gelatin mixture; set remainder aside. To the ⅔ cup gelatin, add vinegar; pour into 4-cup mold. Chill till *almost firm.*

Meanwhile, beat cream cheese and ginger till fluffy; stir in remaining gelatin mixture. Chill mixture till *partially set.* Fold pears into cream cheese-gelatin mixture. Arrange the nut halves upside-down on top of gelatin in mold; spoon pear mixture atop. Chill till *firm.* Makes 6 servings. ■



Some important reasons why your family may need vitamins

• EAT-AND-RUN MEALS • DIETING • EXTRA STRESS

Many nutrition-conscious Americans take vitamins or vitamin/mineral supplements every day. Some because their doctors have prescribed them. Others because they're dieting to lose weight or just have the feeling that they don't eat properly. Still others because they know that during periods of extra stress, extra nutritional protection may help, and there are many additional reasons.

Whether your doctor has told you that you need a vitamin supplement or you would like to insure that you are getting all your vitamin needs, you will undoubtedly find that Hudson Vitamins has the product you want.

For Hudson offers America's most extensive vitamin/mineral line...a total of 209 fine products.

Our HUDSON guarantee

You'll find Hudson has the quality you demand. For one thing, only the very finest ingredients are used. For another, Hudson's quality control exceeds government requirements, assuring you that your vitamins when manufactured will remain fresh for up to three years. Yet Hudson Vitamins are always priced for value. And you must be satisfied with every Hudson product, or your money will be fully refunded.

Phone 800•453•2400 Toll-Free
for the address of your local Hudson pharmacy.

A Special Value to Introduce Your Family to HUDSON® Vitamins

A FREE 30 day supply with the purchase of 100 of Hudson's best selling multi-vitamins.

Choose ADAVITE High Potency, 10-Vitamin supplement or ADAVITE-M (with 10 vitamins, 6 minerals).



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J8

Introducing the bathroom cleanser that clings...amazing new Comet® Liquid.



It's the best way yet to clean and disinfect those bathroom jobs you hate.

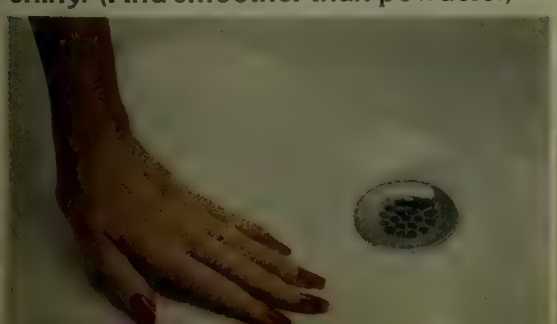


omet Liquid clings to start loosening dirt even efore you rub. On tough jobs let Comet Liquid ak as long as it needs to...up to 30 minutes. Then rub, and even tile grout should come clean.



Comet Liquid disinfects. Clings up under the toilet bowl rim where odor-causing germs hide. Now you can put real disinfecting and cleaning power where you want it... and need it.

Comet Liquid rinses away easily. Its special light abrasives leave your tub shiny. (And smoother than powders.)





Comet Liquid is easier on finishes than most powders. Its mild abrasive formula is kinder to porcelain, chrome and many of today's new surfaces.



PACKING POINTERS



Do you feel frustrated when you face an empty bag and a pile of apparel? Then it's time to master some basic packing techniques. With a little practice and some thoughtful preplanning, you can be a first-class packer in no time.

In most circumstances, don't take along more luggage than you can manage yourself. That usually means one suitcase (plus perhaps a small "carry-on") and keeping that one bag light. Choose clothes that will be appropriate for your destination, planning around a basic color or two. Stick to interchangeable separates of easy-care fabrics like knits, wash-and-wear blends, and wrinkle-resistant synthetics.

Since the secret of efficient packing is organization, make a checklist of everything you plan to take along. That checklist also serves as an itemized accounting of your belongings in case your luggage gets lost en route.

Putting it in the bag

The mechanics of packing are highly individualized. Some travelers, for instance, pack all their clothes on hangers, while others prefer packing their bag in layers or sections. But a combination of layering and roll-up packing methods uses suitcase space efficiently. Here's how to go about it.

Always pack heavy objects like shoes on the bottom layer in your suitcase, resting against the bag's hinged side. Fragile items like an alarm clock, an electric shaver, and a cosmetics case come next. Cushion them with soft articles at the inside center of the bottom layer. Fill in the rest of the space in the bottom with folded shirts and blouses, rolled swimsuits, underwear, etc.

In a soft-sided or an undivided hard-sided suitcase, pack the second layer with suits, dresses, jackets, skirts, and slacks. If your hard-sided case is equipped with a center divider, place these items on a separate side.

Since the object of good packing is getting your clothes to come out of your suitcase looking as good as when they went in, pack suits, dresses, jackets, skirts, and slacks with as few folds as possible. "Pillow" folds in garments with tissue paper (plastic dry cleaning bags and no-wrinkle sheer items like nylons also do the job well).

Folding it right

How you fold clothes can help minimize wrinkles. Slacks or trousers should be packed with their natural creases in mind. To layer a jacket and pants, place the waist of the trousers along one unhinged side of your suitcase, with the trouser legs hanging over the other side. Then place the jacket (unbuttoned and lapels down) across the width of the bag with the jacket fronts overlapped slightly and the lapels tucked down. Pick up the sleeves by their seams and fold them back along the sides of the jacket. Next, fold the pant legs into the case and flip the tail of the jacket over the pants.

Shirts and blouses should be folded tightly. These items also travel best front to front with collars in the opposite directions. Maintain the shape of collar openings by stuffing them with tissue, rolled socks, or ties.

To pack a dress, leave the belt on and fasten the buttons or zipper. Then pick the dress up by the shoulders and drape it over the suitcase till the hem falls inside the case. Fold the dress back across itself, turning the sleeves under. Finally, smooth the collar, lapels, and shoulders.

Fold skirts at the hip and put them in your bag hem to hip. Fold sides in on full skirts.

There's even a knack to folding men's underwear. Fold a complete set (shorts and shirt) in thirds and roll it up with a pair of socks inside.

Always pack your suitcase snugly to keep your belongings from slipping and sliding around, which also causes wrinkles. But don't cram in so much that the hinges are strained. If you do, your bag might spring open in transit. It's also a good idea to distribute the weight in your bag as evenly as possible for easy carrying.

Top off your suitcase with a layer of the things you'll need first, such as a sweater, pajamas, robe, etc. That way you'll avoid rummaging around first thing in your neatly packed bag.

Valuables, such as jewelry and traveler's checks, medicines, and potentially dangerous materials like lighter fluids or matches shouldn't be packed inside checked luggage. These items belong in a bag you can carry with you.

For more packing tips consult Trans World Airlines' free booklet called *Consumer Information about Climates and Clothes: What to Take—How to Pack.* It's available from travel agents and TWA ticket offices. Another helpful booklet is *The Traveler's Guide to Luggage: How to Choose It and Use It.* For a free copy, write the Luggage and Leather Goods Manufacturers of America at 220 Fifth Avenue, New York, New York 10001. Be sure to include a business-size stamped, self-addressed envelope. ■

KRAFT SALAD DAYS ARE HERE

Celebrate the tropical ste of DOLE® Fresh Pine- ple in a luscious seafood tting. Lace it with spirited TALINA French Dressing m Kraft and you've ought a little bit of Hawaii your own home.

LEBRATE DOLE FRESH NEAPPLE WITH AN TICING POLYNESIAN LMON SALAD.

1 fresh DOLE Pineapple
1 7¾ oz. can salmon, drained, flaked
½ cup cucumber slices, halved
½ cup cherry tomato halves
½ cup celery slices
1 qt. torn assorted greens
2 tablespoons chopped parsley
CATALINA French Dressing

Cut pineapple in half lengthwise through crown.



Remove fruit leaving shells intact. Core and chunk fruit; toss lightly with salmon, cucumber, tomato, celery, greens and parsley.

Spoon into pineapple shells. Serve with dressing.

2 servings

RAFT

DeKuyper goes wild!

With the richest, ripest burst of natural flavor ever.

NEW Wild Strawberry Liqueur.

Here's another DeKuyper that's more than just an after-dinner drink. Zingy DeKuyper Wild Strawberry makes DeLicious sours, DeLightful daiquiris, DeLectable alexanders. And, of course, it tastes great by itself. New Wild Strawberry—taste why we call it Wild!

DeKuyper.
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Club soda goes wild with Wild Strawberry

Say "No" to cholesterol.



Morningstar Farms® lets you do it.

Your doctor may have advised you to limit saturated fat and cholesterol in your family's diet. Or you may just be wisely cautious.



High blood cholesterol is a major risk factor in heart disease. So it just seems to make sense for you to say "no" to cholesterol.

For your sake. And for the sake of your family's health, you ought to cut back on eggs, bacon, ham and pork sausage.

Morningstar Farms can help. With a whole freezer shelf full of good tasting foods with no cholesterol and no animal fat. Foods that can put variety in your diet.

Your imagination, not your diet, is the only thing holding you back. There's Morningstar Farms Scramblers,® our egg substitute. Along with the crispy, bacony taste of Breakfast Strips. Breakfast Slices with the taste of ham. Or Breakfast Links and Patties with the spicy taste of country sausage.

Say "no" to saturated fat and cholesterol. It may be the most positive thing you can say for your family's health.

In your grocer's freezer.

Morningstar Farms®

Lets you do something about cholesterol.

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Picture-hanging pointers

If you've ever pounded a nail in the wall and watched the plaster come crumbling down, you know that picture hanging can be hazardous. Luckily, there are other ways to hang a picture that aren't quite as risky.

Pressure-sensitive mounting tape

One of the best alternatives to nails is a wall-mounting tape product available at art stores and framing shops. The double-sided adhesive strip is ½ inch wide and 75 inches long and can be cut to any length. After removing the non-sticky paper backing, you apply the tape to the back of the picture, then press the picture to the wall. Two inches of tape hold one pound. Mounting tape is also available in one-inch squares. Four squares hold one pound.

When removing a picture mounted with tape or squares, gently pull at an angle and work gradually from top to bottom, loosening the tape before pulling the picture from the wall.

Pliable putty for lightweights

For lightweight pictures or unframed posters or prints, a pliable gum-like putty is a good bet. Knead the putty until it's softened, then break off small pieces. Stick the pieces to the back side of the picture, then press the picture against the wall. The putty isn't strong enough to remove paint from the wall, so you needn't worry about unsightly chipping or cracking.

Drawbacks

The main drawback of mounting tape and squares is that you can't hang anything over ten pounds—unless you want to risk having your artwork fall to the floor. Also, the sticker method of hanging a picture doesn't work well on porous or textured walls, and humidity may cause the stickers to slip.

If you must pound a nail

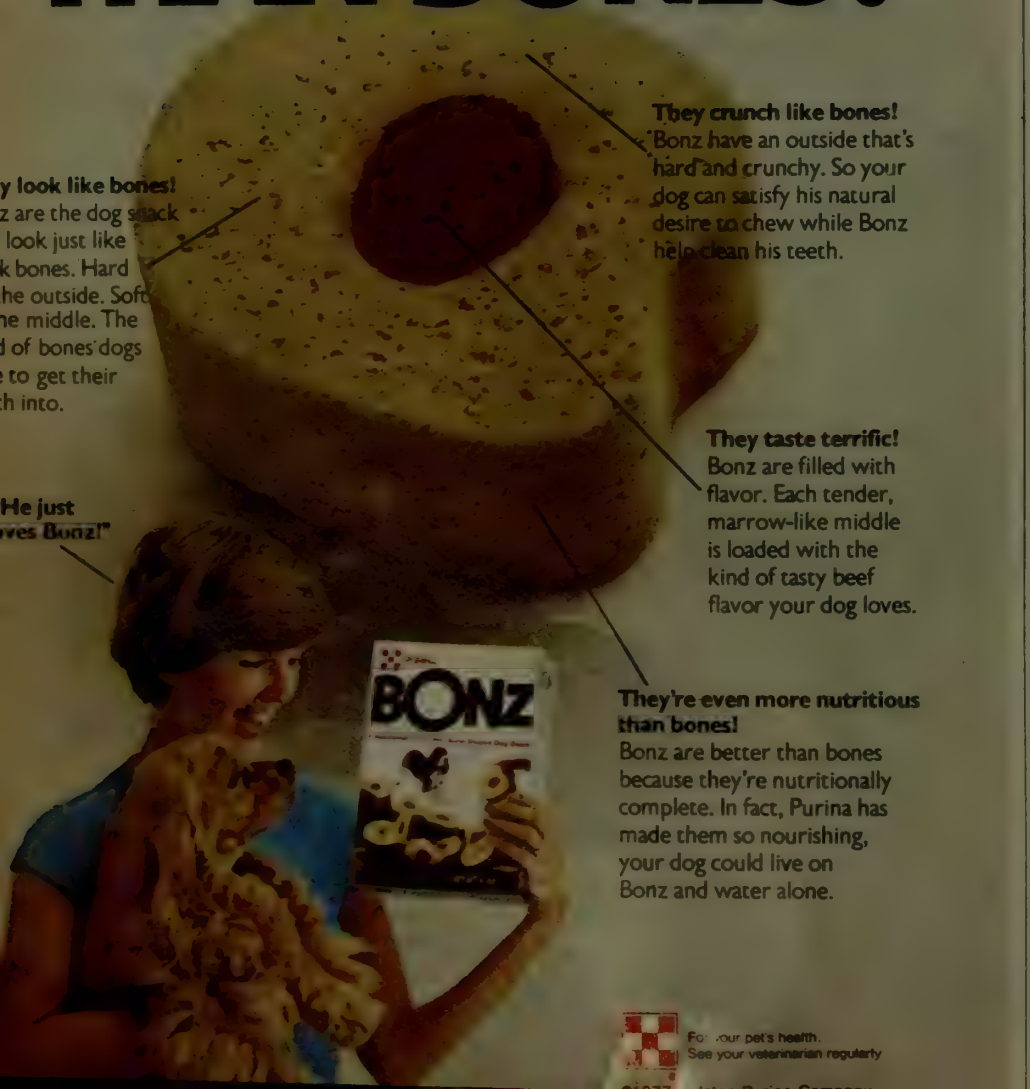
A good idea before you start pounding is to determine whether your walls are hollow or solid masonry. A hollow wall has open space between the finished layers of interior and exterior surfaces. A solid masonry wall is stone, brick, cement, or cinder block all the way through. Determine which type of wall you're working with so you'll know what size and type of nail is best to use. An art supply store should be able to help you decide on the best type of nail for your walls.

To reduce the risk of damaging the wall, first cover the area to be nailed with masking tape. This will keep the paint and plaster from crumbling should it crack. Remove the tape very gently once the nail is in.

Quick cover-ups

What if you muster the courage to nail a hole in the wall, and then decide the picture would look better elsewhere? Simply dab the hole with white toothpaste, let it dry, then apply touch-up paint with a cotton swab or a toothpick wrapped with cotton. Only a real eagle-eye could detect the cover-up. ■

WHAT MAKES BONZ® BETTER THAN BONES?



y look like bones!
z are the dog s ack
look just like
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ne middle. The
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He just
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They crunch like bones!
Bonz have an outside that's hard and crunchy. So your dog can satisfy his natural desire to chew while Bonz help clean his teeth.

They taste terrific!
Bonz are filled with flavor. Each tender, marrow-like middle is loaded with the kind of tasty beef flavor your dog loves.

They're even more nutritious than bones!
Bonz are better than bones because they're nutritionally complete. In fact, Purina has made them so nourishing, your dog could live on Bonz and water alone.

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See your veterinarian regularly

INSULSPRAY® FOAM PUTS THE INSULATION POWER OF 11-FOOT-THICK BRICKS* IN A 3-1/2 INCH SPACE BETWEEN YOUR HOUSE WALLS.

WHY INSULATE YOUR WALLS?

House walls are a major source of heat loss and gain in a typical home. Of all the products for insulating your house walls, there's not one with a higher Resistance Value (R-Value) than Insulspray foam insulation from Borden.

INSULSPRAY FOAM IS EASILY INSTALLED.

It flows up and down inside the cavity between the house walls to form a rigid "insulation sandwich." In winter, Insulspray foam holds your expensive heat inside. In summer, it keeps heat outside. The house is quieter and more comfortable year-round.

HOMEOWNERS EXPERIENCE SAVINGS AND COMFORT!

In a 1977 survey of 1,296 homeowners who had Insulspray foam installed, 95% reported their homes are more comfortable, and 75% said their homes are quieter. 74% have recommended Insulspray foam to friends or neighbors. What about savings? Read these actual comments!

"I think it is a real fuel saving product. Money well spent."
W.H., Illinois

"It saves us money. Our house is not drafty or noisy."
Mr. & Mrs. L.L., Ohio

"My home is warmer and quieter since insulation — heat bill took a definite drop."
B.K., Washington

"If you want to do something good for your home and your wallet, install Insulspray insulation. It is a great value."
C.C., Connecticut

QUALITY IS BORDEN'S POLICY.

Insulspray foam provides you the assurance of dealing with one of America's oldest and most trusted names. It is Borden's policy to please you these important ways:

BORDEN'S 'NO SHORTAGE' ASSURANCE. Don't wait to insulate. There's a plentiful supply of Insulspray foam.

BORDEN'S QUALITY STANDARDS. Insulspray foam is produced under exacting specifications with numerous quality checks.

BORDEN-CERTIFIED CONTRACTORS. To qualify for certification, contractors must complete a thorough training program. Ask to see your contractor's credential card from Borden.

BORDEN'S HOMEOWNERS CERTIFICATE offers you a permanent record of this value-enhancing improvement to your home.

BORDEN'S PATENTED DIFFERENCE. Not all insulation foams are alike. Insulspray foam is patented and has been used to insulate homes throughout the U. S. and Canada for years.

For insulation protection equal to a giant brick, and the consumer protection of the trusted Borden name, have your walls insulated now with Insulspray foam.



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Insulspray foam is produced by Borden Chemical, Division of Borden, Inc. Insulspray is a registered trademark of Borden, Inc.

** The R-Value of Insulspray foam is 39 times greater than that of brick. Brick is a good building material but a poor insulator. R-Value of brick is 0.11, while the R-Value of Insulspray is 4.3 per inch.*

A busy center island



Photographs: William Hopkins. Design: George Granseth. Source: Maxine Schweiker

This ample 5x5-foot center island was an afterthought, but now it's the hub of activities for the Bill and Judy Campbell family. Daughters Trini and Jill love to help Mom make cookies on one side of the island, leaving the opposite side free for cleanup.

A dropped ceiling with four spotlights dramatizes the island. Prefinished ¼-inch tongue-and-groove white ash was installed diagonally on the light box and interior walls. The ash was also used for all the cabinets.



Installing the center island caused a major shift in traffic patterns. Now meal preparation is a breeze instead of a struggle between cook, dogs, and children—and Judy has enough elbowroom to enjoy cooking.

Since most of this family's meals are prepared at the island, the range was purposely placed against the back wall. The refrigerator is ideally located, central to both cooking centers. During the remodeling, the one tiny window overlooking the backyard was replaced with three large casements to brighten the room. ■



Paradise. Any way you slice it.

Dole fresh pineapple soaks up the tropical sunshine and gentle rains of Hawaii. When it's deliciously sweet and juicy, we rush it to your grocer. Every luscious bite is a taste of paradise.

No matter how you slice it, no matter how you serve it, you'll love the unique flavor of Dole fresh pineapple from Hawaii. So will friends and family.

Just make sure the label says Dole. That's our promise the pineapple you buy will be ripe and ready to eat.

"You don't buy a faucet every day. So when you do, make it a Moen."



"There are a lot of things you should consider before you buy a new faucet.

Like the way it's put together. Does it have a lot of complicated parts that will cause problems? How does it handle? Who makes it – is it a quality product?

That's why I say make it a Moen.

First off, everybody goes for Moen's smooth, good looks – no grooves to catch dirt.

Next, Moen's patented cartridge has no washers, grommets, seats or springs. So you can easily replace the cartridge, and your faucet is like new again.

Another thing: Moen's patented Flow-Rator™ saves water up to 25% over regular aerators on other single-handle faucets.

Moen has a different kind of convenience, too. You can choose the temperature *before* you turn it on – and save a lot of fiddling around for the right temperature after the water's on.

With all these things Moen offers, you can save thousands of gallons of water every year, and the energy it takes for the heated water that's wasted.

So when you're ready to make it a Moen, look me up."

Moen plumbers are listed in the Yellow Pages. Moen single-handle water appliances for kitchen, lavatory and bath.

Moen, a Division of Stanadyne, Elyria, Ohio 44035.

MOEN

BUILDING

A corner bar for the family room

Here's a neat way to fit a bar into your family room; just tuck the preparation and serving areas into a corner. You'll have plenty of elbow-room for mixing crowd-pleasing libations without infringing on the space required for dancing or a lively game of charades.



Designer: Kit Taylor. Source: Barbara Sims/Linda Magazzine
Photograph: Bill Hedrich, Hedrich-Blessing

All a bartender's needs are close at hand in the mixing center. The 30-inch-wide preparation area is outfitted with a wine rack, adjustable glassware storage shelves, a bar sink, an ice maker, and a small refrigerator. The mirrored backing for the 24-inch-deep unit enhances the silver, black, and wood-tone decor of the bar corner.

Behind the laminate-faced cabinet doors there's room to stash snack trays and other serving gear, too. And when the potables are ready, the mixologist can serve guests at the bar, which is equipped with vinyl-wrapped bolsters and a spill-proof laminate surface.

Short orders from the adjacent kitchen can be delivered through the pass-through that was created by closing off an old kitchen doorway. The resultant re-routing of traffic keeps family room-bound pedestrians out of the cook's way.

A wealth of storage is built into both sides of the pass-through. Doors conceal shelf storage on both kitchen and family room sides. Above and below the 36-inch-wide counter are open nooks that handily store the telephone book and other relatively small items. ■

Cuervo Almondrado. The delicioso tequila-almond liqueur.



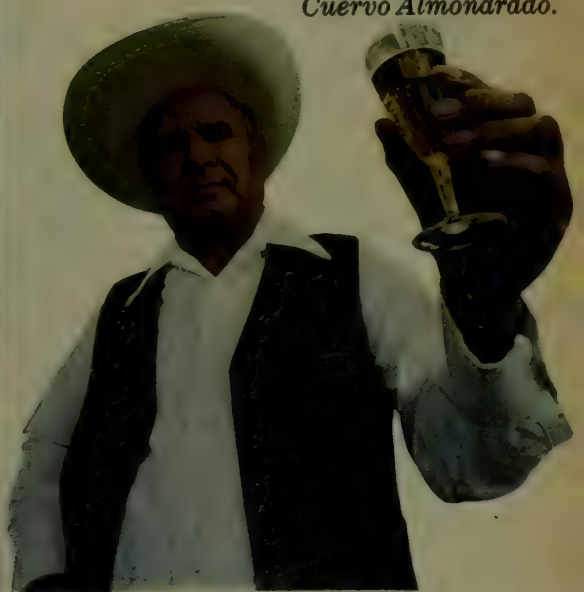
In Mexico, it's long been a tradition to savor the taste of the Cuervo family's prized Almondrado. And now it's here for you to enjoy.

You'll find that Almondrado really tastes special because it's a liqueur made from Cuervo's finest tequila and the golden essence of almonds.

Straight, on the rocks, or in your favorite gourmet recipe, the mellow nutty taste of Cuervo Almondrado will captivate and entice you.

Cuervo Almondrado. It awaits you at fine stores and important restaurants across the country.

Our estate manager Zarco offers you the special taste of Cuervo Almondrado.



Cuervo Almondrado. Our prized liqueur.

CUERVO® ALMONDRADO LIQUEUR, 54 PROOF, MADE & BOTTLED BY © 1978 HEUBLEIN, INC., MENLO PARK, CALIF.

Together, we can improve your lot.

Thinking about buying a new home? Before committing yourself, maybe you should think first about remodeling your present home.

Need more space? Add on. House getting old? Modernize. Fuel costs going up? Insulate. Also check into the possibility of adding a solar energy system. It may help you conserve both fuel and money.

There are dozens of things you can do to convert your old home into an exciting new one. And the place to get the money you'll need? Bank of America. You'll find our people ready to help and easy to deal with.

Just come by any of our convenient branches and ask about a Bank

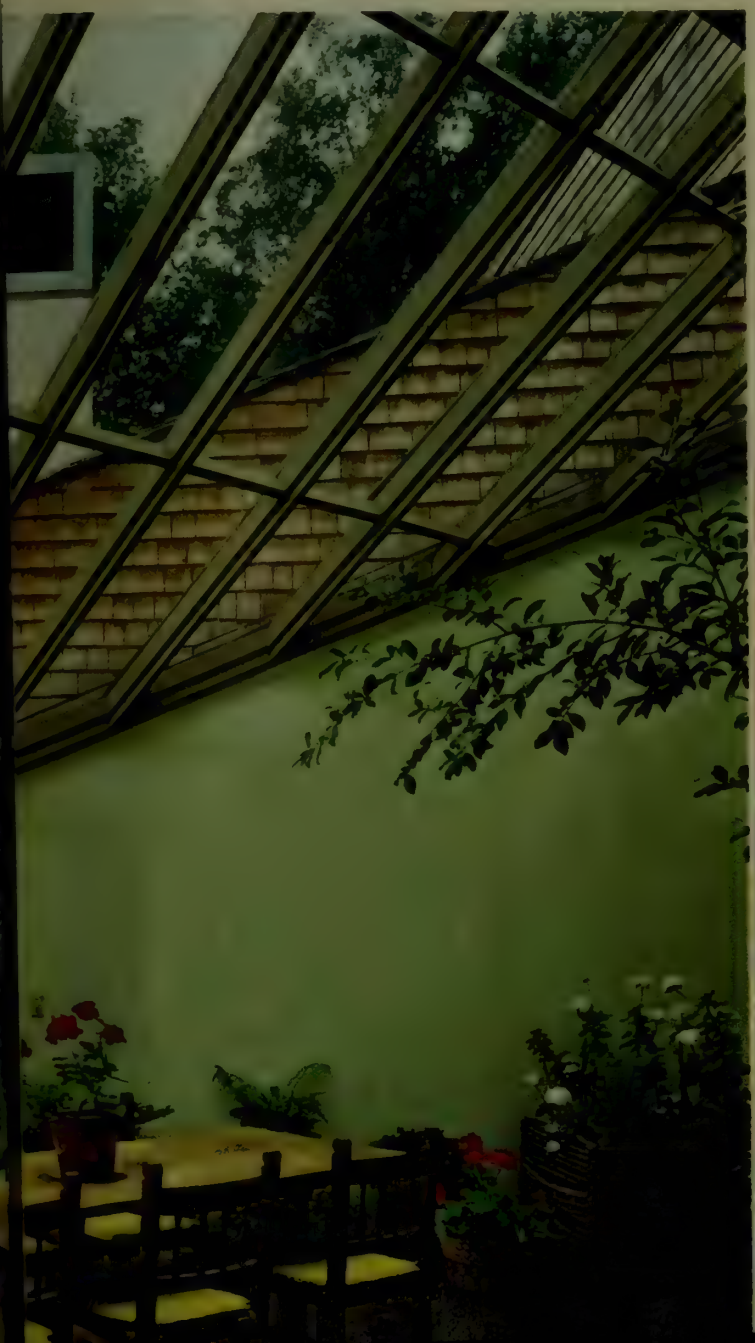


UAL HOUSING
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of America home improvement loan. While you're there, pick up copies of our Consumer Information Reports. Two of them may be of particular interest to you..."Planning for Home Improvement" and "Solar Energy: Uses for Your Home." They're free, whether or not you have an account with us.

BANK OF AMERICA

"Let's talk loans."



BANK OF AMERICA N T & S A





"The law has finally caught up with me."



When I began making my Natural™ Ice Cream, it seemed the most natural thing in the world to tell people what was in it. Right on the label.

I still tell people. Not because I have to, but because I still want to.

Well, it just so happens, that as of January 1, 1979, a new law is going to require all ice cream makers to list their ingredients, the way I have done for years.

It's nice to know that the United States government and I think alike.

The top of my container has always made good reading.

I use only the finest natural ingredients in all my seven flavors, so I have nothing to hide. I list them where everyone can see them.

And since I'll never put Polysorbate 80, amyl acetate or propylene glycol in my ice cream, you'll never see them listed on my container. No, I'll never switch over to unwholesome substitutes and additives because it's cheaper.

I think there are just too many artificial foods around that people don't know about. I wouldn't fool you like that. Not in a million years.

I'm too old to change. Thank goodness I don't have to.

I'm very old fashioned about some things. And you may have guessed, my ice cream is one of them. So I'll go on making my ice cream the way I've always made it—with good, nutritious things right from Mother Nature's backyard.

Fresh milk, fresh whole cream, fresh egg yolks, real honey. Real flavorings, too, like vanilla instead of vanillin. Even the sugar I use is as unprocessed as it can be.

And I assure you, I don't skimp on any of them.

Maybe that's why people who taste my ice cream for the first time are so pleasantly surprised. It doesn't taste like a health food, they say. It's very rich and flavorful.

I have to laugh. Of course it doesn't taste like a health food. It's ice cream.

I'd sure like you to get to know me better.

The next time you're in your supermarket, I'd be pleased if you'd pick up one or two of my Natural Ice Creams and try them.

I make seven delicious flavors—Vanilla, Carob, Sesame Seed Crunch, Banana Walnut, Swirled Raspberry, Swirled Carob and Vanilla Pecan. If you can't find the flavor you want—or if your market doesn't stock my Natural Ice Cream—just ask the manager to order it for you.

I believe that one taste of my Natural Ice Cream will convince you of how very wholesome and delicious it is.

There's no reason in the world why you can't have the best of everything in your ice cream.

I do in mine.



Gilbert H. Brockmeyer

The Natural™ Ice Cream Man

If you write to me, I'll be happy to send you one of my informative new pamphlets to help you read my container, or someone else's for that matter. That's Gilbert H. Brockmeyer, P.O. Box 22[illegible] Terminal Annex, Los Angeles, California 90051. ©1978 G.H. Brockmeyer Ice Cream Co.



Mary Evans and Country Pride® just convinced the twins there's more to life than hot dogs.

Tommy and Terry Evans are quick to turn thumbs down when there's something new on the menu. So their mom was delighted to discover Country Pride chicken and our kid-pleasing recipe for Mexican Drumsticks. It's easy to prepare and fun to eat a main dish that starts with Country Pride fresh chicken—the chicken that's specially selected and individually certified to be something more than just "Grade A." Meatier. More flavorful. Treat your family to the taste of Country Pride tonight. And watch your picky eaters come running—on the double.

MEXICAN STYLE DRUMSTICKS

10 Country Pride chicken drumsticks
¼ c. butter or margarine
1 env. (1¼ oz.) taco seasoning mix
4 to 5 tsp. picante sauce
¾ tsp. sugar
¼ tsp. salt
1¼ c. finely crushed corn chips

Melt butter or margarine. Stir in taco mix, picante sauce, sugar and salt. Roll or spread each Country Pride drumstick in mixture; then roll in chips using a small amount of chips at a time. Place chicken, not touching, in a greased shallow baking pan or on a rack in a shallow pan. Bake 350° oven for 50 to 60 minutes. Serves 4-5. If desired, serve with picante sauce. This recipe is delicious with other Country Pride chicken pieces. Serve with red new potatoes, tater tots or french fries.

Country Pride®
Country Pride Foods®

Country Pride will do you proud.

Contemporary chair classics



These shapely chairs look freshly minted, even though the originals were created 30 or 40 years ago. Simple lines, along with comfort and easy-care materials, make these designs all-time favorites.

The chairs pictured here are copies of the originals. The beauty of these present-day versions is that they are less expensive and more easily available.



The Cesca Chair. This sleek chair is as sophisticated—and comfortable—today as it was in 1928 when it was designed by Marcel Breuer.

Like the original, this present-day version was created by bending tubular steel into the contoured frame. The cantilevered seat and back are made of wood and cane. Notice how the hardwood arms of the chair have been curved for added comfort. *Chromcraft Furniture.*

The Barcelona Chair. Curving contours are also characteristic of Mies van der Rohe's famous Barcelona chair which was introduced in 1929. Like the original design, this copy has tufted leather cushions and a curved steel frame with intersecting legs. Even though this contemporary copy is still considered *avant-garde,* its simple, well-proportioned look works well with any room scheme—modern or traditional. *Selig Manufacturing Co., Inc.*



Photographs: Bill Helms



The Butterfly Chair. New materials and production methods made the first low-slung, free-form butterfly chair a landmark design in 1938. Inexpensive and practical, the original chair was made by bending a single metal rod into a sturdy chair frame and stretching a leather sling over the contour. Today the same look is achieved by stretching brightly colored heavy canvas over a wrought-iron frame. *Montgomery Ward.*

The Director's Chair. Although this chair design is considered a modern classic, the original dates all the way back to ancient times. The chair was once appropriately called the folding X chair.

Today's popular version consists of a simple hardwood frame that collapses into a compact size for portability and easy storage. The back and seat upholstery are made of heavyweight canvas. *Telescope Folding Furniture Co.* ■



Naturally sparkling from the center of the earth.

Today, Man artificially carbonates his drinks and mixers.

But *not* Perrier.

The miracle of Perrier is *natural carbonation:*

Lighter, more refreshing and more delicate than any made by Man.

That "miracle" takes place deep below the surface of the earth in Southern France near Vergeze.

There, delicate gasses—trapped over 140 million years ago in the volcanic eruptions of the Cretaceous Era—are released and rise through porous limestone and cracked marls to add natural life and sparkle to the icy waters of a single spring: *Source Perrier.*

The result is Perrier.

Bottled directly from Nature. With no chemicals, preservatives, flavorings or additives of any type.

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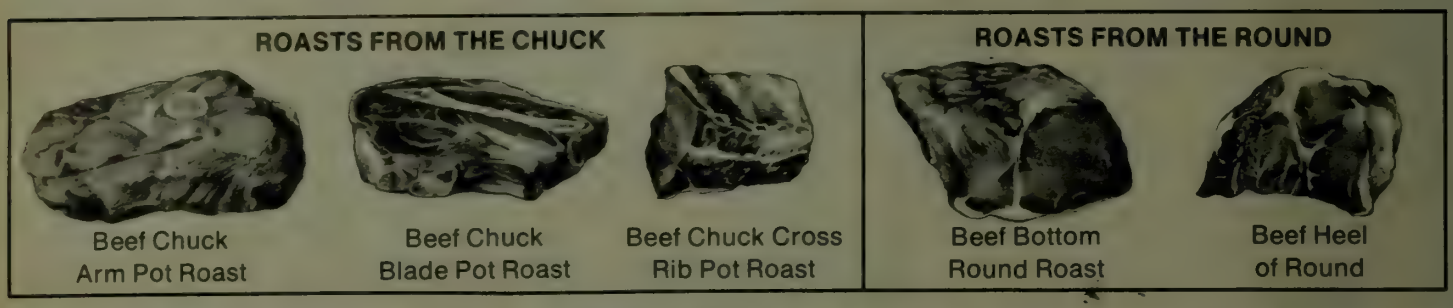
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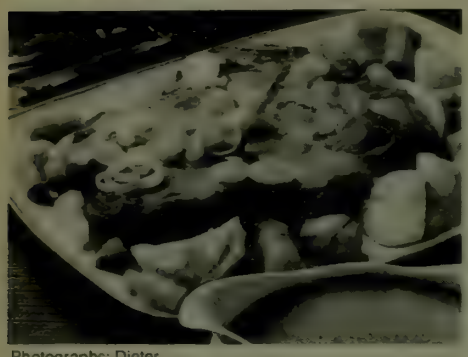
It is the product of Nature and the love of France.

Enjoy it in good health.

Budget Beef Roasts

By shopping wisely, you can serve your family beef roasts and still keep the lid on the meat budget. Since meat names vary by region, you can't always depend on a label to find the cut you want. These drawings will help you identify the best roast values.









Photographs: Dieter

HORSERADISH ROAST DINNER

- **1 3-pound beef chuck arm pot roast *or* beef chuck blade pot roast**
- **2 tablespoons cooking oil**
- **4 medium potatoes, peeled and quartered**
- **4 medium carrots, cut in chunks**
- **2 medium leeks, sliced *or* 1 medium onion, cut in wedges**
- **1 10½-ounce can condensed beef broth**
- **3 tablespoons prepared horseradish**
- **2 tablespoons cornstarch**

In large Dutch oven brown meat in hot cooking oil. Add potatoes, carrots, and leeks. Stir together *1 cup* of the beef broth, the horseradish, ¼ teaspoon *salt* and ¼ teaspoon *pepper*. Pour over meat and vegetables in Dutch oven. Cover and roast in 350° oven for 2 hours. Remove meat and vegetables to platter; keep warm. Skim fat from pan juices. Measure pan juices, adding water to equal 1¾ cups liquid. Return pan juices to Dutch oven. Combine remaining beef broth and cornstarch; stir into pan juices. Cook and stir till bubbly. Serve gravy with roast. Makes 6 servings.

OVEN-BARBECUED POT ROAST

- **1 3-pound beef chuck cross rib pot roast *or* beef chuck blade pot roast**
- **1 medium onion, sliced**
- **⅓ cup vinegar**
- **¼ cup catsup**
- **2 tablespoons cooking oil**
- **2 tablespoons soy sauce**
- **1 tablespoon worcestershire sauce**
- **1 tablespoon prepared mustard**
- **¼ teaspoon garlic powder**

Place meat and onion in a plastic bag; set in shallow baking dish. Combine remaining ingredients, 1 teaspoon *salt* and ¼ teaspoon *pepper*. Pour over meat in plastic bag. Secure bag with tie. Marinate overnight in refrigerator, turning occasionally. Transfer meat, onion, and marinade from bag to shallow baking dish or Dutch oven. Cover and roast in 350° oven for 1¾ to 2¼ hours, basting occasionally with marinade. Transfer meat and onions to carving board; keep warm. Measure 1 cup pan juices. In saucepan blend 1 cup cold *water* and 4 teaspoons *cornstarch*. Add reserved juices. Cook and stir till bubbly. Slice meat; pass gravy. Serves 6.

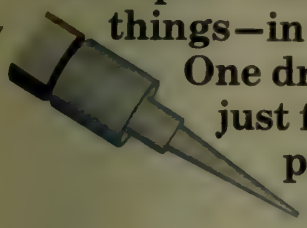
SWEET PEPPER BEEF ROUND

- **1 3- to 3½-pound beef bottom round roast *or* beef heel of round**
- **2 tablespoons cooking oil**
- **2 medium onions, sliced**
- **2 green peppers, cut in strips**
- **½ cup dry red wine**
- **¼ cup raisins**
- **2 tablespoons catsup**
- **1 clove garlic, minced**
- **1 teaspoon salt**
- **½ teaspoon *each* dried basil, thyme, and tarragon, crushed**
- **1 bay leaf**
- **⅛ teaspoon pepper**
- **4 teaspoons all-purpose flour**
- **½ cup dairy sour cream**

In large Dutch oven brown meat in hot cooking oil. Add onion, green pepper, wine, raisins, catsup, garlic, and seasonings. Cover and simmer 2 hours. Remove bay leaf. Transfer meat and vegetables to platter; keep warm. Pour pan juices into measuring cup; reserve 1 cup. In Dutch oven blend flour into sour cream. Blend in reserved juices. Cook and stir till thickened. *Do not boil.* Slice meat. Serve meat, vegetables, and gravy atop rice, if desired. Serves 8. ■

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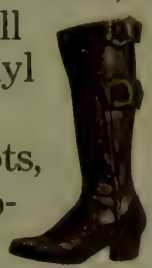
steam 'n dry iron handles, buckles, plastic bread box handles, auto brake release handles, door knobs, model trains,



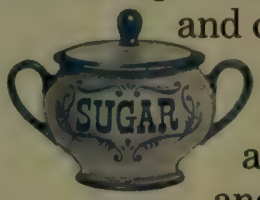
airplanes and ships, laminated plastic sheet to fiberboard,



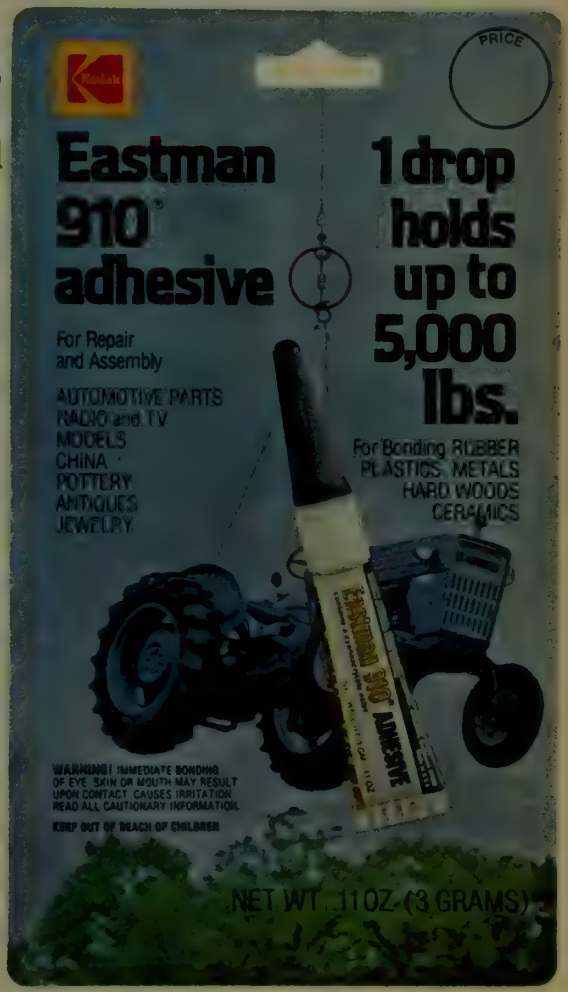
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WHAT'S WHAT IN "BASKET FURNITURE"

Wicker and its close relatives—rattan, bamboo, and cane—are giving traditional wood furnishings a run for their money these days. "Basket furniture" is now available in a wide range of style, quality, and price—from inexpensive accent pieces to costly designer sofas. That can make shopping for basket furniture a bit confusing. Here are some basics to help you buy wisely.

What's wicker?

Wicker is not a material, but a classification of furniture woven from any one of a variety of materials—rattan, reed, willow, buri, raffia, latania, or any other pliant twig.

Reed is a tall slender grass; it is also the name given to the inner core of the rattan pole. *Willow* is a tree or shrub with tough, malleable shoots that are often woven into loose, open designs. Willow is particularly long-lasting because it retains its natural moisture well.

Buri is the center stem or spine of a small genus of palm. *Raffia* is a fiber made from the leafstalks of the raffia palm. Another member of the palm family, *latania,* is a rope-like fiber that is hand-plaited when damp into taut strands. These are then woven directly onto furniture frames.

Imitation wicker made from twisted paper or plastic is also available. After several coats of lacquer have been applied, man-made versions of wicker are hard to distinguish from the real thing.

Wicker-wise buymanship

Whatever your price range, look for quality. To test overall strength, grasp a wicker seating piece or table and lean on it. As you apply your body weight, see if the furniture wobbles or gives. Turn the piece over and inspect the frame. Quality wicker is sturdy and rigid, with a frame that is at least one inch thick. Corners and joints should be tightly wrapped, with no loose ends.

The finish on good wicker is smooth to the touch, with no snags, rough edges, or hairy fibers visible.

The best and most expensive wicker is usually woven of flexible reed strips that are made from the inner core of the rattan pole. Keep in mind that closely woven wicker will be more durable than pieces woven in a loose, open design.

Rattan

A member of the palm family, rattan is a woody vine that grows to lengths up to 600 feet in the jungles of the Far East. Cut when it is seven to ten years old, the vine quickly replenishes itself, thus assuring bountiful supplies.

Rattan is characterized by a tough outer shell over an inner bark and pithy center core. The outer bark, called peel, is removed from the poles during processing and cut into narrow strips of varying widths. Some of these strips are used to wrap the framework and joints of rattan pole furniture. The narrowest strips—what we commonly call *cane*—are woven into chair seats and backs, furniture side panels, and accessory pieces.

The rattan poles destined to become furniture legs and frames are sanded and seasoned after the tough outer skin has been removed. Care is taken to preserve the distinctive nodes, or growth marks, on the inner bark. The inner cores of other rattan stalks are machine-shredded to produce a sturdy reed that is used to weave wicker.

Rattan bends easily and holds its graceful curves well. It can be joined with nails, screws, or glue and accepts a finish beautifully.

Scorched rattan (also called mottled or fired rattan) is just what its name implies—a golden variety of the palm that has been burned between the joints for a tortoiseshell look.

Rattan buymanship

Check the joints of a rattan furniture piece to see that they are tightly and smoothly wrapped with genuine peel bindings. Rattan wraps or cane peel bindings should be glued and nailed to eliminate any possibility of loosening or unwinding. Poles should be free of any dark blemishes that might indicate rotting. Growth nodes should be of approximately the same size and spaced 12 to 18 inches apart. To test structural strength, follow the same guidelines as for wicker. The finish on rattan should be smooth and fuzz-free. Check any cushions for comfort and quality of construction.

Well-constructed rattan furniture is extremely durable and will withstand years of wear and tear.

Bamboo

Although bamboo and rattan look alike because both are segmented by growth nodes, the two naturals have very different characteristics and should not be confused.

For one thing, bamboo is not a vine but a tropical grass that grows straight out of the ground. Bamboo is hollow with a tough outer shell, and it is less flexible than rattan, and so more difficult to shape. Also, bamboo splits easily, and does not take a finish well. Mainly, bamboo is best used for accessories and light accent pieces.

Rattan and wicker upkeep

One of the advantages of rattan and wicker is that both are nearly maintenance free. Dust them regularly, using the soft brush attachment of your vacuum cleaner on wicker. Occasionally, wipe down your furniture with a damp cloth. If the furniture is badly soiled, use a mild soap and water solution. Rinse and dry the frames. You may wish to apply a light coat of furniture polish for sheen and protection, except on pieces lacquered a bright white or pastel color which may yellow. ■

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HINTS FOR HOLDING A GARAGE SALE

It's not surprising that garage sales have become a way of life for budget-watching families. Where could you find a better way to turn household clutter into cash? Here are some suggestions that can help make your garage sale pay off handsomely.

What is the best time to hold a sale?

After the annual spring or fall housecleaning or before a move is an ideal time for a garage sale. Give yourself plenty of time—at least three or four weeks—to prepare for the sale. Choose a date that won't compete for attendance with long holiday weekends or special local events. Saturdays and Sundays are better than weekdays because more potential buyers are usually available.

What should you include in the sale?

People will buy practically anything, so whatever turns up in your attic, basement, closets, or cupboards can go on sale, provided the items are in good shape and clean.

Practical items always sell well—kitchen utensils, electrical appliances, tools, bikes, used furniture, sporting goods, garden equipment, toys, books, children's apparel, and maternity clothes. Most adult clothing doesn't have as much appeal because styles change.

How do you organize a garage sale?

One good way to organize a garage sale is to join with friends, neighbors, or relatives. The more items you offer, the greater the profit potential.

Although there are no set rules for holding a sale, you can get good ideas by visiting other sales. Before you set up your sale, prepare your "store" by sweeping and washing out the garage to get rid of dust, oil, and odors.

Categorize your display tables for easy access and viewing. Use one of the tables for always popular miscellaneous 25-cent items. You can borrow extra folding tables from neighbors.

If you are going to sell clothing, size the apparel correctly. To display the clothes, hang them on a temporary clothes rack that you can make by running a metal pole or broom handle through two stepladders.

Spruce up the furniture for sale by conditioning the leather and polishing the wood. To get rid of any musty odors in old trunks, cabinets, or drawers, use an air freshener.

Check the electrical cords of appliances for wear and replace or rewire if necessary. Be sure the appliance table is near an outlet so the customer can check the appliance before buying.

Plan ahead for plenty of parking space and a loading zone. Keep your driveway clear and ask your neighbors' cooperation in advance so they won't park in the street during your sale.

How do you promote a garage sale?

Next to word of mouth, the best way to advertise your garage sale is through the local shopper or classified section of the daily newspaper. Give the paper typed copy describing the merchandise as thoroughly as space and your advertising budget allow. List your address, directions to the sale, plus dates and time. Run the ad at least two days before the sale and check for errors.

Sometimes you can get free publicity for your sale by using radio and television public service announcements or bulletin boards in public places.

Use an indelible broad-tip felt pen to make directional arrows on large posterboard. Post the signs on trees leading to your home.

What prices should you charge?

Other garage sales, thrift stores, or the Salvation Army will give you some price guidelines for your own sale. Be prepared to come down in price or to dicker about price—after all, you're trying to get rid of unwanted items. Post a notice that all sales are final and that you'll accept only cash.

Have at least $20 in change and record your sales immediately, listing the item, seller, and cost. Profits from an occasional garage sale are not considered taxable income. ■

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Hudson's—Detroit
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Kalamazoo and Muskegon

MINNESOTA
Donaldson's—Minneapolis
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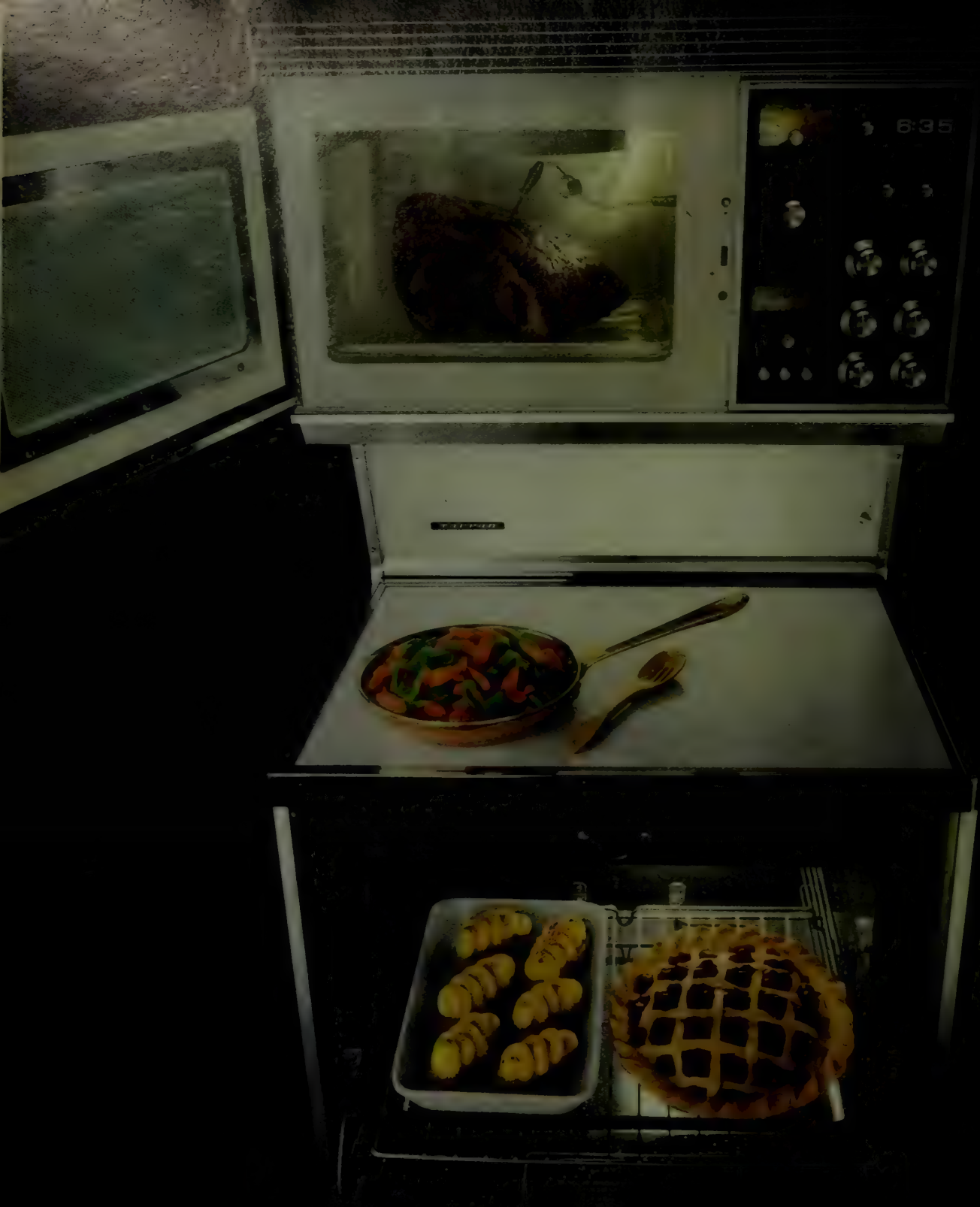
Oleg Cassini appeals to your most romantic spirit with Gaugin-inspired "Jungle Blossoms." Russet and peach wildflowers and lush white blossoms are highlighted against a jungle-dark background. Coordinating pillowcases flourish with romance. The collection is Percale of 50% Combed cotton and 50% Celanese Fortrel® polyester, with bedspreads and draperies to match.
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BUILDING

Repairing and replacing shabby shingles

Putting off roof repairs is easy. You can find dozens of excuses, from not being able to find your ladder to a fear of heights. But every day you postpone remedial action can mean further damage and more costly repairs. Here's how to get on with the job.

Choose a calm, warm day to do your roof repairs, especially if you'll be working with asphalt shingles. (They're too brittle in cold weather, too soft in extremely hot temperatures.) First take inventory. Check for damaged, loose, or missing shingles, then inspect areas where shingles overlap flashing—such as in roof valleys and around chimneys and pipes. Once you've found the problem spots, here's how to repair them.

Asphalt shingles

● **Curled or loose shingles** are the most common problem. Look for them especially after a damaging wind storm. Areas where shingles overlap flashing should also be double-checked. To fasten down a loose shingle, lift it gently and apply plastic roofing cement underneath it. Replace the shingle and press it down firmly.

● **Small cracks** should be repaired with roofing cement. Trowel it into the cracks; if you make any smears, dip a cloth in solvent and wipe them up as best you can.

● **Torn or split shingles** should be patched with roofing cement and nailed down with roofing nails.

● **If a shingle is beyond salvation,** you'll have to replace it. Carefully lift up the overlapping shingle to get at the damaged one and use a flat pry bar to remove the nails holding it down. Slide the shingle out and insert a new one, pushing it up as far as it will go. Then nail it in place.

If you don't have any replacement shingles, you can use a piece of metal flashing to reinforce a badly damaged shingle. Cut a piece a bit smaller than the shingle, slip the metal underneath the shingle, and nail the metal to the roof. Then coat the underside of the damaged shingle with roofing cement and press the shingle back in place.

Wood shingles

● **Loose shingles** should simply be nailed down securely. If a shingle has split, slide roofing paper the width of the shingle under the crack, drill pilot holes to prevent more splitting, then nail down the split edges.

● **Warped shingles** should be split carefully at the warp with an ax or hatchet, then handled as above.

● **Moss growing on shingles** can cause the wood to decay. Scrape the moss off with a wire brush and treat the roof with a wood preservative.

● **Replace shingles with broken edges, severe splits, or extensive decay.** Remove the nails holding the shingle in place with a flat pry bar, or cut off the nailheads with a hacksaw blade. Then pull the shingle free. Insert the new shingle and nail it in place, positioning the nails just below the next course above. ■

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Architect: Architectural Workshop—Moscow, Idaho. John Anton Berg—Designer

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Great living in a garage

If you've been considering converting your single-car garage, here's one approach worth trying. Bump out a wall to give you even more space to work with, then let your imagination go wild. Here the garage became a family room. Your project, of course, will depend on your needs and on your floor plan.



Source E[illegible] Lo.becker

The existing garage measured 11x19 feet, but adding 8½ feet boosted the new family room's floor space to 19½x 19 feet. Sliding glass doors let in ample light and provide a quick exit to the side yard. Other structural changes include the installation of an unusual long-and-narrow window and an entry door next to it, accessible from the driveway. The exterior is finished with redwood tongue-and-groove siding, stained white and extended four feet higher than normal.



Inside *(photo above)*, you can see the snuggery formed by the sliding glass doors at the left and the entry door at right. The couch just fits under the narrow shuttered window and built-in bookcase. The window curtains and door shade match the couch and chair. A five-foot-wide coat closet is hidden from view.

The opposite side of the room *(photo below)* has been converted into a breakfast area. Just around the corner and up the stairway is the kitchen—handy, but hidden from diners. The stair wall, covered with corkboard, is a convenient spot to post messages and show off the children's artwork. ■





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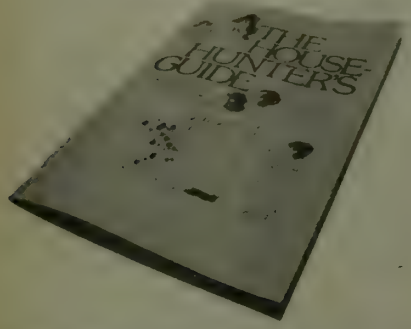
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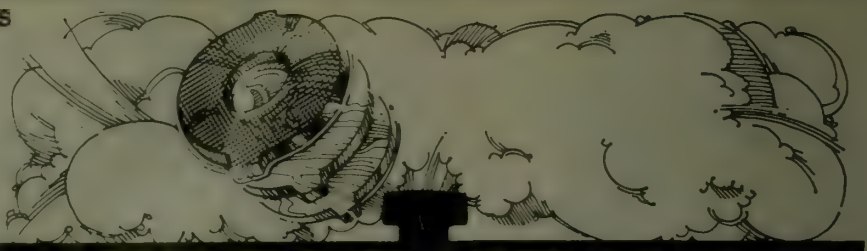
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CARS



HOW TO HANDLE AN OVERHEATED ENGINE

A flashing "Hot" or "Temp" light on your dashboard indicates engine overheating, a condition that could ruin your car's engine with just a few more miles of driving. Knowing how to pinpoint the cause of the problem can get you back on the road promptly.

Summer overheating

Stop-and-go driving on hot summer days puts a strain on your engine's cooling system. If the temperature warning light flashes under these conditions, try to get your car off the road immediately. If you're caught in traffic, turn off the air conditioner and turn on the heater and blower. This circulates extra coolant through the engine and removes heat from the cooling system.

Once you've stopped, shift into neutral or park and press down slightly on the accelerator to increase the velocity of the water pump and fan. If the warning light does not go out after a couple of minutes, turn off the ignition and raise the hood.

Coolant loss

Let the radiator and engine cool for about 20 minutes before touching anything under the hood. To check the coolant level in the radiator, cover the cap with a thick cloth and slowly turn the cap counterclockwise as far as possible. Wait for the pressure to escape, then put downward force on the cap and turn it until it comes free. Step to one side as you lift the cap off because hot coolant may bubble out.

If your car has a coolant recovery system, you will find a small reservoir connected to the radiator. Check the coolant level in the reservoir and add water to it if necessary.

A low coolant level in the radiator indicates a possible leak in the cooling system. Start the engine and slowly refill the radiator with water; replace the cap. While the engine runs, examine the seal around the cap, the hoses connected to the radiator, and the body of the radiator for leaks. If you find a slow leak, you can drive to a service station, as long as the temperature light remains off. If the leak causes rapid coolant loss from a crack in a hose or the radiator, do not drive the car unless you can temporarily patch the leak with electrician's tape.

Other causes

If the coolant level is normal, inspect the drive belt operating the fan and water pump. If the drive belt is broken, cracked, or glazed, or if it lacks tension, you may be able to resume driving after replacing or tightening the belt.

Look at the face of your radiator. If paper, leaves, or other debris are sticking to it, the restricted air flow may be the cause of the overheating. If the temperature light goes out after you have cleared away the blockage and restarted the car, you can continue driving.

Examine the lower radiator hose. If it appears to have collapsed, it may be blocking the cooling system. Also feel around the water pump (use a rag to protect your hand). If you detect wetness, the pump may need replacing. In both cases, do not drive the car farther.

Also do not drive the car if these checks have failed to reveal the cause of the overheating. The problem may be simply a faulty thermostat or plugged radiator, but a mechanic must examine your car to make a diagnosis. ■

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KING: 19 mg. "tar", 1.2 mg. nicotine
100's: 19 mg. "tar", 1.3 mg. nicotine,
av. per cigarette, FTC Report AUG. '77.



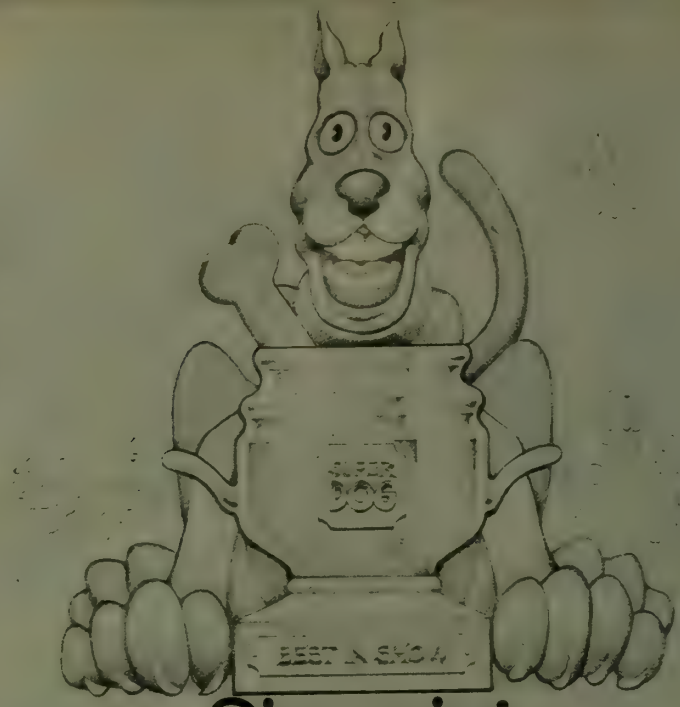
I won't settle for anything less than taste.

A lot of cigarettes promise taste.
But for me, only one cigarette delivers. Winston.
I get real taste and real pleasure every time I light up.
I won't settle for less. Would you?

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Winston King Winston 100's.

PETS Barbara Humeston



Discovering Dog & Cat Shows

Attending dog and cat shows was once a wealthy folks' pastime. But now, about everybody is doing it, and your family shouldn't miss out on the fun. The shows are both entertaining and educational. You'll see a potpourri of canines and felines in top form and get a chance to contact people in the know about them.

Dogs have their day

To some people, the term "dog show" is synonymous with conformation trials. But obedience trials also have become popular canine contests. Both competitions may or may not be licensed by the American Kennel Club (AKC). But for a canine to earn points toward a "champion" title in conformation competition or an obedience degree, the show must be licensed by the AKC, which permits only registered animals in its meets. The AKC also sanctions informal "matches" for fun and practice. But no points are awarded to dogs at these contests.

It's easy to get caught up in show-time excitement. Expect to see hundreds, even thousands, of canines at major shows. When it comes to activity, busy grooming areas rival the show ring. Don't miss these midways of wandering spectators; anxious dogs,

continued

Drawing: The Graphic Corp.





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Corky learned a lesson about skunks, and the kennel taught us a lesson about Gaines·burgers® DOG FOOD He loves it.



When Corky got into a friendly argument with a wild skunk, we had to take him to the kennel for a special bath.

And while he isn't particular about his friends, he is particular about what he eats. Canned dog food. Period. And when the kennel had to keep him overnight, I was worried he wouldn't eat.

Was I in for a surprise.

When we picked him up the next afternoon, he was devouring a bowl of Gaines•burgers like he'd been eating it all his life.

The kennel owner explained that Gaines•burgers® dog food has the moist, meaty taste dogs love, especially since it also comes in three tasty varieties. But, more important, he said it was 100% nutritionally balanced.

Well, to make a long story short, Corky now eats Gaines•burgers every day and loves it. And I love the convenience.

It seems like that poor little skunk taught us all a lesson.

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15¢ Save 15¢ on any size or flavor 15¢

Gaines·burgers® DOG FOOD

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To the retailer: General Foods Corporation will reimburse you for the face value of this coupon plus 5¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence thereof satisfactory to General Foods Corporation. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corporation, Coupon Redemption Office, P.O. Box 103, Kankakee, Illinois 60901. This coupon good only on purchase of product indicated. Any other use constitutes fraud.



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Limit—One Coupon per Purchase. Coupon expires June 30, 1979.

15¢ The canned dog food without the can.® 15¢

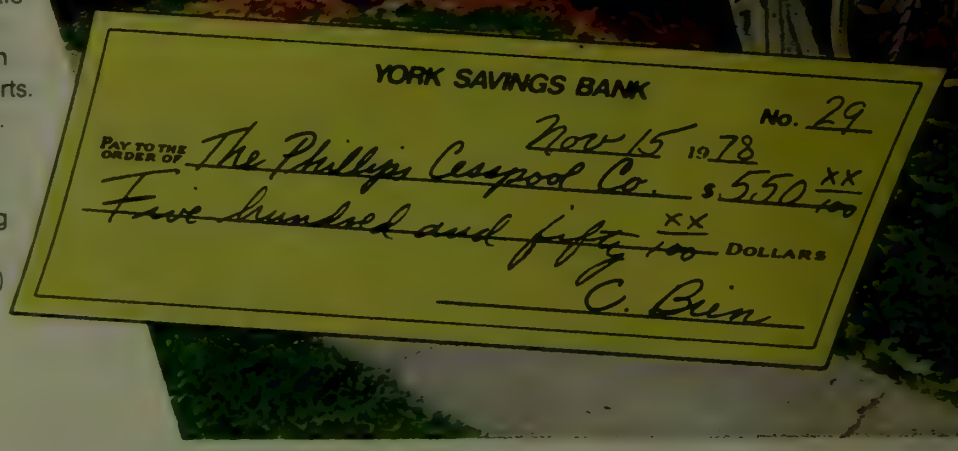
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When something goes wrong with your cesspool or septic tank—it's expensive. Stop that money from going to waste with just 50¢ worth of Rid-X every month. A little Rid-X poured down the bowl can save you hundreds of dollars in costly repair bills. Rid-X works for a full month inside your sewage system to stop trouble before it starts. Use Rid-X now—before it's hundreds of dollars too late.

To introduce you to Rid-X,® we'll give you the first month free. For your 50¢ off coupon and our pamphlet on septic tank care send your name, address (including zip code) to RESCO, Dept. BH, Box 224, White Plains, New York 10602. (Coupon expires December 31, 1978.)

50¢ WORTH OF RID-X A MONTH HELPS KEEP YOUR SEPTIC TANK TROUBLE-FREE



continued

Dog and cat shows

owners, and handlers; crates, cages, and grooming paraphernalia.

Conformation competition

At conformation trials dogs are evaluated on their gait (ability to move) and appearance according to standards of perfection for each breed. These competitions may be either specialty shows where dogs of only one breed (like cocker spaniel or German shepherd) compete or all-breed shows where many different breeds are represented in the competition.

Often junior handling events are scheduled in conjunction with conformation shows. These casual and sometimes amusing contests provide young handlers and their dogs with useful show experience.

Regardless of the kind of show, a cross section of people will be participating—from college professors to teen-agers, homemakers, and auto mechanics. Many of the handlers are showmen at heart. People watching—inside and outside the ring—can be as much fun as pooch watching.

Conformation shows may be benched or unbenched, though benched shows are fairly rare. At benched shows, all dogs must remain on display throughout published hours of the show; at unbenched shows, dogs have to be on the grounds only during the time they're judged. At both benched and unbenched meets, each canine is paraded into the show ring for judging, and all classes of one breed are evaluated before the judges move on to the next. But different breeds probably will be competing in several different rings at the same time.

If you're specially interested in a particular breed, check the show catalog (breeds should be listed in the order they'll be judged) or call the show's sponsor in advance to make sure you're on hand at the right time. Show catalogs also list each dog by name, the number assigned the dog for the show (in the ring, the dog's handler wears the number on an armband), the dog's background, and his owner.

Half the fun of a dog show is outguessing the judges. If you keep your eyes open, you'll soon learn about strengths and weaknesses of different breeds and the characteristics judges are looking for.

Basically, the show goes something like this. First, blue-ribbon winners are picked from each class (puppy, novice, bred by exhibitor, American bred, and open) for each breed. Then, the winning dogs compete for "best of breed" or "best of variety." (The collie breed, for example, consists of two varieties—rough coated and smooth coated, while there are no varieties among Dalmatians and some other breeds.) Special entries, including dogs that have won championships at previous shows, also are eligible to compete for best of breed without being judged in any other classes at that specific show.

Best of breed winners move on to group competition, in which breed winners are assigned to one of six groups (sporting dogs, hounds, working dogs, terriers, toys, and non-sporting dogs) and compete for top dog in the group. The six group winners then

continued on page 226

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th Tender Vittles. Delicious Tender Vittles
t food has a great taste cats love. And each
uch contains a completely balanced meal. So
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Cat Food

122 TV 122 STORE COUPON

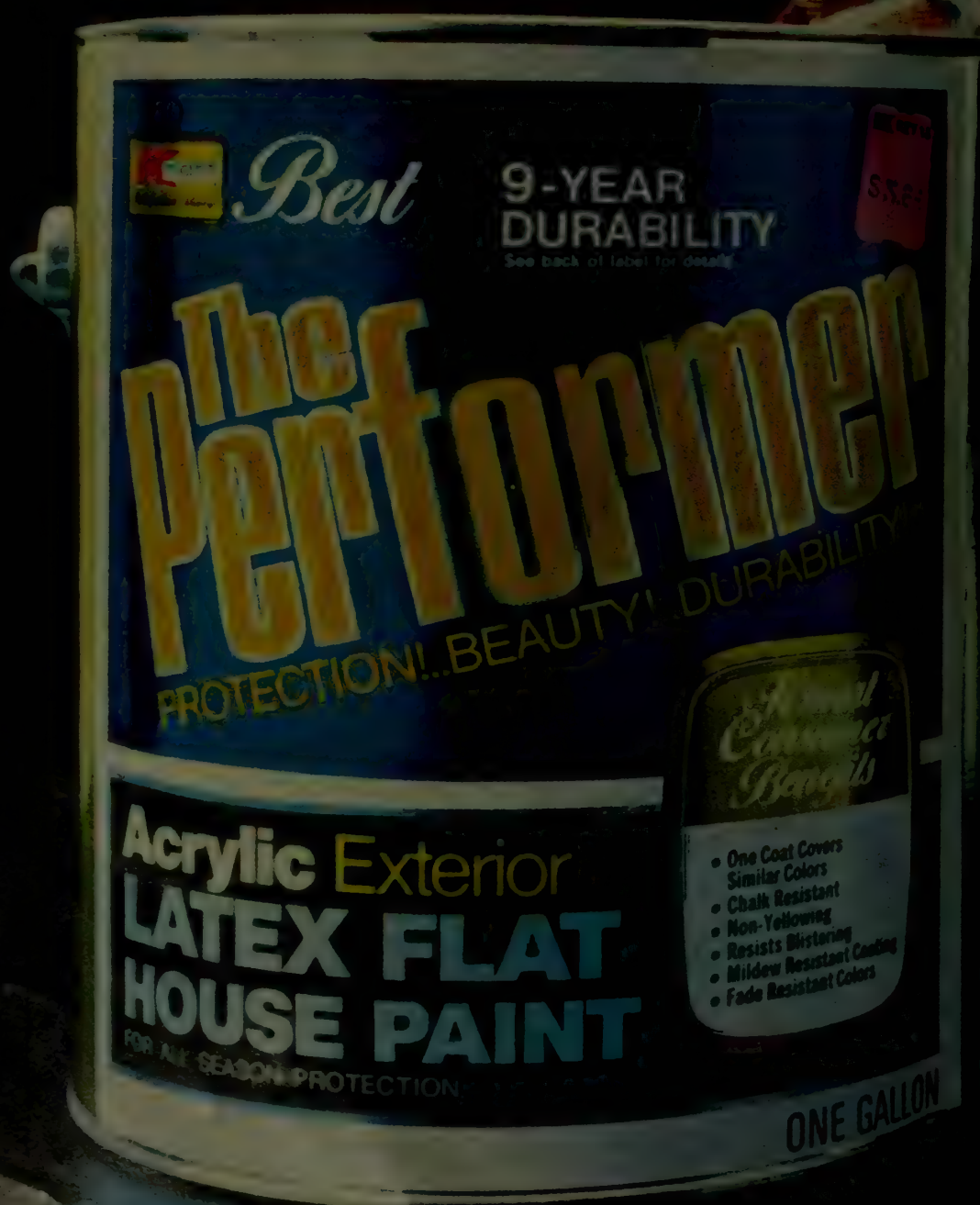
For your pet's health see your veterinarian annually.

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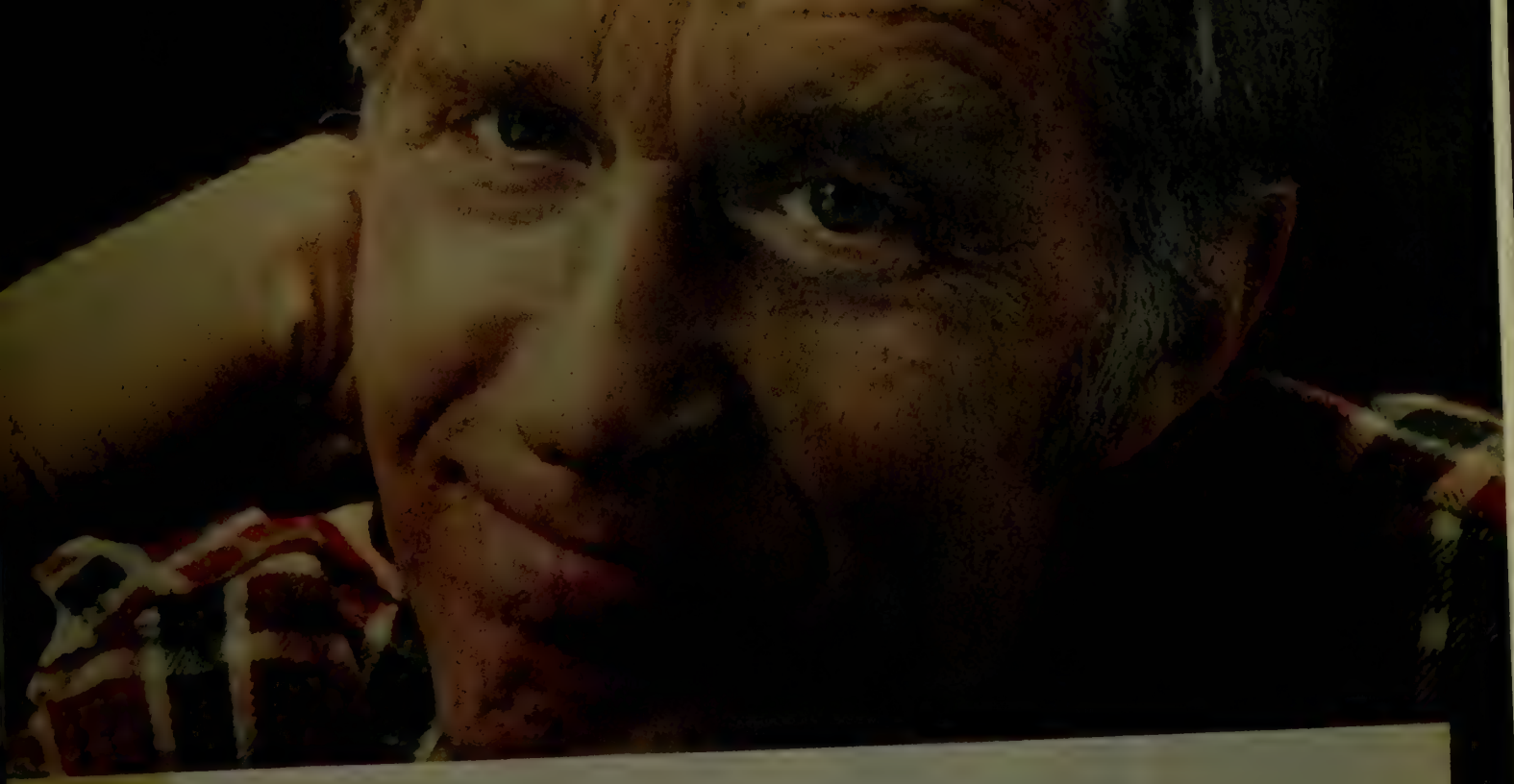
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Our exterior paint has a label worth comparing. Because K mart's Performer offers a durability promise. It covers washing, fading, blistering, yellowing, mildew and more. The Performer goes on so easily and gives you a tough, latex finish in over 50 imaginative colors to complement any home.

And K mart's Performer carries a K mart price. Next time, make your exterior paint our exterior paint. The Performer. A durable paint at a K mart price. Available at over 1,200 K mart stores across the U.S.A.



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LIMITED WARRANTY

This K mart Latex Flat House Paint when applied according to label instructions will cover similar colors in one coat when applied at 400 sq. ft. per gallon (except rough or textured surfaces.)

This K mart Latex Flat House Paint when applied two coats according to label instructions will have the following qualities for the years stated:

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- **Resists Blistering** — will not peel from properly prepared surfaces — 9 years.
- **Washable** — normal dirt deposits can be removed if washing instructions are followed — 7 years.
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When applied according to directions, if paint fails to perform as specified above, K mart's obligation shall be limited solely to refund of the purchase price.

The tough PERFORMER delivers a durable latex finish in fade-resistant colors . . . designed for the outdoor life.

For maximum beauty and durability . . . just follow these simple steps . . .

WHERE TO APPLY: Wood, metal, masonry — both new and previously finished.

COVERAGE: Covers similar colors in one coat. Apply at approximate rate of 400 sq. ft. per gallon. Use quality tools such as GOLD LINE Rollers and K mart brushes.

HOW TO PREPARE FINISHED SURFACES • *Wood and Metal* — Correct and repair. Remove loose paint. Wash off dirt, dust, excessive chalk. Scrub overhangs, eaves with household cleaner in water to help prevent "tissue peeling." Rinse thoroughly, let dry. Lightly sand glossy surfaces.

HOW TO PREPARE UNFINISHED SURFACES • *Bare Wood and Metal* — prime with appropriate primer. On new construction, prime bare wood immediately. Before using caulk or putty, spot prime open nail holes, cracked seams. Paint directly on clean, bare galvanized metal.

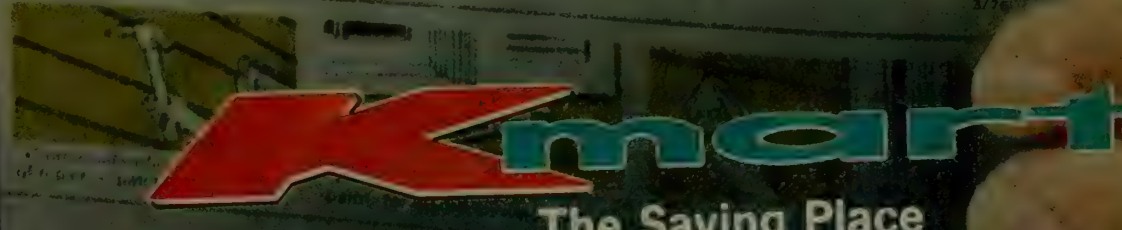
HOW TO PREPARE MASONRY AND ASBESTOS SIDING: Surfaces must be cured, clean, firm and poured concrete weathered several years or sandblasted. Treat porous and sandblasted surfaces with appropriate surface conditioner. Remove loose paint, chalk. Remove thick layers of flaking paint with power wire brushing or sandblasting. Patch holes, cracks; caulk seams, joints. Treat repaired and porous masonry with surface conditioner. Previously painted surfaces in good repair do not require conditioner. Paint directly firm, clean, nonchalky surfaces. Surfaces should be dry or damp (not wet) before applying finish.

HOW TO PAINT EFFECTIVELY: Stir paint well. Apply with quality painting tools such as GOLD LINE Roller or K mart nylon or polyester brush. Do not thin paint, except for spray application. When spraying, thin sparingly with water. DO NOT APPLY AT TEMPERATURES BELOW 50°F. THE PERFORMER DRIES BEST AT 65°F. OR HIGHER. Two coats are recommended over new surfaces. When recoating, allow at least two hours drying.

HOW TO CLEAN-UP: Clean up hands and equipment with soap and water.

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continued from page 222

Dog and cat shows

compete for the "best dog in show."

Obedience outings

At obedience trials, specially trained dogs perform tasks like fetching on command, jumping hurdles, distinguishing scents, and stopping and staying in place on command. Obedience trials often are held in conjunction with canine conformation shows.

Trainers and handlers can be as fascinating to watch as the canines, as they control and maneuver their dogs with a word or flick of the hand. Handlers' commands, judges' instructions, and even movements of the animals are strictly prescribed for each exercise. Only one command or signal is permitted per exercise. A correction can't be signaled, and an exercise can't be repeated unless there's outside interference. Handlers can praise their dogs at the end of an exercise; otherwise, dogs can't be rewarded in any way.

Most exercises are performed individually inside a ring, with each dog in a class going through the same routines. Chances are you'll soon pick a favorite pooch to root for.

There are three increasingly difficult levels of competition at obedience shows: novice, open, and utility. An obedience degree is awarded by the AKC when a dog earns a passing number of points in his class at three different shows. Novice and open classes are divided into A and B sections, depending primarily on the experience of the handler. Any handler who's previously shown a dog that's earned a degree in obedience competition must show in the B division, along with handlers who aren't working with their own canines. Everybody competes together in the utility classes.

Dogs are evaluated on their responsiveness to commands and on their willingness and enjoyment of their work. Handlers also must show a smooth, natural sense of control in working with their dogs.

The AKC and other organizations also license field trials. At these outdoor events, judges size up dogs as they point game, retrieve it, etc.

Of the thousands of dog shows held every year, some of the more prestig-

continued on page 229





Sally's only 11, but she's already planning her own room around this Ethan Allen rolltop desk.



The Ethan Allen Treasury gives me 392 pages of ideas–all free! You don't have to buy anything–just go into a Gallery and pick it up.

"I'M MY OWN DECORATOR"

SO I LIKE A STORE THAT MAKES THE MOST OF MY IDEAS, AND GIVES ME THE MOST FOR MY MONEY.

Meet Stephanie, Fred and Sally Rensing. First in a series of stories about the kind of people who furnish their house, <u>their</u> way, at Ethan Allen.

"I've got more ideas than I know what to do with! For me, the hardest part is finding the furniture to express those ideas. The minute I walked into Ethan Allen, I knew I was going to find everything I wanted.

For example, a sofa you can put your feet up on, and <u>relax</u>. That's Fred's idea of what a sofa should be. I agree. Who wants to feel like a guest in his own house! When I saw this Tuxedo sofa sitting next to its matching loveseat in one of Ethan Allen's room settings, I knew it was right for us. Who would have thought you could furnish a whole living room at such a comfortable price.

There's just no end to the help you can get at Ethan Allen. Yet, I get the feeling Ethan Allen really respects <u>my</u> judgement. I wouldn't go anywhere else, because it's the one store that <u>helps</u> me be my own decorator."



The Ethan Allen interior designer helped me pick this fabric and figure out the measurements so the sofa fits exactly. It looks made to order–for a lot less than we expected to pay. And what a find this rug was!



Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE <u>YOUR</u> WAY.

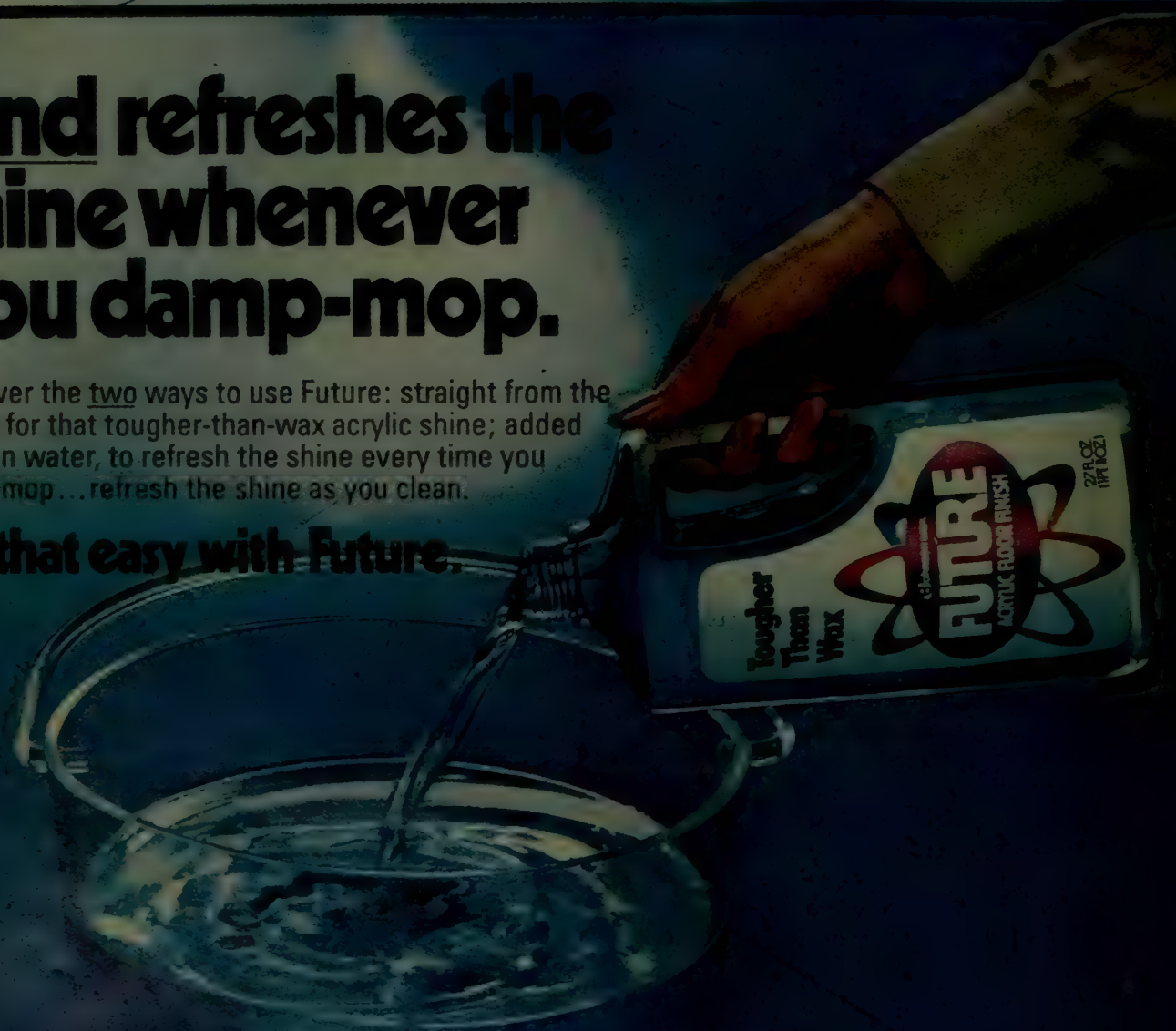
Future gives you a tougher-than-wax shine



And refreshes the shine whenever you damp-mop.

Discover the two ways to use Future: straight from the bottle for that tougher-than-wax acrylic shine; added to plain water, to refresh the shine every time you damp-mop . . . refresh the shine as you clean.

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continued from page 226

Dog and cat shows

ious include the Westminster show in New York City in February, the Santa Barbara, California show in July, and the International Kennel Club of Chicago meet in late March. But almost every weekend, you can find competitions in your vicinity. Check newspapers and area dog clubs, or write the American Kennel Club, 51 Madison Avenue, New York, New York 10010.

Top cats turn out

Not surprisingly, the atmosphere at cat shows is dramatically different than at dog shows. Part of the difference results from the nature of felines. Cat shows, like their stars, tend to be more subdued—though anxiousness and anticipation still run high.

Since several different cat associations license shows, the rules and procedures may vary somewhat from one show to the next. Basically, however, winning cats are selected either on a point system or on the judges' more general evaluation of the overall quality of different felines.

Look for the field of entries to range anywhere from a few dozen to hundreds of cats. Once again, a show catalog will help you grasp what's going on.

Show cats await judging in cages, some complete with flowing curtains and plump pillows. If show policy permits, explore this area behind the scenes and chat with exhibitors.

Conformation shows—at which cats' physical characteristics are measured against standards of perfection—are the only kind of cat contest. Head and body structure, eye shape and color, coat color and texture, and overall condition figure in the judging. One easy general rule usually applies: When a particular breed should show definite markings (such as points on a Siamese), the clearer those markings and the truer their color, the better the cat's chances of winning.

Shows can be single specialty contests limited to one major division of cats (long-hairs, short-hairs, or whatever) or all-breed shows in which different varieties compete in what are actually several independent "shows within the show." Classes generally are grouped into championship, non-

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continued

Dog and cat shows

championship, and altered categories. Championship classes are for registered cats at least eight months old of a breed recognized by the show's licensing association. Non-championship includes kittens and household pets (always fun to watch), along with registered felines of breeds not recognized by the association licensing the show. Registered, recognized spayed and neutered cats compete in the altered classes.

Championship classes usually are broken down further into novice, basically for newcomers to the cat show scene; open, for cats that haven't earned enough points or ribbons to be champions; champion, for champion felines that aren't yet grand champions; and grand champion for the "cream of the crop."

Usually there are four or so judges to a show. A judging area consists of ten cages presided over by a judge at a table. When a cat's catalog number comes up, the exhibitor places the animal in the appropriate cage. Several "rings" usually are busy at once.

When the judge begins his examination, some cats may protest indignantly, but most judges are exceptionally skilled in handling touchy felines. It's interesting to keep an eye on reactions of the cats' owners, as well as the cats and judges.

Shows usually are scheduled for fall and winter, when cats' coats are at their best; though there are shows in summer for short-haired felines. Locations of larger competitions include Houston in December, New York City and Rockford, Illinois, in February, Chicago in March, Santa Monica, California, and New Orleans in September, Portland, Oregon, in October, and Madison, Wisconsin, in November.

For more about upcoming shows in your vicinity, check *CATS Magazine* (c/o Show Calendar Editor, Box 557, Washington, Pennsylvania 15301); contact a local cat club; or write one of the large cat show licensing organizations, like the Cat Fanciers' Association, Inc. (Jean B. Rose, Executive Director, Box 430, Red Bank, New Jersey 07701) or the American Cat Fanciers' Association (Cora Swan, Secretary and General Manager, Box 203, Point Lookout, Missouri 65726). ■

CANADA



Alberta

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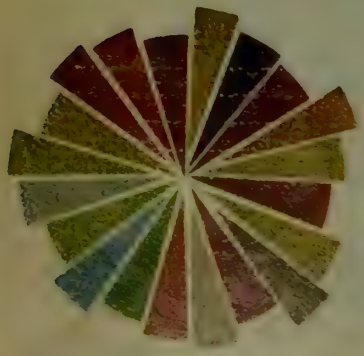
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DECORATING

Stash-away stools

If guests sometimes outnumber the chairs at your house, call on stash-away stools when the occasion demands additional seating. Here are two examples of convenient under-the-table stool storage.



Photograph/Source: Jessie Walker Associates
Design: Bert Sadock, Keevan-Sadock, Inc.

A long sofa table is a handy hideaway spot for three extra seats in this contemporary living room. The comfortable upholstered stools can be pulled into the conversation area, or used in conjunction with the table for casual, counter-style dining. Since the stools are the same width as the table, they tuck out of the way and nearly out of sight when not in use.



Photograph: George R. Szanik. Design: Gerald Thompson, ASID, Wayne Kirts, ASID. Source: Pauline Graves

Stools are a good way to make use of wasted under-the-table floor space, and they're much handier than folding chairs hidden in a closet. Here, two padded stools are neatly stored under an entryway console table near the living room. The easy-to-move stools also work well as ottomans. ■

CANADA



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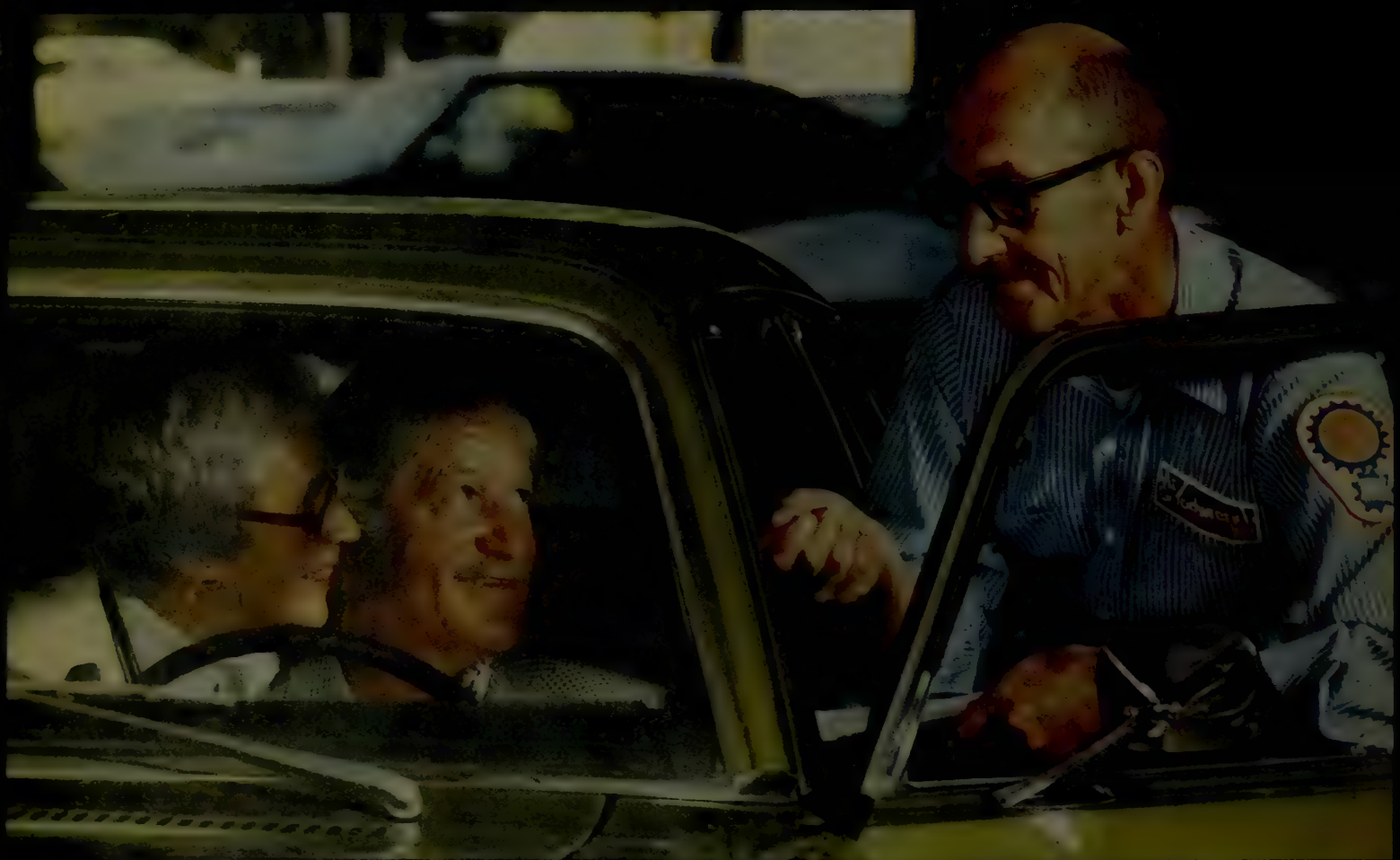
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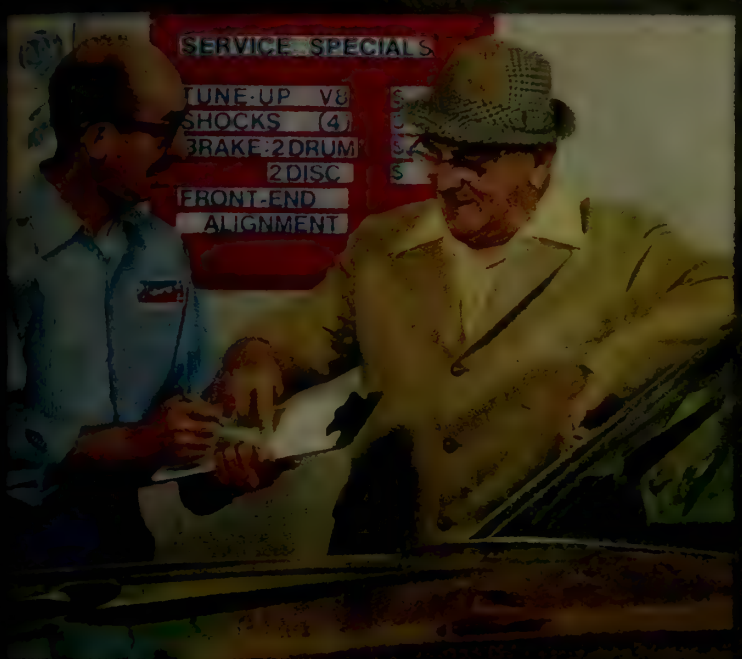


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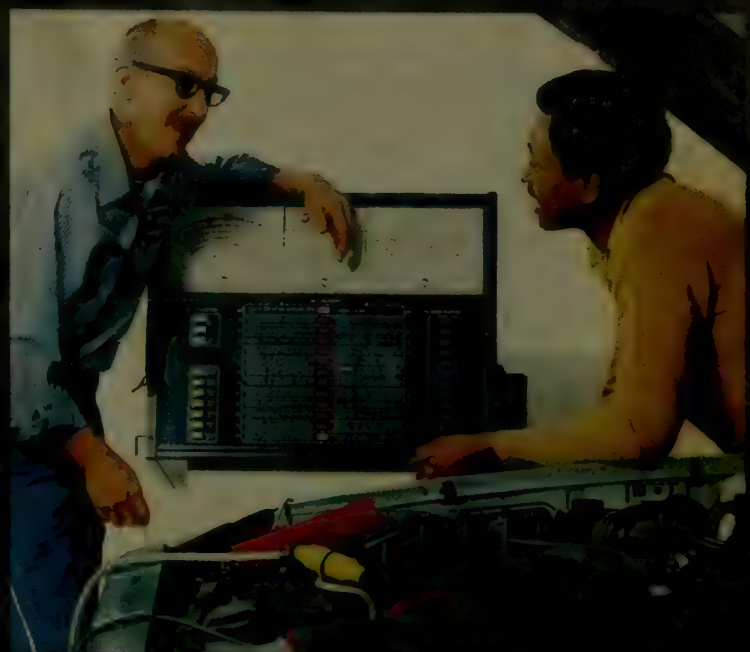
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nd General Motors has made it possible for Mr. Good-rench to have competitive prices on the parts you're ost likely to use—such as brakes and shocks. They're enuine GM parts, too. The kind engineered specif-ally for your GM car.



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le wants to have your car ready on time. He has special GM Service School training available to help him really understand your GM car.



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chrome and wicker chairs focus on the fireplace at one end of this square, boxy room. One love seat, with its back to the entryway, helps define the traffic path through the room.



Photograph/Source: Jessie Walker Associates. Design: Lynn Van Schaack

Here's a front-of-fireplace arrangement meant for small-group conversations and cozy tête-à-têtes. A love seat and two armchairs make up the simple grouping. The furniture and accessories on the mantel wall are artfully arranged to balance the off-center fireplace. ■

DECORATING

Fireplace settings

Since people automatically gravitate toward the warm glow of a fireplace, comfortable seating should be nearby. Here are two examples of inviting fireside arrangements for you to consider.



Photograph: Harry Hartman. Design: Linda M. Williams, Quantre-Williams Design Associates, Inc. Source: Ruth L. Grenc

A fireplace can be the visual anchor for a seating group and solve some room arrangement problems at the same time. Here twin love seats and a pair of contemporary



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United can help you create the Hawaii that's just right for you. We've got vacation packages and options galore. And we've got Royal Hawaiian Service to get you there in fine Polynesian style with Mai Tais and flowers and great dining. So read on, but remember, the vacations described are only a few of many and do not include air fare. Prices range according to choice of hotel and other ground arrangements and are subject to change.

Hawaii: As You Like It.

Here's real flexibility to give you the islands and hotels just to your liking. Start with "Discover Waikiki," for example; it's 3 nights close to great dining, sightseeing and entertainment. And for a base price of $55.50 per person/2 to a room (10% tax and service not included) you get a lei greeting and hotel transfers. Your choice of a special tour or show is also included. (ITUAA-AHIA3.) But that's just for starters, because other islands and extra nights are easy to add on. And don't forget to ask about our neat Kitchen and Car trips.

Hawaii: Lifestyle.

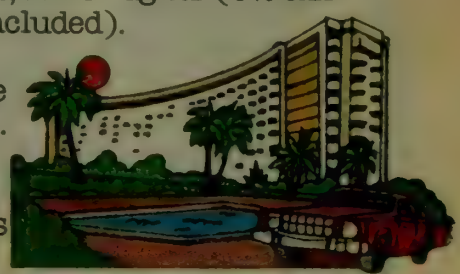
For complete, ready-to-go vacations, a Lifestyle package could be just your thing. With "Waikiki – Do Your Own Thing" you can enjoy 6 nights at a remarkably low $83 (10% tax and service not included) per person/2 to a room. Also included are Outrigger Hotel Cabaret Show, Honolulu and Punchbowl Crater Tour, Countdown Discount Card and more. (ITUAF-TWTA6.) Or opt for our "Oahu Plus Neighbor Island U-Drive," starting at $170 per person/2 to a room and 7 days' unlimited mileage car rental. (ITUAF-TWTN07.)

Hawaii: One-O.

For multi-island trips, you can't beat the 3- and 4-island plans. "Hawaii Three-O" is 4 nights Waikiki, 2 nights Kauai, 3 nights Maui, with special tours on each island, lei greeting, Countdown Discount Card, transfers, briefing party – all from $234 complete, per person/2 to a room. (ITUAG-HHIC9.)

Hawaii: Privacy in Paradise.

Consider a condominium vacation at one of 27 condominium resorts on any of 5 islands. Great for a couple or a family. Prices range from $34.50 to $168 per person/2 to a unit, for 3 nights (5% tax and service not included). Rental car with unlimited mileage is easily available. Daily maid service and fully equipped kitchens give you even more of the freedom you want. (ITUAH-CREA3.)



Hawaii Complete: Fly/Drive.

There's no better way to build your own fun than with a footloose Fly/Drive plan. In "Maui – House of the Sun" you get 2 nights at your choice of accommodations and 2 days' use of a car with unlimited mileage. Prices range from $39 to $82 (4% tax not included) per person/2 to a unit. It's a great bargain. (ITUAC-RHTC2.)



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COFFEE BREADS, COFFEE CAKES, AND WINTER VEGETABLE IDEAS

Do you enjoy making coffee breads or coffee cakes for family and friends? Do you round out winter meals with vegetable dishes you have invented? Send us your recipes—you could win next January. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next January. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to help you

Coffee Breads and Coffee Cakes

Any coffee cake or coffee bread made with yeast or by a quick bread method could win. Maybe you start with a cake or biscuit mix. Do you add whole grains or fruits? Hints: **blueberry ripple bread, coconut pinwheel coffee cake, or almond-raisin kuchen.**

Winter Vegetable Ideas

Send us a side dish made with a fresh winter vegetable such as acorn squash, brussels sprouts, carrots, cabbage, parsnips, potatoes, or turnips. Do you fry, boil, or bake your favorite vegetable? **Tips: brussels sprouts Dijon, parsnip whip, or curried squash slices.**

THIS MONTH'S WINNERS

(See recipes on pages 151 and 152.)

Cooks-of-the-Month

Jan Ellen Cole, Clyde, Calif.
Mrs. Marie Powers, Upland, Calif.

Runners-up

Phyllis K. Beitler, Coatesville, Pa.
Mrs. Homer Kruckenberg, Great Bend, Kans.
Mrs. George Mintz, Cincinnati, Ohio
Audrey Nemec, Deming, N. Mex.

Honor Roll

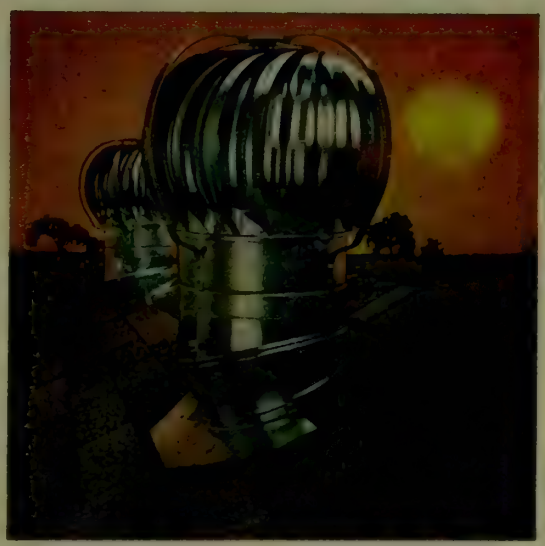
Kristen S. Barringer, Winthrop, N.Y.
Mrs. Wanda Bishop, Little Rock, Ark.
Mrs. Susanne Casioppo, Newington, Conn.
Sandra Clasen, St. Paul, Minn.
Frances Cunnington, Idaho Falls, Idaho
Gerri Lee Cole Lytel, Easton, Pa.
Mrs. Marylee Palmquist, San Gabriel, Calif.
Mrs. Karen Polansky, Carmichael, Calif.
Mrs. Leona Reeves, Allen Park, Mich.
Mrs. Louis Rogers, Yates City, Ill.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "January Coffee Cakes and Coffee Breads" or "Winter Vegetable Ideas."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **Recipes submitted become the property of Meredith Corp.**
5. **Entries must be postmarked by midnight, June 30. Where duplicate recipes are submitted, the one with the earliest postmark will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 7806 Food Department, Better Homes and Gardens, Des Moines, Iowa 50336.**

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Read how the wind and WisperCool™ can help you keep your cool in summer, protect your insulation in winter and reduce your reliance on air conditioning.



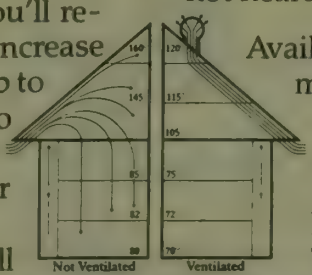
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With WisperCool turbine ventilators, you'll reduce heat radiation through ceilings and increase your comfort. Many people have saved up to 25% on their cooling bills. You should also need the repairman less often. Air conditioners that don't work as often last longer and don't need as many repairs.



Your insulation, beams and shingles will be protected, too. In winter, WisperCool prevents condensation that destroys insulation efficiency, rots beams and buckles shingles.

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by Ann Lively



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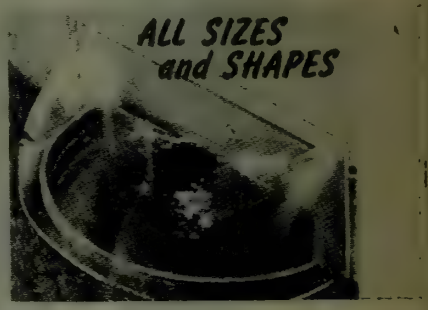
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Protect your hands & wrists with these extra long Garden Gloves. Of genuine horsehide top-grain water-resistant leather. Specify men's or women's. Sizes: S, M, L. $13.95/pr.; 2 prs./$26.95 ppd. Mustang Leather, Dept. BHG68, Box 430, Johnstown, NY 12095.



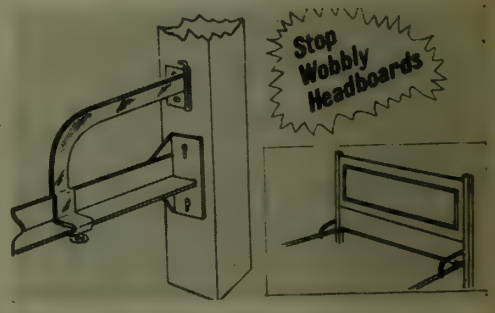
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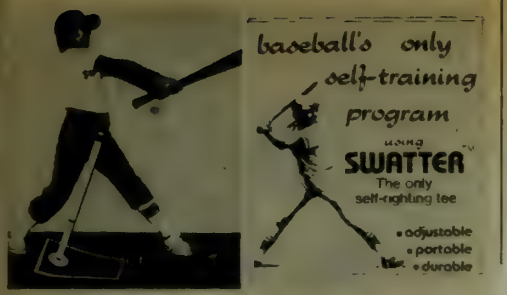
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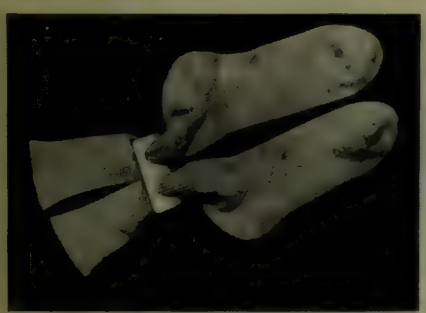
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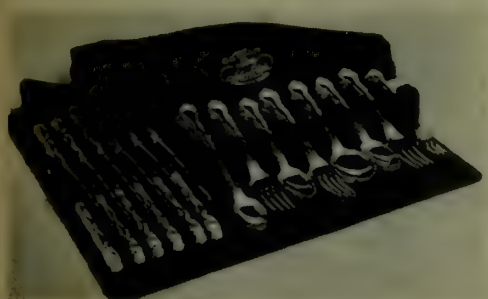
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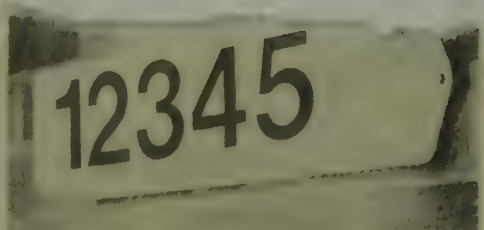
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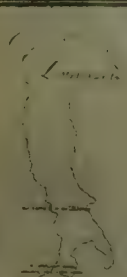
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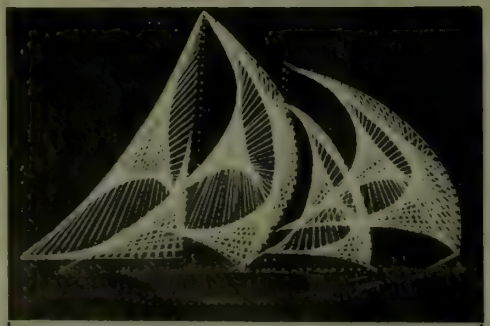


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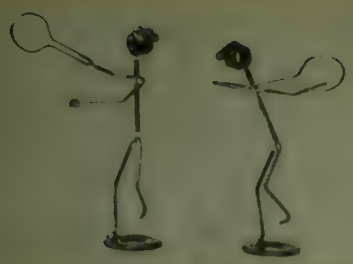
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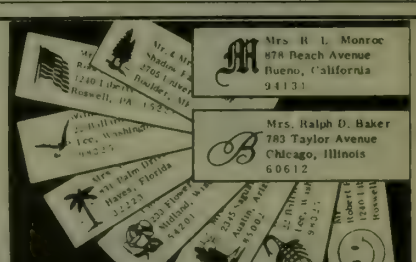
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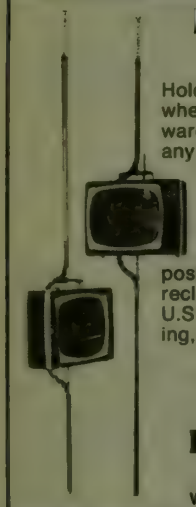
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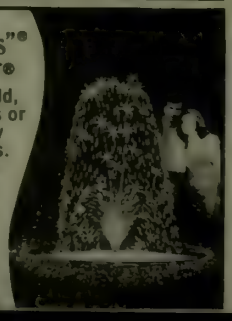
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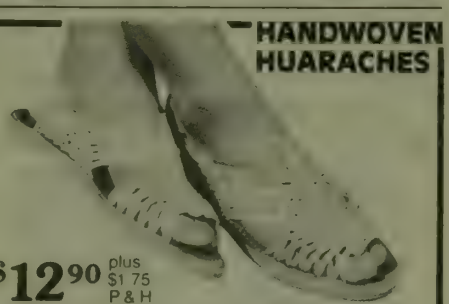


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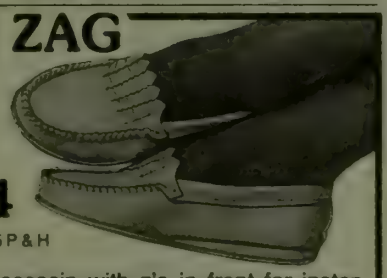
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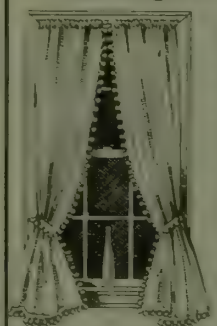
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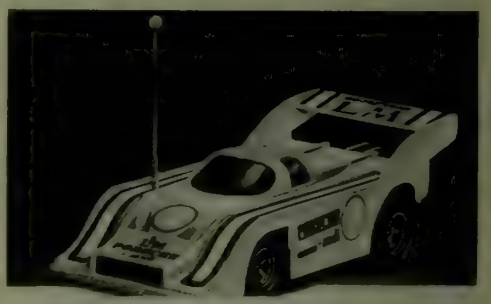
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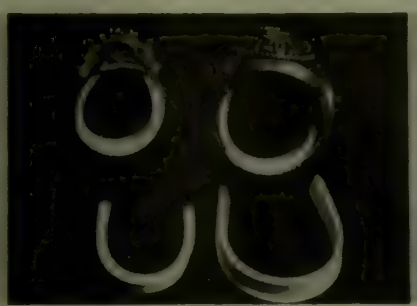
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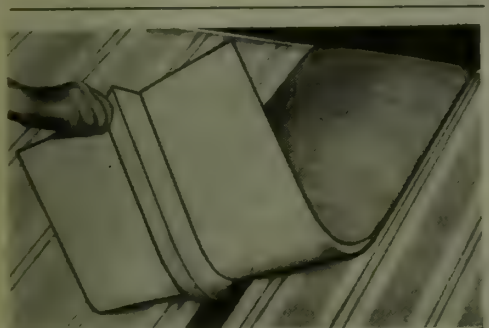
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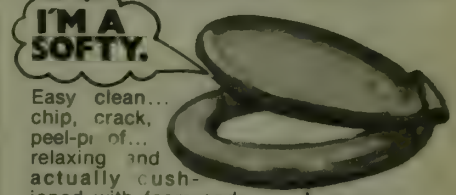
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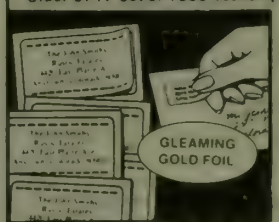
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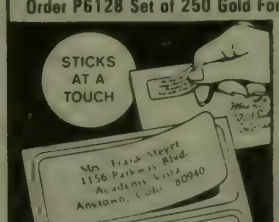
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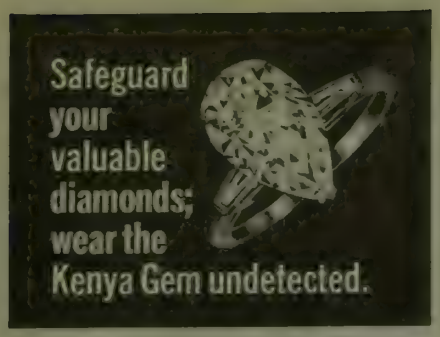


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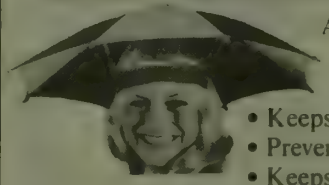
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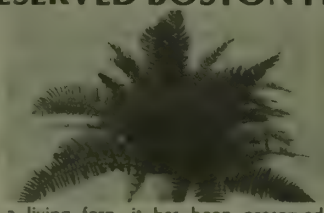
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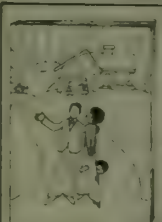


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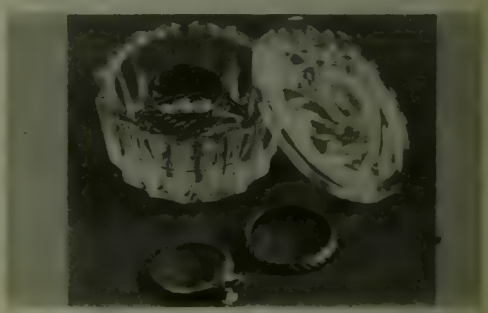
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Tiny space-age monaural radio you can hold in your hand! Matching twin speakers; amazing clarity & volume. AM programs without antenna, 9V battery incl. $14.95 + $1.25 post. (PA res. add tax.) American Consumer, Dept. STU8, Caroline Rd., Phila., PA 19176.



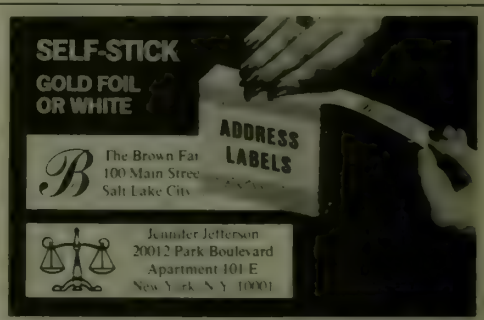
Wedding invitation charm

Just send invitation and have it deeply etched in this ¾" x 1" charm. A lifelong treasured gift. Choice of Sterling Silver, $18.50 + 25¢ post.; Yellow Gold, $60. Invitation returned with charm. Bruce Bolind, Dept. BH-6, Bolind Bldg., Boulder, CO 80302.



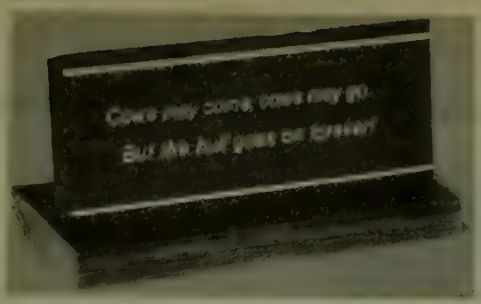
Cut crystal ring box

Fluted lead crystal box sparkles with brilliance. Cover and base deeply cut in a lovely leaf design. 2" diameter, 1¼" high. A tiny treasure and a charming gift. $3.50 each; 2 for $6.50 + 45¢ postage. Ferry House, Dept. BH6, Briarcliff Manor, New York 10510.



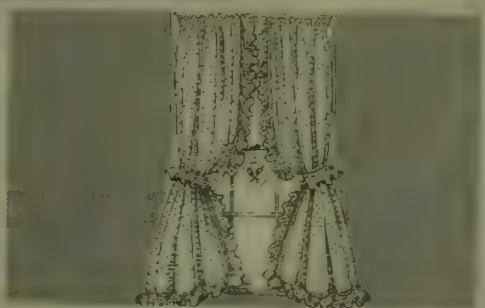
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Petite bell flowers



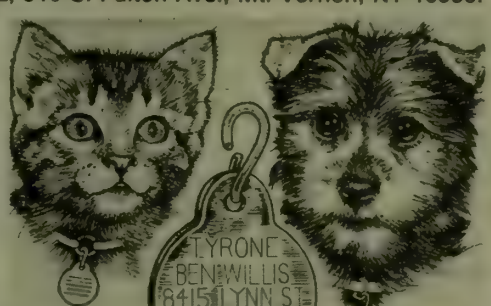
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Rich floral & brocade designs in iron-red, cobalt blue, turquoise & white; with 22K gold trim. Imari Cart (shown); Pine; Ricksha; Mum (specify). $3 ea. + 50¢ post. Set/$9.98 + $1.50 post. (PA res. add 6% tax.) American Consumer, Dept. IMR7, Caroline



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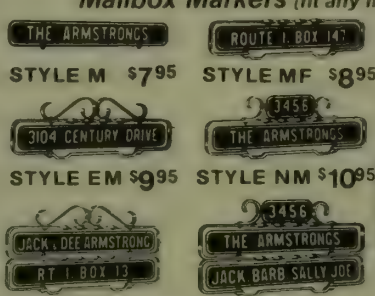
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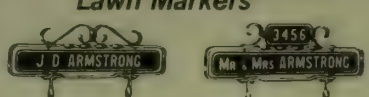
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The Man Next Door®

Bubba Daley, 16 years old, asked to borrow our lawn mower last week when his machine wouldn't start. After he brought ours back, I found the gas tank filled and the blades sharpened. That's one reason why I'm high on the young people of today.

Ed Terry reports that the occupants of doctors' office waiting rooms generally fall into three clear categories: readers, finger drummers, and ailment describers. He haughtily places himself in a category alone: observer.

Uncle Dodd Buckner retains his eye for a beautiful woman. Often, though, he will shake his head and murmur, "But, boy, you should have seen her grandmother."

Rosemary's stay at college has been educational for all of us. For example, it has taught Christine and me that two really can live as cheaply as one.

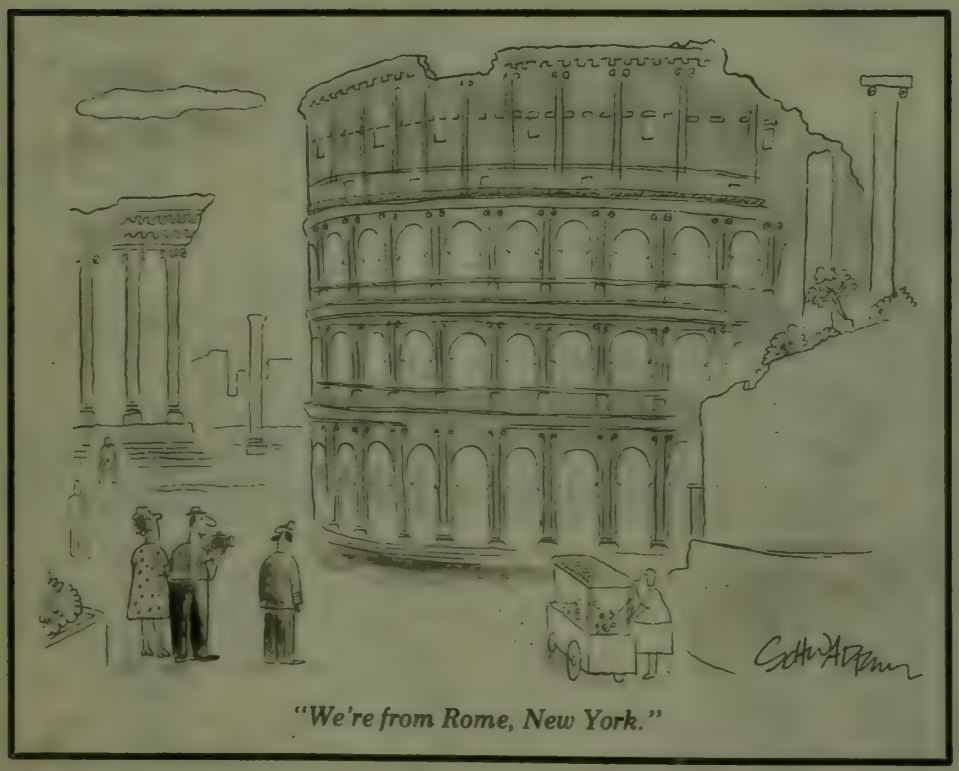
Gary Golden has a good reason for urgently growing a new beard. When he shaved off the one he had worn for seven years, his four-year-old daughter cried, "I want my old Daddy back."



"On this perfectly magnificent sun-filled morning, Wallace, which one of the following best describes your disposition: (a) frisky, (b) perky, (c) zippy, (d) peppy, or (e) zingy?"

When Bill and Isabel Norman returned from a flying trip to Hawaii, they reported that the plane went only slightly faster than their money.

Bud, 13, received several birthday gifts but he appreciated none more than the one he won't be able to use immediately. Our psychologist friend gave him a bottle of shaving lotion.



"We're from Rome, New York."

I probably just need a vacation but the other morning as I watched the birds and squirrels, I actually envied their hair-trigger quickness. They made me feel leaden by comparison.

Birds remain alert, I am told by Burt, Jr., the naturalist of the family, because they're always on the lookout for hawks and other predators (including our cat). Another factor, I have to admit, is that birds don't stay up until the wee hours watching the late movie as I did a few nights ago.

The movie had been a good one. It dealt with a man about my age and persuasion. When he found life closing in on him, he headed for South Sea adventures and became a new man.

Maybe, I mused, all I need is a predatory hawk, something to get me going. After all, Burt, Jr., has his scouting and merit badges for incentive. Even our cat has the neighbor's dog.

"What about my job?" I asked aloud. "I can do my job in my sleep," I answered myself. For now there was little to offer much challenge except the grass, which was much longer than I normally let it grow. But mowing the lawn is a pale adventure compared to roaming the South Seas.

Shortly after I arrived at work, John Alexander, my boss, stalked up to my desk with a report someone had turned in. I could see he was unhappy with it.

"I've penciled a few errors," Alex said, "but it's still not right. Will you go over it for me?" I agreed and set about making the report more to the point. Alex waited until I finished and smiled broadly as he read the revise.

"Give me an old pro every time," Alex said warmly. I began to glow. "You always come through, Burt." My chest began to swell, and I could practically feel my adrenalin flowing.

"Got time for a nightcap, Burt?" Alex called out as I was leaving for home that evening. I thanked him but declined. There was still time to cut the grass if I hurried, I explained.

"Where do you get the energy?" Alex sighed.

Burton Hillis